

OK!

PAKISTAN
FIRST FOR CELEBRITY NEWS

ISSUE 86, NOVEMBER 2021

KRISTEN
STEWART

"DIANA FELT SO
ISOLATED"

GERARD
BUTLER

OPENS UP
ABOUT HIS
FIGHTING
SPIRIT

FAHAD
SHEIKH

ON THE ROAD
TO SUCCESS

IQRA AZIZ

ON SUCCESS, PROFESSIONAL GROWTH, AND HOW
MOTHERHOOD HAS CHANGED HER LIFE

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FEATURES

4 SOCIETY PAGES

12 IQRA AZIZ

As our November cover star, Iqra Aziz gives us a glimpse of her personality, while discussing motherhood and her artistic growth

20 GERARD BUTLER

The handsome Scottish actor opens up about his new movie, being an optimist by nature, and why his mother is his real-life hero

26 FAHAD SHEIKH

The actor on making a niche for himself, his performances in critically acclaimed projects, and proving his merits as an artist...

32 KRISTEN STEWART

The actress's willingness to play the iconic Lady Diana has proven to be a triumph. Her performance earned rave reviews following the world premiere of *Spencer* at the recently concluded Venice Film Festival

FASHIONISTA

40 EDITORIAL: THE GAME

CHANGERS

48 FASHION EDIT: LUXE KNITS

50 RED CARPET

52 STYLE CRUSH: MIMI KEENE

53 MEN'S EDIT: SHOAIB MALIK

54 JEWELLERY EDIT: TICK, TOCK!!!

55 WHAT'S IN HER BAG?: NEHA

RAJPOOT

56 BEAUTY EDIT: JUICE BOOST

57 BEAUTY ESSENTIALS

LIFESTYLE

58 THE LIFE OF FATIMA HASAN

59 ENTERTAINMENT

60 OK! RECIPES: FLAVOURS TO

FALL FOR

64 OK! SPOTLIGHT: KAINAT IMTIAZ

68 OK! HEALTH: GO WITH THE

FLOW

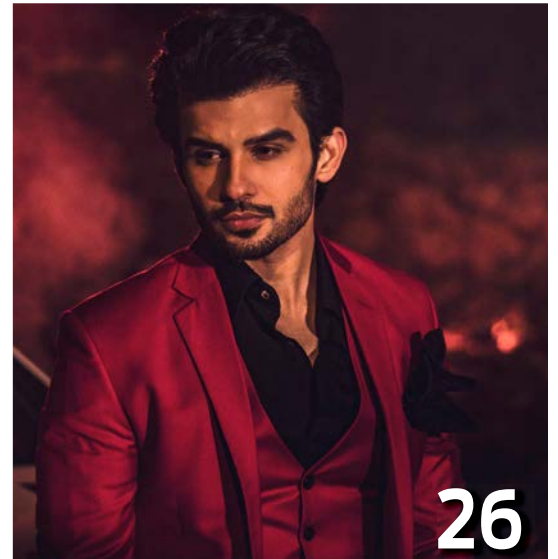
70 OK! TRAVEL: COSTA ADEJE

72 TRAVELLER'S TALE: ROBINA

KHAN GOES TO BARCA!

74 WORLD IN ACTION

76 HOROSCOPE



26



32



20



72



64



70



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TEHMINA KHALID



AYESHA IBRAHIM & DR. IBRAHIM



ANOUSHEY ASHRAF & SAHEER PARACHA

KARACHI

A DELIGHTFULLY SCENTED EVENING

Turkish actors Cengiz Coksun and Nurretin Sonmez met fans and industry insiders while promoting their newest J Fragrances alongside fragrance influencer Jeremy.



ANUM FAYYAZ



MISBAH MUMTAZ



AIJAZ ASLAM



AMIR LIAQUAT



MISBAH KHALID



AGHA TALAL



ANGIE MARSHAL



ZUNAIRA



AYESHA OMAR



MASARRAT MISBAH & WAJID KHAN



ALIZEH PASHA



BEENA



HUMA ADNAN



BATOOL MEHDI, ZHALAY SARHADI,
SAMAR MEHDI & ANUM TANVEER



SADIA IMAM



RUBAB MASOOD



MUNSUB & SIMRAN



DINO ALI & HINA
ASHFAQ



ADNAN PARDESY &
RIJA



SABRINA FURQAN



NUBAIN ALI



RUBAB FUROAN &
TABASSUM ARIF



NADEEM JAFRY



NADIR TOOSY



NATASHA BAIG



SHAMAEEL
ANSARI

MAHNOOR



KHALID SOORTY, RIZWAN BAIG, TAPU
JAVERI, & RAHEEL RAO



WARDHA SALEEM



AAMNA AQEEL & DEEPAK PERWANI



ALY AHMED & NATASHA ALY



AMNA MALIK



HASHAM RIAZ SHEIKH & SHARMILA FARUQI



AMIR ADNAN & HUMA ADNAN

KARACHI
Diwali
Deepak Perwani hosted his annual Diwali event with fun, frolic and lots of fabulous celebrities!



JAFFER HASAN WITH HIS WIFE



ANOUSHEY ASHRAF



MAREEHA SAFDAR



KIRAN MIAN



FOUZIA AMAN



SACHAL AFZAL & RAAHIMA ALI



MAHEEN KHAN



MOHSIN TAWASULI



ZOYA NASIR



NIMRA AYAAN, SHIREEN MEMON,
AND WARDHA SALEEM



RAAHIMA ALI



NIMRA AYAAN



UMAR SAYEED WITH A
FRIEND



TARA MAHMOOD
WITH A FRIEND



SONYA KHAN &
TOOBA SIDDIQUI



AYESHA OMAR



TAPU JAVERI



SAQIB MALIK



SHAHID KHAN



TABESH KHOJA



SUMBUL TABBANI



TEAM DEEPAK PERWANI



A FRIEND WITH HSY



RANA NOMAN



NAHZAT
ADNAN



SARAH RAZA WITH
FRIEND



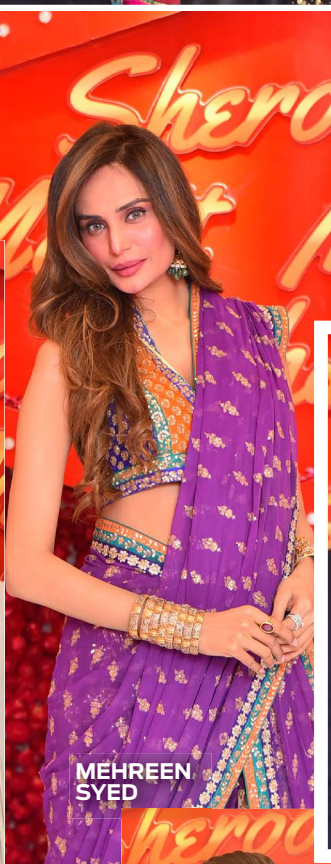
MR. & MRS.
FARHAN KHAN



AMNA MALIK



MOHSIN ALI



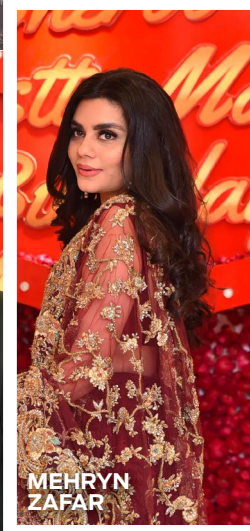
MEHREEN
SYED



SARA RAZEE



MOHIB
MIRZA



MEHRYN
ZAFAR



SARA GANDHAGAR



ZAINAB MALIK WITH FRIEND



ALEE HASSAN



RESHAM KHAN



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ALI XEESHAN

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**DUBAI
PISA 2021**

Award show season was in full swing with the PISA awards in Dubai which saw dances, wins, tears of celebration and glamorous looks!



USHNA SHAH



TABESH KHAN



ALI AZMAT



JAVED SHEIKH



FEROZE KHAN



MALIHA REHMAN



ASIM AZHAR



FAISAL QURESHI



HANIA AMIR



YASIR NAWAZ & NIDA YASIR



SAJJAD ALI



FRIEHA ALTAF



SANIA MASKATIYA



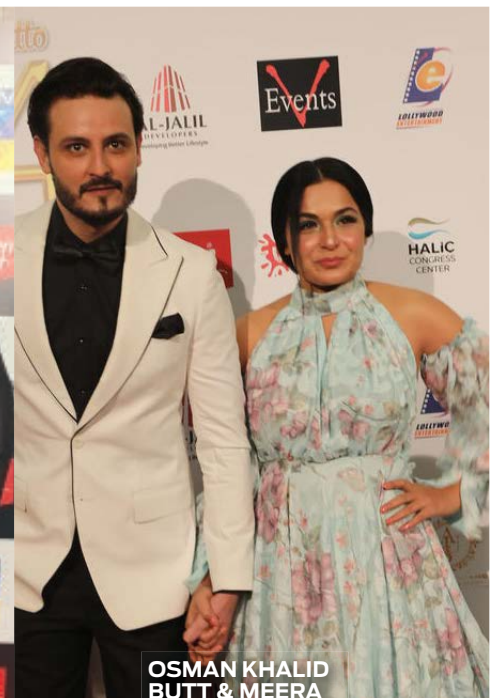
HANIA & SARA



AIMAN KHAN



JIBRAN NASIR



OSMAN KHALID BUTT & MEERA



ANGELINE MALIK & SARA SHAREEF

TURKEY
IPPA Awards

The IPPA awards took place in Turkey with a big bang & a whole lot of fun, with dance performances & winners all round.



FATIMA HASSAN



WAHAB SHAH



SHEIKH ABID MEHMOOD



FAIZAN SHEIKH



RIZWAN KHALID



DR. RAHEELA AKHTAR



SAQIB



MANSHA PASHA



HUMAIMA MALICK



YASIR HUSSAIN & IQRA AZIZ



MAHA TAHIRANI





**"I WANT TO BE PART
OF PROJECTS THAT
ARE BASED ON REAL
LIFE STORIES"**

IQRA AZIZ

**As our November
cover star, Iqra Aziz
gives us a glimpse of
her personality, while
discussing motherhood
and her artistic growth**



OUTFIT DEEPAK AND FAHAD

Take a page from Iqra Aziz's illustrious television career. In just a few years, she established her presence in the mainstream drama business with effort and dedication. Aziz was lucky to start young, playing Shanzey in her first television gig – the 2014 drama play *Kissey Apna Kahein*. Following a few successive stints in other key roles, Iqra gained countrywide recognition with the character of Jiya in the acclaimed series *Suno Chanda*. The success of the drama spawned a sequel released in 2019.

Her other nuanced performances shouldn't go unnoticed either. Iqra equally dominated a string of powerful, socially diverse characters in *Tabeer*, *Ranjha Ranjha Kardi*, *Jhooti* and *Raqeeb Se*. Her most recent role of Mahi in *Khuda Aur Mohabbat* season 3 further strengthened her resume as an artist.

