





CONTENTS

FFATURFS

4 SOCIETY PAGES

10 DANIEL CRAIG

With the release of *No Time To Die*, Craig makes his fifth and final appearance in the iconic role

16 KINZA HASHMI

The actress opens up about upcoming projects, shooting on set during the pandemic, and being an optimistic person

22 LILY-ROSE DEPP

The 21-year-old is slowly coming of age in Hollywood and now starring in the sci-fi thriller Voyagers with which she has impressed audiences with her self-assured and charismatic screen presence

28 MAHNOOR IQBAL

OK! Pakistan caught up with the creative for an inside scoop on her recently launched studio, her make-up and design philosophy, and plans for the future

FASHIONISTA

36 EDITORIAL:

42 RED CARPET

44 FASHION EDIT: PREP SCHOOL

46 STYLE CRUSH: JENNIFER LOPEZ

47 MEN'S EDIT: DANIEL CRAIG

48 JEWELLERY EDIT: SCARLET

FEVER

49 WHAT'S IN HER BAG?: EEMAAN

BANO

50 BEAUTY EDIT: BEAUTY SLEEP

51 BEAUTY ESSENTIALS

I IFFSTYI F

52 MY WONDERFUL LIFE: ALISHAY

ADNAN

53 ENTERTAINMENT

54 OK! RECIPES: HIGH SOCIETY

58 OK! SPOTLIGHT: KHADIJA

CHAGANI

62 OK! HEALTH: FOREST BATHING

64 OK! TRAVEL: BARCELONA

66 TRAVELLER'S TALE: ZOHA

RAHMAN GOES TO CROATIA

68 WORLD IN ACTION

70 HOROSCOPE







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



Down

- 1. Your favourite yummy treat which is brown in colour
- 2. When something happens at last
- 4. Being full of fun
- 5. A greater quantity

Across

- 3. Your favourite chocolate sandwich biscuit
- 6. Your favourite brown treat a little more





















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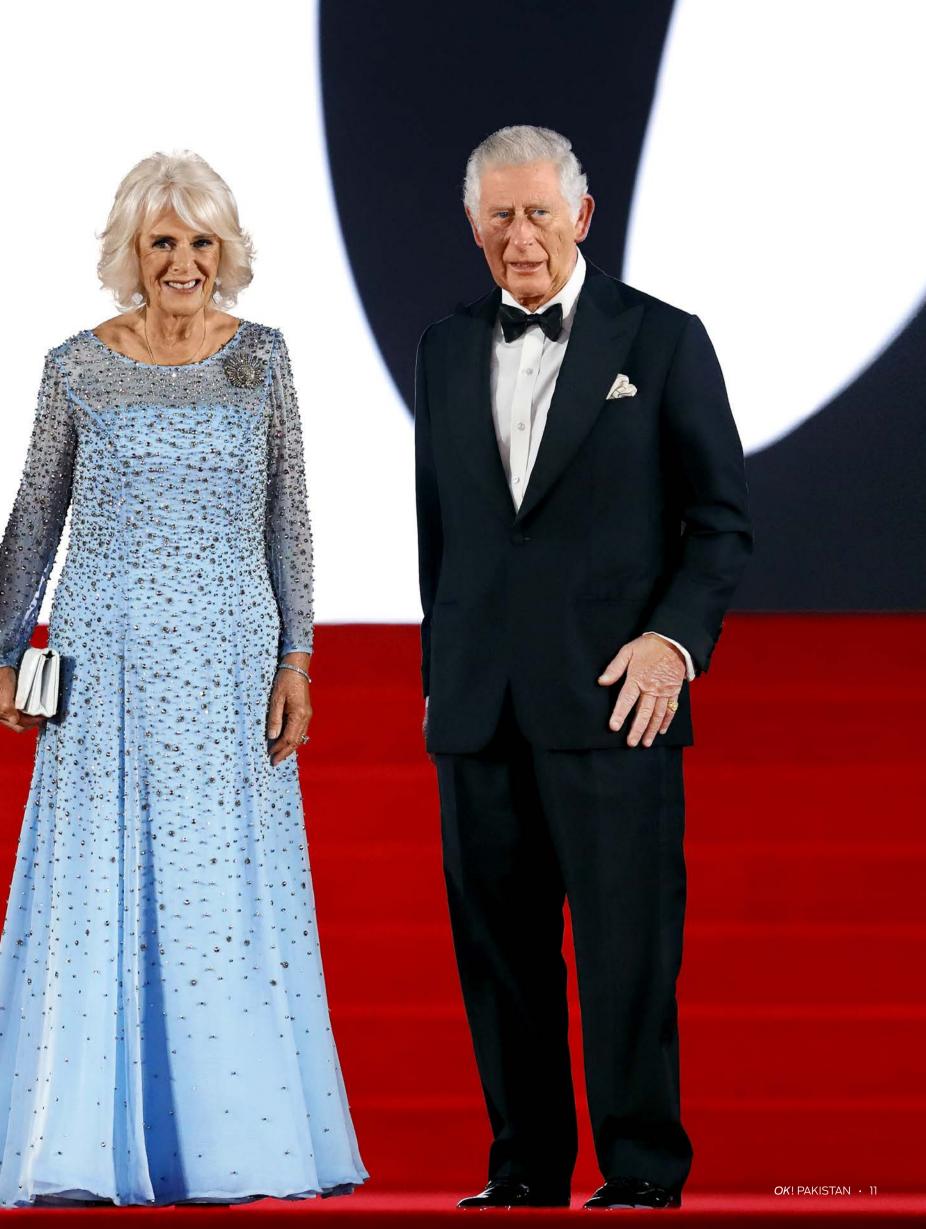
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