Raised by a single parent, Iqra belongs to a family of strong, self-made women. At 23 years, she is juggling her career as an actress while fulfilling her duties as a new mom to Kabir, her son.

Iqra, how have you evolved as an artist over the years?

IA: I think my growth as an artist is in front of

everyone. I have proven my growth over these past few years through challenging roles, accepting scripts that are different and out of the box, and playing characters that changed minds and taught people something.

What has your personal growth been like since entering the showbusiness?

“My growth as an artist is in front of everyone.”

IA: Perhaps a big part of my growth is that when I started in this industry, I was a kid, and now, after so many years, I have my own.

In what ways has your experience working on *Khuda Aur Mohabbat* season three been rewarding?

IA: The reward is in front of everyone. The outcome

was just amazing!

Any loopholes you found while working in this project in terms of scriptwriting, character development or story arc?

IA: One should never talk about loopholes after witnessing the success of a project such as *Khuda Aur Mohabbat*.

What kind of stories do you want to be part of moving forward?

IA: I want to be part of projects that are based on real life stories, you know! They can be biopics as well because our industry and even outside Pakistan, many big names have lived and passed. They led by example. Hence, we should make stories based on their lives so people would know.

Do you feel that our scripts are evolving with time, or do we have a long way to go?

IA: Yes, our scripts are evolving but compared to the rest of the world, I believe we still have a long way to go.

Actors are only compelling if they bring distinctness to different characters. How do you bring variation in your roles?

IA: Trust me, I don't think I have a hand in all this ►



**“My greatest
weakness is
the rush before
performing.”**

OUTFIT: SANIYA MASKATIYA



UNPLUG WITH IQRA AZIZ

What makes you unique?

Every person is just built to be unique because we are all different from one another. So, I think I am already unique. I don't need anything to be unique.

Describe your style.

Anything that I can wear comfortably but it's mostly jeans and a T-shirt.

A fashion no-no for your personal style?

Anything that I cannot carry.

Favourite colour that you can wear all day, any day?

Black.

Fall or spring fashion?

I like fall.

Your favourite candy bar?

I don't like candies or anything sweet!

Your favourite female actor in Pakistan – someone who is your counterpart?

There are a lot of girls I adore and appreciate because of their work. Don't make me choose one!

Describe your spouse, Yasir Hussain.

Fantabulously fantastic!

Who is your source of strength?

There are a lot of people but of course, it's my mother.



OUTFIT BY ZAHEER ABBAS



“The only thing I anticipate from my career is good work.”

because it is very rare that actors are offered different characters one after the other. It is my luck that I was offered these roles and got the chance to play different characters each time. *Alhumdulillah!*

What is your greatest weakness as an actor?

IA: My greatest weakness is the rush before performing. It can spike my adrenaline, keep me alert, and emotionally vulnerable during a performance.

While performing a scene, what aspects do you consider to get into the skin of the character?

IA: When you have read the complete script, learnt the scene by heart, and you know your lines, the character comes out naturally.

What more do you anticipate from your career going forward?

IA: The only thing I anticipate from my career is good work. That's it!

How has life changed for you since marriage?

IA: I don't feel that my life has changed after marriage. I already knew Yasir. I knew what I was committing towards, and what my life would be like later on. Both, Yasir and I never changed as such, but yes, my life really changed after having Kabir.

How has becoming a mother changed you as a person?

IA: Okay, I don't think this question is hard to answer because the answer is pretty simple. After becoming a mother, I have started seeing the world, and every relationship as a mother.


What has life taught you?

IA: I have learned that nothing in this world will remain. Everything will change eventually.

Who do you credit for your success?

IA: Of course, without a doubt, I will always credit my mother and sister for supporting me. My mother, especially!

Something you'd like to say before concluding this interview?

IA: I had a really fun time shooting for this cover and answering these questions! 

INTERVIEW: HAIDER RIFAAT
STYLING: REFILE
MAKE-UP & HAIR: WAQAR HUSSAIN
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**"I aspire to be a man who
keeps his word"**

GERARD BUTLER

The handsome Scottish actor opens up about his new movie, being an optimist by nature, and why his mother is his real-life hero





There have been several distinct phases to Gerard Butler's career. Phase One was his emergence as a rom-com leading man in films like *P.S. I Love You* opposite Hillary Swank), *The Bounty Hunter* (Jennifer Aniston) and *The Ugly Truth* (Katherine Heigl), all of which came after he starred as the impossibly buff King Leonidas in Zack Snyder's *300* [2005].

But then Phase Two saw the ruggedly handsome Scottish actor embark on a series of mid-range action movies beginning with *Law Abiding Citizen* and followed by *Olympus Has Fallen* and its two sequels. (Ironically, Butler is now suing the producers of *Olympus Has Fallen* for \$10 million in unpaid backend compensation.) And last year he starred in the highly popular *Greenland*, which has spawned a sequel that is merely one of five projects he is currently prepping.

But this month the 51-year-old Butler is playing perhaps the most outrageous of all his tough guy personae in *Copshop*, a violent, satirical action film directed by Joe Carnahan which opened in UK theatres on Sept. 10th. In the role of crazed hitman Bob Viddick, Butler gets to deliver plenty of stylized one-liners in his pursuit of his con artist prey Teddy Murretto (Frank Grillo).

Much of the film's manic energy derives from the stylized dialogue of *Copshop* director/writer Joe Carnahan. Butler saw those lines as one of his primary challenges that came with portraying his brutal character:

"There's a tone and a rhythm to that kind of writing - as in the case of Guy Ritchie and Tarantino - that you have to quickly establish and make real. Even though the lines are very smart, they're writers' lines and you have to make them real and have bite.

"What's beautiful about this movie is that there 22

are so many of those lines and moments which are either bizarre or surreal which adds to the rich tapestry of everything else going on in the movie." Born in Paisley, on the outskirts of Glasgow, to Margaret and Edward Butler, Gerald Butler spent his early childhood in Montreal, Canada, until his parents separated when he was three and his mother moved back to Paisley together with his sister and his older brother.

A brilliant student, Butler excelled as a law student at Glasgow University where his charismatic personality and legal acumen earned him the prestigious position as head of the Law Society. But after beginning work as a trainee at a major law firm in Edinburgh, Butler felt depressed and disillusioned. It was only after being fired by his law firm - "I brought it on myself" - that Gerry, as he likes

“I’m able to find light even in the darkest places.”

to be called, saw his chance to pursue his dream of becoming an actor that he had nurtured ever since he was a young lad growing up on a steady diet of Hollywood movies.

Butler recently resumed his relationship with his girlfriend of the past six years, Morgan Brown. They live in Los Angeles.

How have you been managing during the past 18 months of the pandemic?

GERARD BUTLER: This era has made it clear to all of us how vulnerable humanity is. Be it a tiny virus or a natural disaster. The best that can be done about it is to stick together. Many have realized that

we are in the same boat and that mutual hatred is of no use. I used the pandemic to be with friends and family as much as possible. Because I don't have much time for that when I'm making films and then on a PR tour. I even managed to finally learn to play tennis.

You've gone through some difficult moments in your life. Does that make you more resilient?

GB: Usually I'm a real optimist by nature. But in the end I always had the tendency to paint the devil on the wall. Always imagining the worst possible scenarios that could happen. It also had to do with a lack of self-confidence. The pandemic has made everything even worse. Still, I won't let myself be chased into the buckhorn. I've had to master some tough life situations before!

I was in New York during the 9/11 terrorist attack on the World Trade Centre. I have seen bomb attacks in London seven times and our house burned down in the Malibu fires. But do you know what I've gained from all these dire situations and challenges? My fighting spirit! So you can always draw positive sides from the worst events.

Your new film *Copshop* sees you once again pulling double duty as both star and producer. You've been working as a producer on and off for the past 12 years. Does this add to your stress level when you're acting on the set?

GB: As a producer, when you're developing a script, you're working on every line, every moment, every idea. So by the time you're about to start shooting you're so steeped in it and understand it so well, all the details, budget, scheduling, revolving around the production, that you need to tell yourself, "wait, I need to focus on my role, I need to go and perform." So there are definite advantages and disadvantages, for sure. ►





GERARD BUTLER & MORGAN BROWN AT THE
PREMIERE OF "ANGEL HAS FALLEN" IN WESTWOOD



DEAN CAIN,GERARD BUTLER,BONNIE ARNOLD,JAY BARUCHEL,AMERICA FERRERA,BRADPIT AT THE 92ND ACADEMY AWARDS IN CALIFORNIA

You play a very brutal and violent character. How do you adjust to playing very dark characters like Bob Viddick?

GB: For me, it's interesting that even in the case of the darkest and most villainous of people, where their own personal code is far out of step with the moral code of mainstream society, in some ways they're more pure in the fact that at least they stick to their code. Whereas some people who are much more closely in alignment with the moral fibre of society actually don't stick to their own code and are all over the place with no personal bond with themselves.

So I'm able to find light even in the darkest places. Even a ruthless killer can see where goodness and courage lies and that offered some hope to my character. And I think that I brought that out in this movie by noticing that kernel of goodness by which people can judge him in another way.

You've stated in past interviews that you often throw yourself too deeply into your roles. How hard is it for you to unwind from intense roles?

GB: It's very difficult! It often takes me two to three weeks to get back to normal life. It's like a move and a divorce rolled into one every time. You often have a deep connection with the people on set - and suddenly they're no longer in your life. And then you're no longer the hero that you just played. All that can leave you feeling a little depressed.

It takes a lot of self-discipline to get yourself out of that. I do some forms of spiritual cleansing so that I can get all the elements of my character out of me. I'm starting to think more and more carefully now about how the roles I take on can

affect my soul.

You often play heroes, men on a mission of some sort. Is there something about the hero that resonates with you especially?

GB: I think if you grow up Scottish you're going to be drawn to fighters and heroic figures, men of honour and courage who defend important values and principles. I've always loved playing characters who embrace those qualities and have great

“I have no regrets about where my past took me.”

ambition and determination. I have tremendous respect and admiration for heroic characters and they inspire me to achieve as much as I can in my own life.

Do you have any real-life heroes you admire?

GB: If I can be honest, in real life, the person who inspires me is my mother. My mother raised me alone, without a husband. With three children she arrived back in Scotland from Canada with only \$14 in her pocket, and had to plead with Air Canada to get us on board.

She had no academic qualifications, but she raised us while worked at the same time. I would not have enjoyed the same opportunities that I've had in life or succeeded to any extent if my mother had not taught me to work hard and be a good person.

You found success as an actor relatively late

when you were 37 and got the role in 300 after ten years struggling to find good roles. How did you handle that time?

GB: I honestly think — I'm 100 percent sure! — if I'd gone into acting as a teenager I'd no longer be acting. I probably wouldn't even be alive. It had to happen this way. I have no regrets about where my past took me. It would be a waste of time anyway.

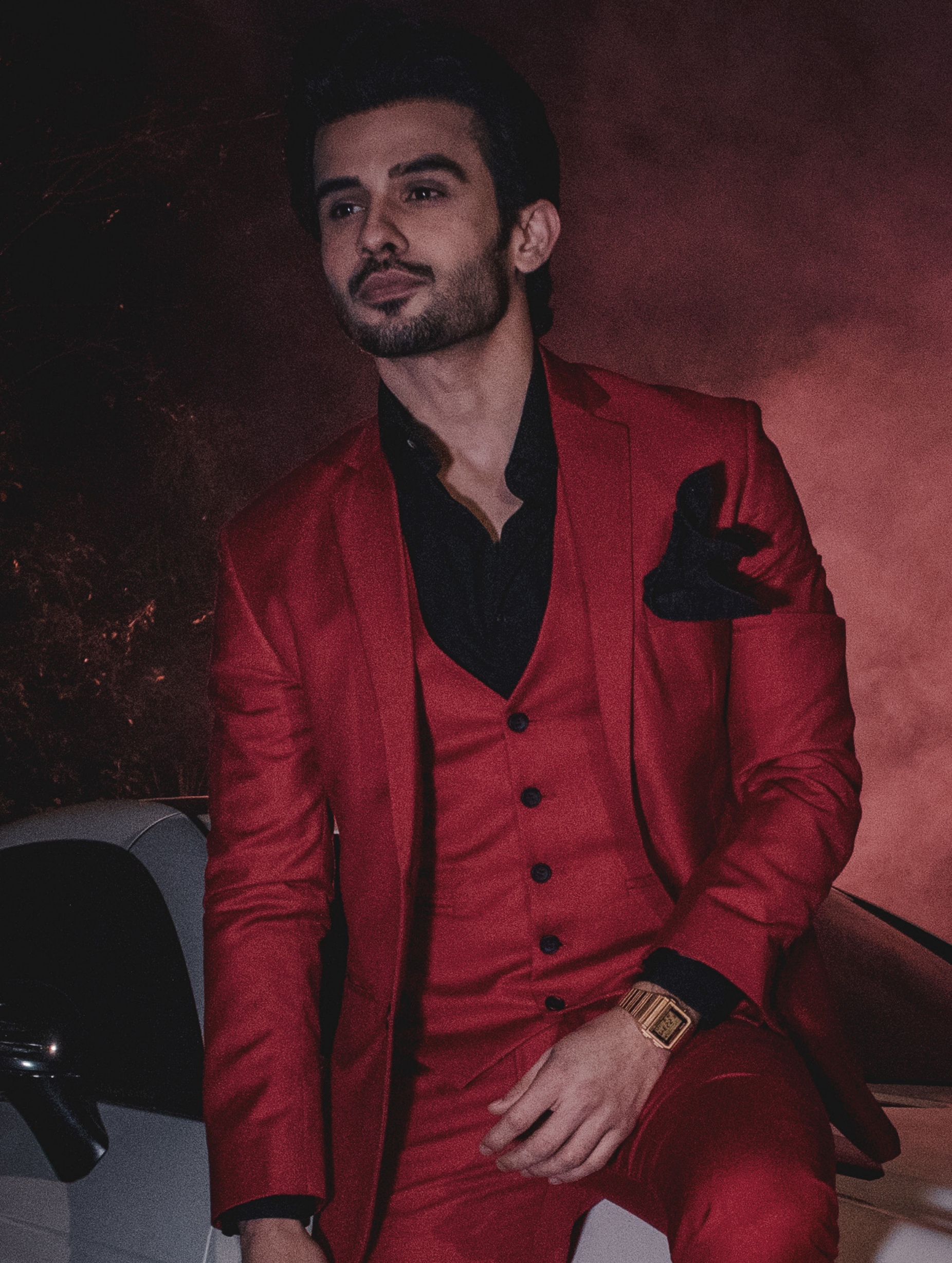
I never truly believed in being a lawyer but it felt like the next right step. Even though I always wanted to be an actor, I never had the courage to leave law school and go to drama school. I felt I would be wasting my hard-earned grades, so I went into law school. As much as I enjoyed studying, I quickly realized when I became a trainee lawyer it just wasn't for me. The lack of alignment between my purpose and my heart and soul with what I was doing everyday was awful. It ended up being incredibly self-destructive. So that's kind of what happened. [Laughs].

Your films often require you to play characters who have to discover their strength and ability to lead others in the face of disaster, as you did in your previous film, Greenland. Do you embrace those qualities in your own life?

GB: I think I already have leadership skills in certain areas...I aspire to be a man who keeps his word and who treats others with respect and kindness. **OK!**

The above comments by Gerard Butler were made during the course of an August 15th Zoom interview while he was promoting his new film, Copshop. With additional comments from a Dec. 10th Zoom interview for his recent film, Greenland. His comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN
PHOTOGRAPHS: SHUTTERSTOCK, WENN





“ The real Fahad in me
always wants to be a
method actor ”

FAHAD SHEIKH

*The actor on making
a niche for himself,
his performances in
critically acclaimed
projects, and proving his
merits as an artist...*



With some help from actor-turned-producer Fahad Mustafa, Fahad Sheikh is working to cement his presence in Pakistan's television industry. Back-to-back performances in critical and commercially successful drama projects such as *Jalan* and *Dunk* have helped Fahad prove his merits as an artist. He is now preparing to star in a drama play, *Wonderland*, which he dubs his "dream project." Alongside this venture, Fahad will also star in a new film titled *You Me Us*, in addition to an international web series currently in the works. Hear it from Fahad in a first with OK! Pakistan as he dives deep into his career and personal life.

Fahad, how would you describe your craft as an actor?

FAHAD SHEIKH: Good actors try to mold themselves into their assigned characters. They don't show up on stage unprepared. Most actors map out a whole scenario after a story is revealed to them. Their motive is to act upon their already imagined acting style. However, I prefer to read everything about the project and decide on a way of beading myself into the character, considering the setup.

I try to act in a manner that is somehow different, but worth it. I prefer to perform characters considering my real-life situations or someone else's that I have witnessed. When I am in front of the camera, I observe and take in emotions of the characters around me, while considering camera angles. All these things help me perform to the best of my abilities.

How would you categorize your acting style? Are you more of a method actor or a spontaneous performer? Explain the process of transforming yourself into a character.

FS: The acting style of a performer is a personal preference, which makes an actor exceptional.

Actors keep diverging their acting styles according to the prerequisites of a given situation. I am also one of those actors. The real Fahad in me always wishes to be a method actor, but I suppose you want to know the kind of actor I am at present.

In that case, I would say that I am more of a director's actor because the director knows the ins and outs of a project. So, I follow every command a director gives, and Alhamdulillah, I have never disappointed any director I have worked with until now.

Has any role come your way that has challenged you mentally and physically?

FS: Challenging roles have always been my favorite from the very start of my career. A project by Sohail Javed currently in the works has been challenging for me. Everything in it is different than usual. In this particular project, Fahad Sheikh is not a typical guy in a typical drama story. The looks, dialogues and

“Challenging roles have always been my favourite.”

everything else related to the project challenged me mentally. I also discovered new acting skills. That said, I don't think any role has challenged me physically until now. Challenges bring perfection, so if I come across any in the future, I would love to give them a shot!

Have you ever tried experimenting with your looks while playing different characters?

FS: I love to try every look that makes me feel good behind the camera. New looks boost my energy levels and make me realize that I am a new person

again. An actor is highly dependent on his looks. Somehow, it reflects a performer's personality and acting skills.

I experimented with different looks on-screen - including in *Jalan*, which was quite impressive! When an actor appears different on-screen than in real life, viewers find that attractive and enjoyable. Take for example, *Parizaad*. Ahmed Ali Akbar appears different than usual as Parizaad. His transformation is also a driving factor behind the success of the drama.

For now, the project I am working on with Sohail Javed is a true example of experiencing with new looks. My appearance and style are different than my past work as an actor. I am certain that people are going to love it!

How do you bring variation in each character that you play on-screen?

FS: Variation itself is a comprehensive word, which means, the more variations you bring in your roles, the more attention you would receive. I consider variation a change, and change is the most exciting thing for me as an artist. It keeps pushing me to adopt new and adventurous things in my life. Variation requires a lot from you, either in real life or screen life.

Actors can only bring variation in their characters if they have a broader vision and sound observations of those around them. Variations also come from adopting different traits. For instance, if I am playing the role of a poor guy, then my dressing, eye contact with others, tone in lecturing, and everything would have to be that of a poor man. This way, we can also bring our viewers closer to us. If you have been following my dramas, you would see my characters vary a lot.

Many producers and actors I have interviewed claim that commercialization is key to sustaining Pakistan's television industry, which is why many of our projects - films in particular - center around ►





Unplug with Fahad Sheikh

Describe your style.

My style is reflective of my mood. I prefer dressing myself up the way I feel comfortable.

Describe in one word where you are in life right now?

I am just grateful.

What is the key to success, in your view?

The key to success is hard work. It does not matter if you fail once. Never give up and keep trying. Your hard work will bring to you everything you ever wished for.

How do you view marriage?

Marriage is the toughest test for both, men and women. That is the beauty of this relation. Anyone who knows how to crack this test would lead a happily married life.

What qualities in a person appeal to you?

Confidence, focus, and loyalty

are what I am attracted to the most. These qualities leave a long-term impact on me.

What is the best human quality, in your view?

Honesty is the best human quality. It does not matter which post or situation you are in. If you are honest, people are going to respect you.

A meaningful life lesson you would like to share with us?

According to society, there are only two stages in life. You are either in a struggling period or a stage of highest recognition. The phase in between effort and success is where I see myself right now. In a situation like this, people perceive you differently. Some always had my back, while others just wanted to prove that I would never be successful. So, the life lesson here is to never pay attention to what people say. Just keep going and never give up. Keep your hard work on the highest pedestal, and people will only praise you.



comedy. However, success of a project is not determined by commercialized aspects only. It is determined on the basis of a compelling storyline, too. Take, for instance, *Alif*, *Sabaat*, *Cheekh* and many other issue-based drama plays that have garnered acclaim because they were great stories.

Why can't our film producers extract lessons from the success of our television industry and work towards producing more indie projects as opposed to regurgitating romantic comedies?

FS: No matter what people say, our viewers spend their money to enjoy romantic comedies with their families. Internet provides free entertainment to people, which is why they don't bother paying more to watch movies in cinemas.

Some issue-based stories receive acclaim and recognition but they are not suitable for a commercialized cinema like ours. Indie projects may attract some people, not everyone. Besides, more serious films are supposed to be seen alone. However, with the evolution of our entertainment industry, you will get to see more serious stories materialize with marketable value. So, the drive should be to take more risks and target a vast number of viewers across Pakistan.

How is the television landscape in Pakistan evolving? Are we at a better place as a television industry than, say, five years ago?

FS: Our television industry is in a better place than five or 10 years ago. Today's audiences are tired of watching typical drama stories repeating in every screenplay, for every channel.

In-depth, fruitful dramas with exceptional stories such as *Alif*, *Parizaad*, *Dunk*, and *Pyaar Ke Sadqay* create new insights into characters. These characters connect better with the audience, and

succeed in entertaining them.

It is a positive change in narratives of producers, actors and directors who create these unique stories to attract people. However, there is a lot more to achieve in terms of creating something out of the box that no industry other than our own can offer.

Critical, countrywide acclaim, or higher ratings? Which, in your opinion, is more important in determining "success" of an ordinary Pakistani drama?

FS: I think critical, countrywide acclaim is more important because ratings are just numbers in the end. They don't determine the number of people admiring the story you are sharing with the world.

“I am working on a web series, which is for an international forum.”

Talk to our readers about your forthcoming gigs.

FS: I have a project coming out titled *Koel* with co-stars Mansha Pasha and Maham Aamir. This drama is the directorial debut of Yasir Hussain. *You Me Us* is another film scheduled to release in the first quarter of 2022. I star alongside Mahenur Haider. It is a love story. The shoot is complete, and we are waiting on a release date.

There is another untitled dream project. It is a drama opposite Hajra Yamin. Finally, I

am working on a web series, which is for an international platform.

What is keeping you busy these days aside from acting?

FS: Numerous things have been keeping me busy, but nowadays, my only focus is on physical fitness. I have always been a fitness enthusiast, but this time around, I am doing it for an upcoming project in which I have to be shirtless.

Fahad, who has been a pillar of strength for you in both, personal and professional capacities?

FS: Fahad Mustafa is my mentor. He has always pushed me to do better. His efforts to shape me into who I am today are worth commending. People like him are the reason why Pakistan's drama industry is successful. Fahad Mustafa has always been a pillar of strength for me professionally.

Personally, the credit goes to my wife who always believed in me. Her faith in me keeps me consistent in my work. I know I can achieve everything I have been struggling for with her support.

How has fatherhood changed you?

FS: Fatherhood helped me uncover my emotional side that I have never experienced before. I never thought there could be anyone in the world you could care for so much. A father-child relationship is the happiest one. You fulfill all demands and desires of your child, and all you need in return are hugs and a smile. Fatherhood unleashed a sense of responsibility in me. It made me a new person who feels differently about things as compared to before. **OK!**

INTERVIEW: HAIDER RIFAAT
PHOTOGRAPHS: COURTESY OF FAHAD SHEIKH

**"I was fascinated by her
fragility"**

KRISTEN STEWART

Kristen Stewart's willingness to play the iconic Lady Diana has proven to be a triumph. Her performance earned rave reviews following the world premiere of *Spencer* at the recently concluded Venice Film Festival.





In recent years Kristen Stewart has undergone a profound sense of self-renewal and empowerment. Her new fearless self (“I feel ready for it all!”) is undoubtedly what led her to accept the challenge of playing one of the most celebrated and beloved women of the last half-century – Princess Diana, whose tragic death at age 36 forever enshrined her in the public consciousness.

Arriving at the fabled Lido for the premiere in a stunning Chanel mini-dress and sporting strawberry blonde hair, the 31-year-old American star greeted adoring crowds with a beaming smile that seemed to reflect pride in her interpretation, however daunting, of a cultural icon.

Directed by Pablo Larraín, the film abandons the traditional biopic formula by instead focusing on the critical moment in Diana’s life that led her to divorce Prince Charles following a three-day Christmas weekend at the royal family’s Sandringham country estate. Stewart displays an uncanny ability to capture Diana’s angry and melancholic state of mind amid her crumbling marriage and need to distance herself from “The Firm.”

“Diana was born with an undeniable gift, a penetrating energy,” Stewart says. “Everyone feels like they know her because she was so accessible – and that was her unique, talent, it’s very rare. But ironically she was the most unknowable person and she felt so isolated and so alone. I was

fascinated by her fragility. She had an incredible sense of style and she used her clothes like armour. “In imagining these three days we wanted to show how she felt alone and isolated despite the way she was able to relate to others and show so much empathy. She desperately needed to connect to other people and although she radiated so much light on others she also needed that light to be reflected back on her.”

Spencer released in UK theatres and elsewhere

“I could relate to her feelings of being trapped.”

around the world on November 5th following an Oct. 7th screening at the London Film Festival. Timothy Stall co-stars as Major Alistar Gregory who tries to keep the press at bay during the turmoil surrounding Diana. Other cast members include Jack Farthing (Prince Charles), Richard Sammel (Prince Philip), and Stella Gonet (The Queen). Jack Nielen and Freddie Spry play Diana’s sons William and Harry, respectively.

One of the most talked-about sequences in *Spencer* is a dance montage in which we see

Stewart as Princess Diana dancing in various rooms in Sandringham. Prior to arriving in Venice, Stewart was quoted as saying that not only did the role itself make her feel “more free and alive” but the scene helped her overcome her longstanding fear of dancing: “That liberated the dancer inside of me. That is one thing I’ve taken from her...Before, I just couldn’t move...Now I will absolutely get up in front of anyone. I’m just not embarrassed anymore.”

How did you see those three days in Princess Diana’s life?

KRISTEN STEWART: She had become the most isolated person in the world, especially in those three days when the family, despite all the media speculation about a pending divorce, tried to preserve this image of harmony over the Christmas holidays. But nobody can really understand how she felt. The most ironic and sad aspect is that we will never know...Our film does not provide any new information about her, so we try to imagine what she was feeling during this very difficult time.

Did shooting the film in a closed setting capture the nature of her dilemma?

KS: The Sandringham Palace is the space in the film which, as Pablo [director Larraín] says, stands as a metaphor for a larger organisation. Diana was a woman trapped in the wheels of tradition. She did not want to become queen, she wanted to ►



“ Diana became the people’s princess in the truest sense. ”



“ I feel
ready for it
all! ”



be a mother. She wanted to be herself and she wanted to have her own identity.

What parallels, if any, did you see between Diana's desire to escape that world and your own struggles with the trappings of celebrity?

KS: I could relate to those feelings of being trapped and not knowing how to escape that feeling because I went through something similar in my own life although not anywhere near the kind of scale as in her case. But I think most people can appreciate what Diana was going through although we can't ever know exactly what that was like for her.

The biggest difference is that a normal person can choose the kind of life you want. Diana found herself as a girl on a preordained path. We have a lot more options and different paths we can follow because we're not part of a centuries-old institution where everything you do is going to be scrutinised from that perspective.

There have been many stories and films about characters who feel trapped and are struggling to break free of circumstances which hold them back in life. How do you see your portrayal of Diana from that perspective and how do you identify with the issue of personal choice?

KS: Our film shows that there is this terrific rage building up inside her and how powerless she felt despite all the privileges and opportunities that people on the outside might have thought she had. In the end she couldn't take living this false life and this lie anymore and that was what drove her to leave...

There are certain oppressive forces that are

sometimes so debilitating that they feel physical and you feel you can't make a choice. You feel that you've been forced into this choice...I'm talking about ideas that hold you back that if you just change your perspective or look at it from a different angle you can get up and start running.

What can Diana's experience tell us about our own choices in life?

KS: An important lesson to learn as you grow older is not to let things happen to you. Everything is not just coming at you - you are choosing every day which direction to walk in. Every step you take - how big or little, right or left. Sometimes it's really just a dawning moment where you go, "Wait a second, no!"

One of my friends was going through a terrible breakup recently but when I made this movie I looked at her and said, "Dude, you can just choose what you want to do, you're not on some predestined path." Sometimes your life can feel like it's happening to but really you can just take the reins even though it's hard to make choices like that.

How did you plunge yourself into the dance and musical sequence that attempts to express something of Diana's spirit?

KS: The songs informed the energy and [my challenge] was just about inhabiting the space and taking your whole impression of her, of everything you've learned, inside and outside of the script, and shoving it into just one moment and allowing it to become physical. It was like jazz...And if I had tried to do a perfect Princess Diana impression that would have lost the life of her personality.

It was just about allowing her to affect me and absorbing her and feeling free to run and dance. When I look at her or footage of her, the ground shakes, and you don't know where your feet are, and therefore there was no way to perfectly prepare for the part. I learnt the accent and her mannerisms as best as I could but I had to forget a lot of those things to do her justice and be open to letting anything happen and be very alive in the moment.

Do you think there was any one moment where the decision to leave her marriage and flee her life as part of the royal family became clear to her?

KS: There's a line at the end of the film, and I'm not giving anything away, which cuts through all the debilitating things she was going through, "Well, you can just leave."

And the simplicity of that, that coincides with this moment of crisis she's going through...sometimes it takes falling all the way to the very bottom of the staircase to be able to look up and say, "I'm going to climb to the top of the stairs again."

What do you most admire about Diana?

KS: It was her ability to empathise with people and make people feel that they knew her like a friend...Diana built bridges between people and she became the people's princess in the truest sense. **OK!**

The above comments by Kristen Stewart were made on Friday, Sept. 3rd at the Venice Film Festival where she was promoting her new film, Spencer. Her comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN (WENN.COM)
PHOTOGRAPHS: WENN, SHUTTERSTOCK

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MORE GLAMOUR LESS DRAMA



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OK! FASHIONISTA

**ROBINA
KHAN**
GOES TO
BARCA!

OK! SPOTLIGHT
**KAINAT
IMTIAZ**

THE GAME CHANGERS

UP THE ANTE WITH THESE STATEMENT MAKERS



CONCEPT & ART DIRECTION: HIBA MEHMOOD
PHOTOGRAPHER: GIBRAN JAMSHED
HAIR & MAKEUP: RHYAN THOMAS
FEMALE MODELS: GAU BEO, ALYANA SHAMSI, SASHA RAJA,
SONA RAFIQ, FATIMA AHSAN, ALISHAY ADNAN,
MALE MODELS: OMAYR WAQAR, MUSTAFA CHANGAZI,
ISMAIL ESSA, ASAD KHAN NIAZI.
OUTFIT: PELAGO BOUTIQUE
JEWELLERY: ALIEL PAKISTAN

THE GAME CHANGERS

Party season is upon us and who better to don the season's most coveted pieces than the influencers that are making a mark across the nation. Bold, beautiful and fabulous – up the ante now with game changing outfits and accessories.















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CHANEL
Mini Flap Bag,
PKR 650,000



CHANEL
High Boots,
PKR 350,000



TOM FORD
Loop Mini Tote,
PKR 500,000



ALLURE BY MHT
Alecta Earrings,
PKR 11,800



LUXE KNITS

While we're all ready to ditch loungewear and take dressing up a notch – cozy, comfy knits will still take center stage for the next few months. Knits are versatile; can be alluring in cutout dresses, cool in oversized cable knit sweaters or effortlessly chic in matching separates.

GIANVITO ROSSI
Glen 85 Suede
Boots,
PKR 250,000



BOTTEGA VENETA
Jodie Shearling Bag,
PKR 280,000



MACH & MACH
PVC Mules,
PKR 180,000



CHRISTOPHER ESBER
Cutout Midi Dress,
PKR 150,000



CLUB MONOCO
Emma Cashmere
Sweater,
PKR 60,000



ZARA
Balloon Sleeve Knit
Sweater,
PKR 7,500



RIVER ISLAND
Knit Jumper,
PKR 8,500



CHRISTIAN DIOR
30 Montaigne
Choker,
PKR 150,000





CULT GAIA
Jana Maxi Dress,
PKR 75,000



CHRISTIAN DIOR
Caro Bag,
PKR 650,000



ALLURE BY MHT
Anysia Earrings,
PKR 13,500



STAUD
Carnation Midi
Dress,
PKR 45,000



DÖEN
Fair Isle Sweater,
PKR 40,000



RIVER ISLAND
Chunky Knit
Cardigan,
PKR 9,000



SKIMS
Cozy Knit
Robe,
PKR 24,000



NOHO
Fiji Necklace,
PKR 1,800



STAUD
Shoko Midi
Dress,
PKR 26,000



H&M
Rib-Knit
Turtleneck
Dress,
PKR 8000



STELLA MCCARTNEY
The Frayme
Zipit Bag,
PKR 230,000



THE ATTICO
Devon Satin
Mules,
PKR 110,000

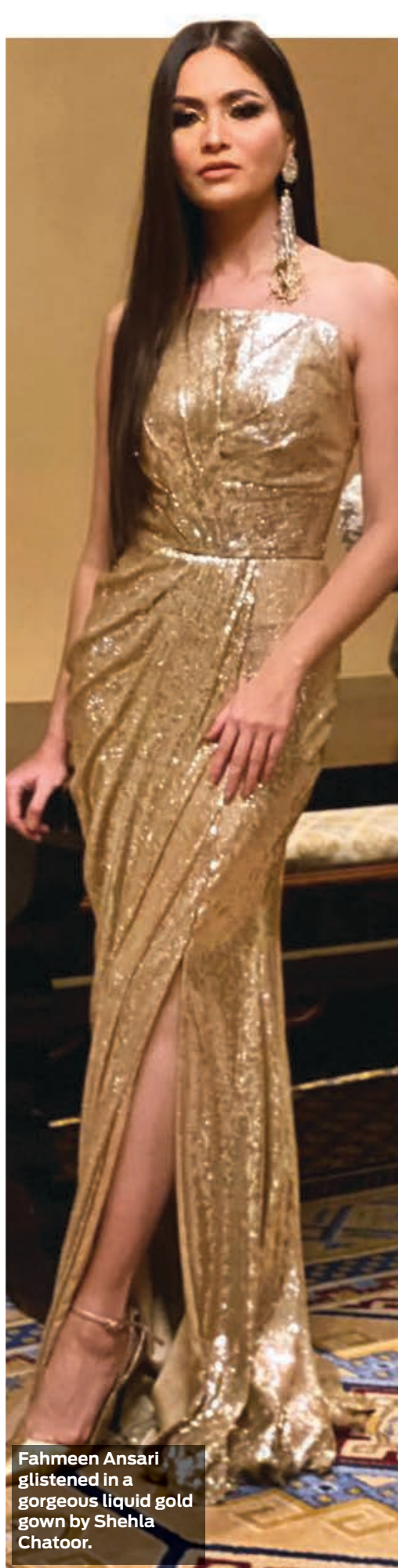


LEONIE HANNE
PHOTOGRAPH: WENN

OK! *Red* CARPET



Amar Khan sparkled in a Minutiae gown proving black is always the ultimate red carpet colour.



Fahmeen Ansari glistened in a gorgeous liquid gold gown by Shehla Chatoor.



Mehwish Hayat looked elegant in a belted satin gown by Marmar Halim.

ROCKSTARS



Ushna Shah donned a classic black embellished Elan gown.



Mansha Pasha stunned in an sequined ice blue Ayes Moda gown.



Humaima Mallik channeled princess vibes in a soft pastel Sanafsha gown.



MIMI KEENE

Mimi Keene is THE star to have your eyes on these days. The former Eastenders star, is now a mega star of Netflix show, Sex Education. From her lush hair, down to her simple but impactful style, everyone's asking what Mimi's wearing!

GET THE LOOK



MAC
White nail
laquer,
PKR2,121



ALESSANDRA RICH
Black dress with
white trim collar,
PKR 254,633

MACYS
Diamond Love
Knot Stud
Earrings,
PKR 36,500



CHARLOTTE TILBURY
Pillowtalk lipstick,
PKR 5,816



FOREVER GROWN DIAMONDS
Lab-Grown Diamond
Anniversary Ring,
PKR110,266



STEVE MADDEN
Black ankle strap
shoes,
PKR 16,660

SMART CASUAL

In light of Pakistan's stellar performance in the T20 cricket tournament, this month take style cues from none other than the super stylish Pakistani cricketer Shoaib Malik who has perfectly nailed the smart casual look.



ALEXANDER MCQUEEN
Logo tape harness shirt
PKR 132,100

DOLCE & GABBANA
Single breasted suit
PKR 365,210



DOLCE & GABBANA
Lace up derby shoes
PKR 117,500



BRIONI
Pied de poule pocket square
PKR 37,000



ERMENEGILDO ZEGNA
Two piece suit
PKR 373,600



GUCCI
Classic long sleeve shirt
PKR 117,500

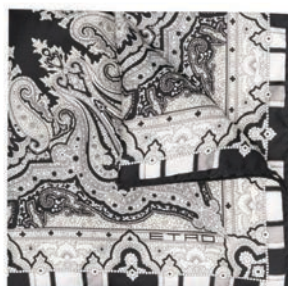
GIORGIO ARMANI
Two piece suit
PKR 352,000



AMI PARIS
Ami de Coeur button-down shirt
PKR 35,700



DUNHILL
Grey double-breasted herringbone wool blazer
PKR 515,245



ETRO
Paisley print silk pocket square
PKR 35,000



GUCCI
Jordan leather loafers
PKR 154,000



MAISON MARGIELA
Single breasted suit
PKR 330,800



STOCKISTS: THOM SWEENEY, DUNHILL www.mrporter.com; ERMENEGILDO ZEGNA, MAISON MARGIELA, TOM FORD, DOLCE & GABBANA, GIORGIO ARMANI, AMI PARIS, GUCCI, ALEXANDER MCQUEEN, BRIONI, ETRO www.farfetched.com; prices are approximate

CARTIER
Panthere
Songeuse
Watch



CARTIER
Panthere Watch



BVLGARI
Diva's Dream
Divissima Watch

TICK, TOCK!!!

From floral enigmas to the animal kingdom, here are the top jewellery watches from the Watches & Wonders 2021 collection.

CHOPARD
Happy Diamonds
with Grey Mother of
Pearl Dial



PATEK PHILIPPE
Nautilus Watch with
2,553 Diamonds



LOUIS VUITTON
The Vivienne Secret
Watch



PIAGET
Limelight Gala
Watch



HERMÈS
Faubourg Polka



CHOPARD
Imperial Watch



JAEGER LE-COULTRE
Reverso Precious
Flowers Watch





What's IN HER BAG?

The gorgeous Neha Rajpoot has always been noted for her brilliant work as a Model/Actor and her alluring beauty. Here's what you'll find in her bag!



Brand Bag-
Chanel Classic
in beige!



Air Pods



Chloe -
Sunglasses

Chanel
classic
wallet



Icebreaker
duo



OPI -
Cuticle
oil

Jo
Malone
- Hand
cream



Conatural-
Hand
sanitizer



Glow recipe -
Watermelon
mist



Mac Lipstick
- Bombshell

Mac
pencil -
Sour



Trident -
Gum



Mask



Kiehls -
Mango
lip balm

OK! Beauty EDIT

JUICE BOOST

GIVE YOURSELF
A POST-SUMMER
REVIVAL WITH A
DOSE OF VITAMIN C



1. BURT'S BEES LEMON BUTTER CUTICLE CREAM, PKR 1,005

A TOUCH OF LEMON OIL IN THIS INTENSIVELY MOISTURISING, ALL-NATURAL TREATMENT TRANSFORMS CUTICLES AND SMELLS DIVINE!

2. DIPTYQUE L'EAU DE NEROLI, PKR 10,910

PUNCHY CITRUS AND FLORAL NOTES WITH THE AROMATIC TWIST OF TARRAGON AND A TRADITIONAL MUSK AND CEDAR BASE MAKE THIS FRAGRANCE PERFECT FOR BOTH MEN AND WOMEN.

3. L'OCCITANE VERBENA EAU DE TOILETTE, PKR 7,050

A ZESTY BLAST OF CITRUS SCENTS COMBINED WITH VERBENA LEAVES FOR THE ULTIMATE IN MEDITERRANEAN-INSPIRED LUXURY.

4. PENHALIGON'S ORANGE BLOSSOM EAU DE TOILETTE, PKR 18,465

A HONEYED FLORAL FRAGRANCE WITH CALABRIAN ORANGE, ROSE AND PEACH FLOWER, ORIGINALLY CREATED IN 1976 AND RESURRECTED IN 2010 AS PART OF PENHALIGON'S ANTHOLOGY COLLECTION.

5. ORIGINS NO DEPOSIT SHAMPOO, PKR 2,685

A STRONG SHAMPOO THAT ELIMINATES CLINGY DEPOSITS THAT DRAG HAIR DOWN, GIVING YOUR MANE A REVITALISED BOOST.

STOCKISTS: BURT'S BEES www.burtsbees.co.uk; DIPTYQUE www.diptyqueparis.co.uk; ORIGINS www.origins.co.uk; L'OCCITANE www.loccitane.com; PENHALIGONS www.penhaligons.com;

Prices are approximate



AUTUMN SUN

As someone who follows lingering rays of sunshine around like a cat in search of a good place to snooze, I'm in love with Lancôme's Idôle Aura EDP, from £50. It's added a warm, sun-kissed dimension to the lush floral original, with notes of sea salt and vanilla that are already making me google, "Where's still warm in October?"

DOUBLE THE FUN

When I fall for a fragrance, I fall hard. A mere wisp on the wrist just isn't enough; I want to be enveloped from head to toe. Luckily Huda Beauty is of the same opinion, because its new N.Y.M.P.H. Body Drip, £43, isn't just the perfect summer body sheen, it's also laced with the scent of Utopia Vanilla Coco 21, £79, the exotic new scent from its fragrance sister, Kayali. They're luscious individually but together they're twice as nice.



BEAUTY *Essentials*



FULL BLOOM

There's nothing more swoony than clutching a bouquet so huge you can hardly peek your head over the top of it. That whole, "For me? Really?" giddiness has been gorgeously ribbon-wrapped into the new Miss Dior EDP, from £59, which is anything but a subtle hand-tied posy of a perfume. Instead, expect Oscar-worthy, triple-encore armfuls of powdery blooms, with roses, peonies, lily of the valley and iris spilling out everywhere. If it was an actual bouquet, you'd need three separate vases to fit it all into.



LIVING LARGE

If you're looking to bring a late-night, dressed-up sparkle back into your world, Michael Kors Gorgeous! EDP, £70, has precisely that "high heels and red lipstick" vibe. It's an unashamedly showy bouquet of jasmine, tuberose and orange, with an intriguing tobacco accord to wrap it all up. If there was a VIP rope, this scent would get you through in a flash.



THE LIFE OF FATIMA HASAN

Fatima Hasan isn't your average model. She's an influencer who speaks out on human rights issues, shares her love for food and gyming and makes you feel a part of her world.



Favourite travel destination?

There are so many places I'd love to visit but Turkey is one place I love going back to.



Signature scent?

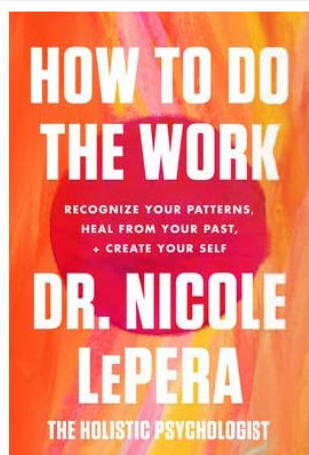
Wild flowers, rose, coconut.

Skincare essentials?

A good cleanser and some SPF. I also like to spray on some rose water. And a good Vitamin C serum.

Last book you read?

How to do the work by Dr Nicole LePera (still reading it)



Favourite thing about being a model/influencer?

Getting so much love from people in all parts of the world, it's so so amazing and humbling! And the ability to make others smile, to inspire them in small ways and create some kind of impact in.



Ideal weekend?

Rain, coffee/tea, a good book, snuggles with Azam

Most exciting celebrity encounters?

Boarding the same plane as the Foo Fighters but never really got to say hi.



Guilty pleasure?

Chocolate! And dessert in general.



First thing you'll do post the pandemic?

Hug everyone! I'm a big hugger.

Last show you binge watched?

Money Heist.

What's your instant mood lifter?

Making someone smile, getting in a good workout, having my favourite meal, a random compliment from a stranger.



Getting in shape or couch potato?

I can do a bit of both.

Favourite restaurant?

So many! I'm a huge foodie. But let's go with Nobu.

Current song on repeat?

Heat Waves by Glass Animals.

Three things you can't live without?

Love, freedom and presence of mind.



ENTERTAINMENT



MOVIE

VENOM: LET THERE BE CARNAGE

The 2021 American superhero film featuring the Marvel Comics character Venom stars actor Tom Hardy and actress Michelle Williams. The film is said to be a massive improvement from the previous Venom film.



LITERATURE

WILL BY WILL SMITH

Will Smith opens up fully about his life in this inspiring and brave book in which he talks about going deep and aligning outer success with inner happiness and human connection. The book is definitely a must-read!



TV SHOW

MAID

The new TV series being aired on Netflix is a heart tugging emotional drama that everyone seems to be talking about. Maid is based on a woman who runs away from her emotionally abusive partner, with her three-year-old daughter in tow. The TV series shares her highs and lows of her journey while keeping the audience completely hooked.

FLAVOURS TO FALL FOR

HEARTY AUTUMN DISHES GUARANTEED TO KEEP YOU WARM

1. Preheat the oven to 180°C/160°C fan/gas mark 4.
2. Place the sweet potato pieces in a roasting tray and drizzle with 4 tbsp of olive oil. Season generously and sprinkle over the chilli flakes.
3. Roast for 40-45 minutes until tender. Give the roasting tray a good shake at 10-minute intervals to ensure even roasting.
4. Put a pan of salted water on to boil and cook the pasta, according to the packet instructions.
5. Add 1 tbsp of olive oil to a

- large heavy-based pan and heat. Add the crushed garlic and cook until it begins to caramelise.
6. Then add the cavolo nero kale and a small ladle of the pasta water, and cook gently for 5 minutes, until the kale has wilted.
 7. Once the pasta is cooked, drain and add to the pan with the cavolo nero kale.
 8. Add the roasted sweet potato to the pan too and stir to combine all the ingredients.
 9. Divide between four bowls and serve with the Parmesan.

Sweet potato, cavolo nero and chilli pasta

SERVES 2

INGREDIENTS

- 1 large sweet potato, peeled and cut into bite-size pieces
- 5 tbsp olive oil
- Salt and freshly ground pepper to taste
- 1 tsp chilli flakes
- 200g pasta (conchiglie shells work well)
- 2 cloves garlic, crushed
- 2 large handfuls of cavolo nero kale, sliced
- 4 tbsp fresh Parmesan shavings



Spiced apple cake

1. Preheat the oven to 180°C/160°C fan/gas mark 4.

2. Butter a deep 20cm cake tin and line with baking parchment.

3. Combine the flour and mixed spice in a large bowl.

4. Add the butter and rub into the flour using your fingertips, until

it resembles breadcrumbs.

5. Stir in the light brown sugar. Add the eggs and beat. Next, gradually add the milk until the mixture becomes a smooth, thick batter.

6. Add the apples and sultanas and mix to combine. Scrape the batter into the prepared tin and

gently level out the top.

7. Sprinkle over the demerara sugar and bake for 30-40 mins or until golden and a skewer inserted into the middle comes out clean.

8. Allow to cool in the tin for 20 minutes and then turn out onto a wire rack to let it cool entirely. ▸

SERVES 8-10

INGREDIENTS

- 115g salted butter, diced and chilled, plus a little extra for greasing the tin
- 225g self-raising flour
- 4 tsp mixed spice
- 110g light brown sugar
- 2 eggs
- 4-6 tbsp milk
- 225g Bramley cooking apples, peeled, cored and diced
- 150g sultanas
- 2 tbsp demerara sugar





Warming mixed bean soup

SERVES 4

INGREDIENTS

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 1 garlic clove, crushed
- 2 sticks of celery, sliced
- 1 tbsp tomato purée
- 2 tsp mild chilli powder
- ½ tsp ground cumin
- 400g can chopped tomatoes
- 500ml vegetable stock
- 400g can mixed beans, drained and rinsed
- Tortilla chips and avocado to serve (optional)

- 1.** Heat the oil in a large heavy-based pan and fry the onion over a medium heat until translucent. Add the garlic, celery and tomato purée, stirring for 1-2 mins until combined. Add the spices and cook for another 1 min.
- 2.** Add the chopped tomatoes to the pan. Pour in the stock and simmer on a medium heat for 10-15 mins, uncovered. Add the beans and cook gently for another 15 mins.
- 3.** Serve in bowls and top with a small pile of tortilla chips and a couple of pieces of avocado, if desired.

Chai latte

SERVES 4

INGREDIENTS

- 2 cinnamon sticks
- 8 peppercorns
- 4 cloves
- 1 star anise
- 4 English breakfast tea bags
- 3cm piece of fresh ginger, peeled and sliced
- 500ml whole milk
- 2 tbsp brown sugar
- Pinch of cinnamon to serve

1. Toast the dried spices in a frying pan for a couple of minutes until they are fragrant.

2. Make a pot of tea with tea bags and 500ml of freshly boiled water. Add the toasted spices and ginger to the tea pot and leave to infuse for 10 mins.

3. Gently heat the milk with the brown sugar, stirring until the sugar has completely dissolved. Once the milk is hot and beginning to steam, froth the top with a whisk to create some foam.

4. Strain the tea between 4 heatproof glasses, then pour in the milk, keeping the froth back. Stir to combine. Top each latte with a bit of the milk foam, then dust with a pinch of cinnamon. **OK!**



OK! SPOTLIGHT

KAINAT IMTIAZ

In conversation with one of Pakistan's best female all-rounders



OK! Pakistan has a rendezvous with one of the country's top female cricketers, Kainat Imtiaz. The all-rounder is an important member of the Pakistan Women's National Cricket Team and here she discusses who influenced her in her cricket journey, what life inside of the game looks like, and so much more.

When did you realise you wanted to play your sport at the pro level?

Kainat Imtiaz: I guess it was in my genes to play as both my parents were into sports and it was their dream to see me represent Pakistan. Eventually after training hard, my vision got clearer and it became my passion to represent Pakistan at an international level.

What players influenced you growing up?

KI: I was a ball picker at the 2005 Asian Games held in Pakistan. There I saw the Indian fast bowler Jhulan Goswami, and watching that tall broad girl bowling so fast inspired me to start playing cricket, specifically developing my interest in fast bowling. It was a double inspiration as the chief guest himself was Sir Wasim Akram and other than that my favourite cricketers of all time are Brett Lee and Shoaib Akhtar. So all these fast bowlers influenced me throughout.

What are your pre-game rituals?

KI: Rituals starts even before game day. Prior to sleeping the night before, I always write my targets ►



“ Eventually after training hard, my vision got clearer and it became my passion to represent Pakistan at an international level. ”



“We have everything a team needs including the best fielders, best bowlers and best batters.”

for the game, where I visualise my game and think about the opponents. Then I wake up at fajr and pray Namaz. I also tend to always give myself a little alone time. I set up all my things and pack my playing kit as well as my practice kit, including all the necessities I need, as I have to have everything. Then I have breakfast, which includes bread, butter, jam and fruits. Nothing more and nothing less. I always arrive everywhere on time. Being punctual gives me a different kind of confidence.

How do you mentally handle yourself when you're behind in a game?

KI: It's all about the pressure in cricket and when it comes to calming my nerves whenever I'm under pressure, I start taking deep breaths so I can think clearly, rather more smartly. Being able to handle pressure in any situation comes with practice. I never give up. I always keep my head down and keep doing what I do best. Hustling. I give due importance to the basics of the game and never get bored. Being consistent will get one out of pressure easily.

What makes your team so effective?

KI: Unity, hard work and talent. This makes my team effective. We have everything a team needs including the best fielders, best bowlers and best batters. Most importantly, our team has great human beings. Plus, our support staff that keeps us jelling in even the most difficult circumstances. What do you need to work on in your game?

KI: I need to improve every skill. My goal is to get one per cent better each day.

What are your current plans for your team?

KI: Simple plans. We need to be in the top four ranked teams, as we currently stand on 7th. We need to prepare and work hard to reach the semis of the World Cup and then bring the World Cup home. Insh'Allah.

Any advice for young athletes?

KI: With smart work anything and everything is possible to achieve. You can achieve wonders as long as you don't lost hope. The only key to success is hard work. Keep your head down and go in the direction of your dreams. It might take long but it will be permanent as hard work always pays off. What do you consider to be your career highlight?

KI: All the big events I have participated in have been the highlight of my career. From both the Asian Games to the World Cup 2017, from being a fast bowler to turning into an all-rounder, from performing as an all-rounder to being the captain of a domestic side; everyday becomes a highlight. What do you think was your best game?

KI: My best game will be the next one I play.

What advice would you give to females to



maintain their fitness?

KI: Fitness is the most important life aspect of an athlete. Maintaining a good fitness lifestyle should be an important priority. It makes you think more. We have to prioritise our bodies (mentally and physically) and take better care of our bodies by eating healthy and training more. I would personally advise every individual to have a fitness routine. Post pandemic, cricket will not be the same. How challenging will this phase be for women's cricket?

KI: Life has changed a lot due to the pandemic. Cricket is not the same anymore due to the many restrictions, isolation periods, and just being stuck in a place. It's all really hard to deal with mentally. We cannot go out and relax after a bad game or celebrate after a win. The circumstances are hard but I am still glad that we are playing. Even with all the restrictions and travel issues, we are playing the game we love and even if people are unable to come to the stadium to see us play, the fans are still following everything because of the their love for the game.

If you weren't a cricket what would you be?

KI: If I weren't a cricketer I would have been an artist or a fashion designer.

Who is your favourite sportsman?

KI: Mohammad Ali is my all time favourite sportsperson.

Describe yourself in one word?

KI: Effervescent and tenacious.

Favourite show?

KI: *Friends*.

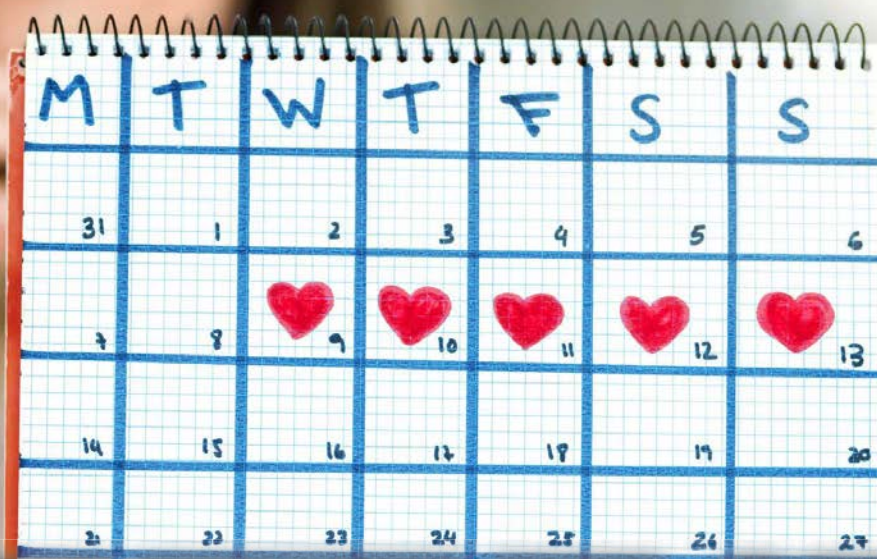
Ideal destination?

KI: Northern Pakistan.

Last book you read?

KI: *Pir-e-Kamil*. **OK!**

INTERVIEW: MAIRA PAGGANWALA
PHOTOGRPHS COURTESY KAINAT IMTIAZ



GO WITH THE FLOW

MORE THAN 13,000 WOMEN SAY THE COVID JAB HAS AFFECTED THEIR PERIODS. HERE'S HOW TO FIND YOUR REGULAR RHYTHM THE NATURAL WAY

In the course of a lifetime, many women have irregular periods for a month or more. For some, this has coincided with receiving their Covid vaccine – but there's no need to be alarmed.

By mid-May, reports were already starting to emerge, with 3,000 cases* of heavier periods post-vaccine – AstraZeneca (2,734), Pfizer (1,158) and Moderna (66). However, there's still no confirmed evidence to suggest that the two are linked.

So, what is an irregular period, and how can we get back into the swing of our regular cycles?

"We must look at the root cause of the problem," says nutritional therapist Melissa Cohen. "Nutritional therapy, for example, can evaluate

your lifestyle, deficiencies and diet to help you get back in balance without medicine."

If you want an alternative to the likes of synthetic hormones and birth control, try these natural nudges towards your normal routine.

What is an irregular period?

Most women have a period every 28-35 days, lasting up to a week. Cycles beginning later than

Heavy bleeding with clots or spotting.
Abdominal cramps and backache.

Is it perimenopause?

Irregular periods can be a normal sign of perimenopause – which lasts four years but can be up to 10 before menopause – usually in your forties, when your ovaries begin to make less oestrogen. Other signs include hot flushes, breast tenderness, vaginal dryness and urinary leakage or urgency. It's normal for periods to become heavier during this time, but spotting in between periods, blood clots or more frequent periods should be investigated.

While the natural remedies listed could help younger women, those who are perimenopausal could potentially benefit from the following:

Soy: This plant contains an oestrogen called isoflavones, which helps the body adjust to changing hormones. By consuming more soy products, symptoms such as hot flushes, night sweats and even vaginal dryness may be improved.

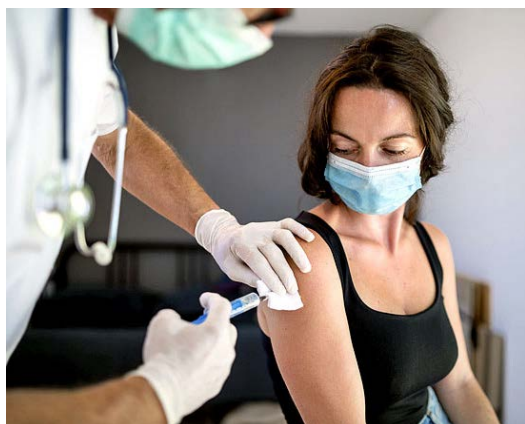
Pine bark extract: Sold in health food stores under the name Pycnogenol, it's full of plant-based hormones and organic chemicals called flavonoids. It's thought that taking the extract over four weeks significantly improves hot flushes and other menopause symptoms.



every 35 days, or occurring erratically each month, could be classed as irregular.

Other symptoms include:

Missing more than three consecutive cycles.





Yoga

A 2013 study in India showed that doing yoga five days a week for six months can treat a range of menstrual issues, such as pain, depression and anxiety. Deep breathing helps circulate oxygen into muscles (the uterus included) to soothe painful cramps.

Melissa explains, "Sex hormones and the stress hormone cortisol are made from the same building blocks – chronic stress can lead to lowered sex hormones, so the less stressed we are, the more balanced our hormones can become."

Ginger

It's a go-to for travel sickness, but if you suffer from a heavy flow, ginger could calm things down. While there's no scientific proof, a study of 92 teenage girls showed that daily ginger supplements may help reduce the amount of blood lost during a cycle.



"Ginger improves production and balance of oestrogen and progesterone by lowering inflammation (which may inhibit them) in the body," says Melissa. Taking up to 2,000mg of ginger powder for the first 3 to 4 days of your period could reduce pain.

Apple cider vinegar

A 15ml tot in water each day for a month could help restore periods and boost fertility in women with polycystic ovary syndrome by lowering insulin resistance. The vinegar is thought to relieve



menstrual cramps, flush out toxins and stamp out bloating. Dilute in water or add honey to it for a more pleasant taste.

Cinnamon

The spice is high in manganese, which can help with blood sugar levels and inflammation. Melissa says, "Taking cinnamon capsules or ground cinnamon in cooking or tea can reduce menstrual pain and bleeding, and stamp out nausea from primary dysmenorrhea – cramping pain before or during your period."



Pineapple

The tasty fruit contains bromelain – an enzyme to ease digestion and absorb nutrients. "It has vitamin C, too, supporting bone health – vital through menopause – and is thought to soften the uterus lining and regulate periods," says Melissa.



Unripe papaya

This tropical treat is said to help regulate irregular periods. "It increases contractions of the uterus to help expel its lining and has beta carotene to ease inflammation and support regular menstruation," says Melissa.



Turmeric

This popular spice contains curcumin, a miracle medicine with anti-inflammatory and antioxidant effects proven to boost heart health, prevent Alzheimer's and cancer and tackle depression and



arthritis.

Melissa advises, "Take a daily mix of ½ tsp turmeric powder with warm oat milk, a pinch of black pepper and 1 tsp honey to regulate your cycle."

Aloe vera

Sunburnt skin soaks up the moisturising properties of this plant, which can also help to regulate periods.

Melissa explains,

"Drinking pure aloe vera juice mixed in a 200ml glass of water (when not on your period, as it may trigger uterine contractions) can help to correct hormonal imbalance and stick to a regular period pattern." **OK!**



WORDS: KIRSTEN JONES
PHOTOGRAPHS: GETTY, SHUTTERSTOCK

TREASURED ISLAND

FOR A FAMILY HOLIDAY DEVOID OF THE USUAL MELTDOWNS AND MISBEHAVIOUR, TENERIFE'S COSTA ADEJE OFFERS PLENTY TO KEEP THE CHILDREN ENTERTAINED

WHY GO THERE?

The most popular family destination on the Canary isle of Tenerife, Costa Adeje enjoys year-round sunshine within a four-hour flight time – just short enough to avoid draining kids' iPad batteries or parents' patience. Try to sit on the left-hand side of the plane for impressive views of the island's volcano, Mount Teide. If you fancy a closer look, take a cable car ride up it, day or night – it's officially one of the world's best places for stargazing. Also not to be missed is a paddle along Adeje's volcanic sand beaches, whale and dolphin-spotting boat trips from Puerto Colón harbour or simply toasting the beautiful sunsets with cava. Bliss.

WHERE TO STAY

We took the all-inclusive option at Iberostar Bouganville Playa, a four-star resort that's a mere pebble's skim from Adeje's promenade and El Bobo beach. The stylish, airy rooms have all been freshly renovated, and we appreciated the family set-up, with two spacious interconnected rooms. The hotel has three family pools, including a mini



BRUNELLI'S
LOOKS OUT ONTO
THE ATLANTIC



DOLPHINS CAN BE SPOTTED OFFSHORE



THE FOUR-STAR IBEROSTAR RESORT

world's best water park on Trip Advisor for the past seven years, it's mesmerising to behold. Not only are the buildings and rides designed in the style of Thai architecture, it was constructed with the blessing of the Thai royal family itself.

The centrepiece is the white-sand Siam Beach, complete with a vast turquoise "ocean" that turns into a monster wave pool every hour. In the mood to splash out in more ways than one? Treat yourself to the Champagne Club for access to private cabanas overlooking the beach, plus fast-track passes and all-inclusive food and drink at the excellent restaurants.

For a ride beyond Costa Adeje, head for the lush north side of the island and Loro Parque zoo. At this bird-lovers' paradise you can see everything from cute newborns in incubators and exotic species in the walkthrough aviary, to all the pretty Pollys in the parrot show. Our favourite was the colony of emperor penguins who stood serenely under snow flurries as we glided past their icy kingdom on a travelator.

WHERE TO EAT

There are plenty of buzzy restaurants packed on Costa Adeje's promenade. With our all-inclusive package, we ate mainly at the hotel and were impressed

by both the quality and variety of food, with different culinary themes every night. The buffet switched from self-service to "assisted" shortly after our stay began (due to a change in local Covid laws, not the vast amounts the kids were heaping onto their plates!) but service remained swift and super-friendly. If you're visiting north Tenerife, book a table at Brunelli's, opposite Loro Parque. It serves the most sensational steaks, thanks to a special 800 °C oven that keeps meat ultra-juicy. The view out to the Atlantic is just as unforgettable. **OK!**

WORDS: LYNNE HYLAND
PHOTOS: GETTY



SIAM IS TOP OF THE WATER PARKS

water park, and there's also a roof sundeck with hot tub for the adults-only Star Prestige service (aka my holidays of the future).

During the day, our children dipped in and out of the pools and the kids' club, and in the evening we

all took up residence at the alfresco entertainment area. Thanks to Covid, there was no dance floor – but there was something rather lovely about stretching out on the sunloungers in the warm evening air and chairdancing along to the live acts. In fact, we were impressed by all the initiatives put in place by Iberostar, from reduced capacity and hand hygiene stations galore to the wider Wave Of Change eco campaign, which includes sustainably sourced seafood, zero single-use plastic, and a pledge to be carbon neutral by 2030.

MUST-DO ACTIVITIES

Our Google Maps said "Costa Adeje" but our eyes said "Thailand" when we saw Siam Park. Voted the

TRAVELLER'S TALE

ROBINA KHAN GOES TO BARÇA!





Where did you go?

Robina Khan: It had been more than a year and I didn't get a proper break from work. I needed to pamper myself with a nice vacation, after working so hard even during COVID. I decided to go to Barcelona, Spain with a close friend.

What made you go here?

RK: I have always loved European vibes, and Barcelona was on my list this time. It has both - modern luxuries and historic charms. Sitting around on a tiny old-school bar in the evenings was an absolute delight.

What did you pack?

RK: It was irrefutable that it would be a little chilly there so I decided to pack a few trench coats and warm clothes. The weather was definitely fantastic.

What was favourite meal/restaurant?

RK: As I ambled down the streets of Barcelona in search of a late lunch, I came across Harry's - it's an old tiny venue with an Italian menu and some exquisite wine selection.

Favourite shopping destination?

RK: Well it's ok to have a shopping spree occasionally. I had mine at the Passeig de Gracia, which is the most famous place for luxury shopping.

Some sights worth seeing?

RK: Barcelona has a lot of historic sight seeing spots - my favourites were La Sagrada Familia and Park Guell.

Travel Essentials?

RK: Must have your power bank and charging cables at all times in addition to sanitisers, face wipes, lip balm, perfumes and some medicines.

What are some spots for a night out?

RK: I went to an amazing club called La Terraza Gatsby restaurant, which is another favourite.

Any travel tips you would like to share?

RK: Travel light, check weather updates before reaching your destination, always get a local sim, eat whatever you can on you trip, enjoy the food and shop as much as you can. **OK!**

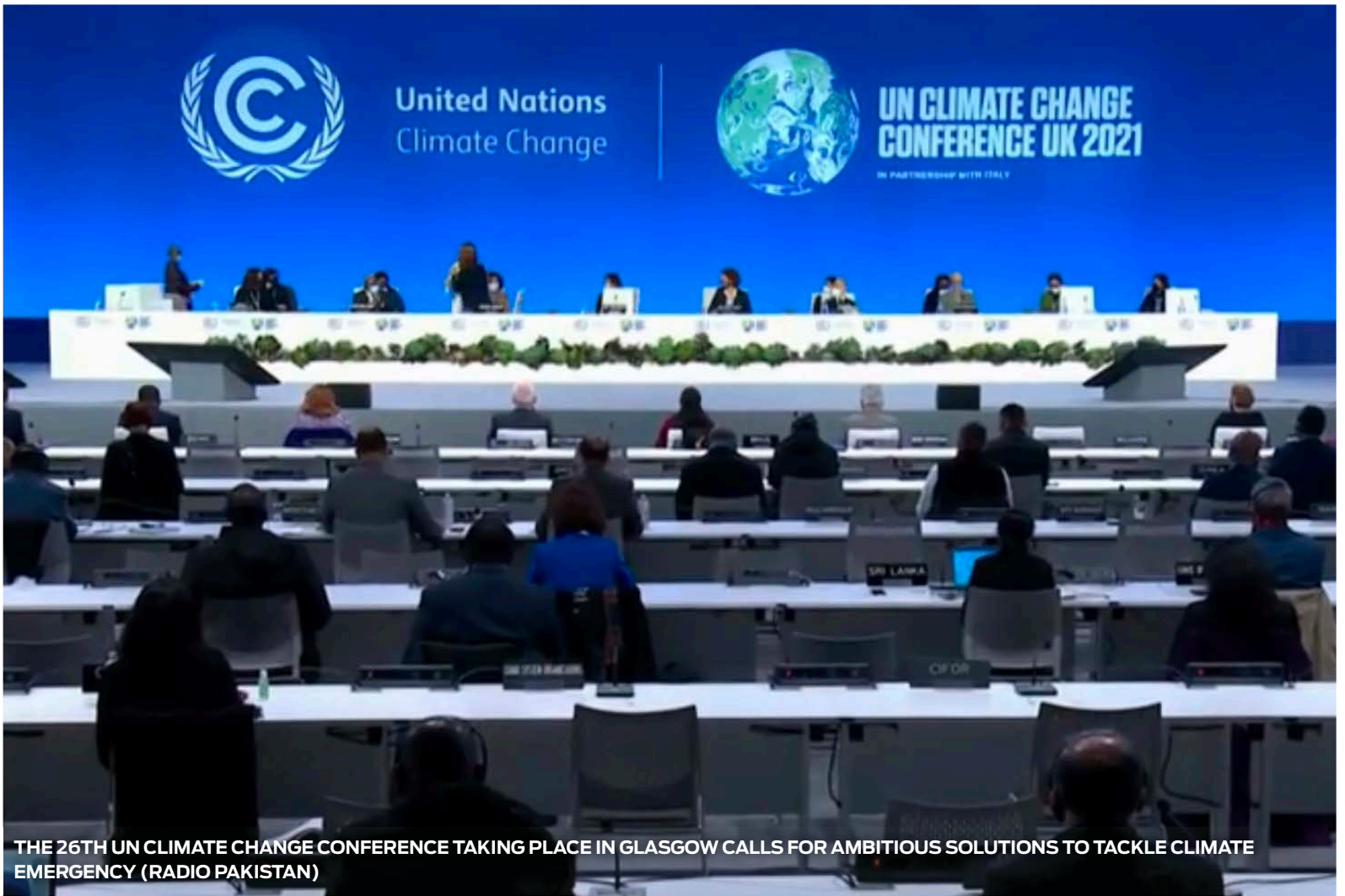
OK! WORLD IN ACTION



SHAHEEN SHAH AFRIDI AWARDED MAN OF THE MATCH AS PAKISTAN DEFEATED INDIA BY 10 WICKETS FOR THE FIRST TIME IN A T20 CRICKET TOURNAMENT (THE SPORTS RUSH)



NEW YORK'S HALLOWEEN PARADE RETURNS AFTER COVID NIXED FESTIVAL LAST YEAR (WILLIAM C. LOPEZ/NYPOST)




HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!


CAPRICORN

Dec 22 – Jan 20

 While you usually know where you are going, your path may not be so clear at the moment. Examine the quality of your relationships and whether they are pulling their weight. Set boundaries and ask for what you want. Be prepared for your partners to communicate what they need from you. Be ready for a raise, a promotion, or a new job. You are ready to step up and have greater responsibility.


TAURUS

Apr 21 – May 21

 You normally don't like confrontation but underneath that desire for peace, your soul wants greater intimacy and the only way to get that greater intimacy may be through confrontation of some kind. Be willing to dance in the fire.


VIRGO

Aug 24 – Sep 23

 Lighten up because you can miss out on so much if you remain so focused on every little detail. You will notice that you are capable of finding the words to see the bigger picture and communicate with greater power, meaning and purpose.


SAGITTARIUS

Nov 23 – Dec 21

 There is potential for lots of behind the scenes activity as dreams, inspiration and spirituality is heightened. Whenever you need clarity and direction in your life, ask for answers in your dreams because while the body sleeps, the soul never does. There is teamwork and cooperation taking place, and people are coming out of nowhere to support you and your process.


AQUARIUS

Jan 21 – Feb 19

 You may feel like you are waking up after a long sleep. It is time for magic in your career. You feel a powerful sense of mission. It is time to express your uniqueness, originality and inventiveness in your job. There are many opportunities for powerful, mutually benefitting alliances.


GEMINI

May 22 – Jun 21

 You've been wondering what hit you due to power struggles all around. You've been learning to surrender. It is time for you to transform the day-to-day quality of your life in order to create a vibrant and healthy mind, body and spirit.


LIBRA

Sep 24 – Oct 23

 You are enjoying relationships, teamwork, and cooperation. If you are cashing in now, it is because you deserve it. People are coming out to support you in making your dreams come true and you recognise the value and the gift in all relationships.


PISCES

Feb 20 – Mar 20

 Your head may be spinning as you step up to who you really are. You are in a creative reawakening and are coming into your own. You need to be you and do what you want to do in your own unique way. You will be surprised by how easy it is to ignore those that prevent you from expressing your inventiveness and individuality.


CANCER

Jun 22 – Jul 23

 You've been doing quite a bit of self-parenting and self-nurturing, not to mention taking responsibility for everything you feel. Continue to work on those internal structures that truly support who you are now. Be your own mommy and daddy.


SCORPIO

Oct 24 – Nov 22

 This is your month of rebirth, healing, regeneration and maximum intensity. Expect things to heat up as you become one with your passion, and when you are focused on your heart's desire, there is no one more focused, determined and relentless than you.


ARIES

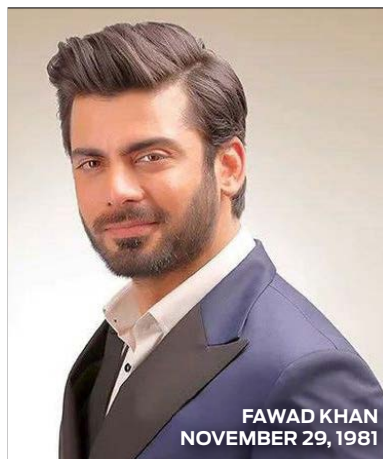
Mar 21 – Apr 20

 Your interactions with others will intensify. While you are always prepared to go ahead in life alone because others can not keep up with your pace, know that once you align with others, it will be much more exciting and fulfilling.

LEO

Jul 24 – Aug 23

 While you are usually gregarious and outgoing, you may be feeling more private and withdrawn recently. It will be good to undertake a project at home so you have a physical outlet for that intense, powerful energy. If there is friction at home, try not to forget similar energies that you felt as a child. Face it and you will create an amazing present out of that past.



FAWAD KHAN
NOVEMBER 29, 1981



KENDALL JENNER
NOVEMBER 3, 1995

PHOTOGRAPHS: SHUTTERSTOCK, WEEN



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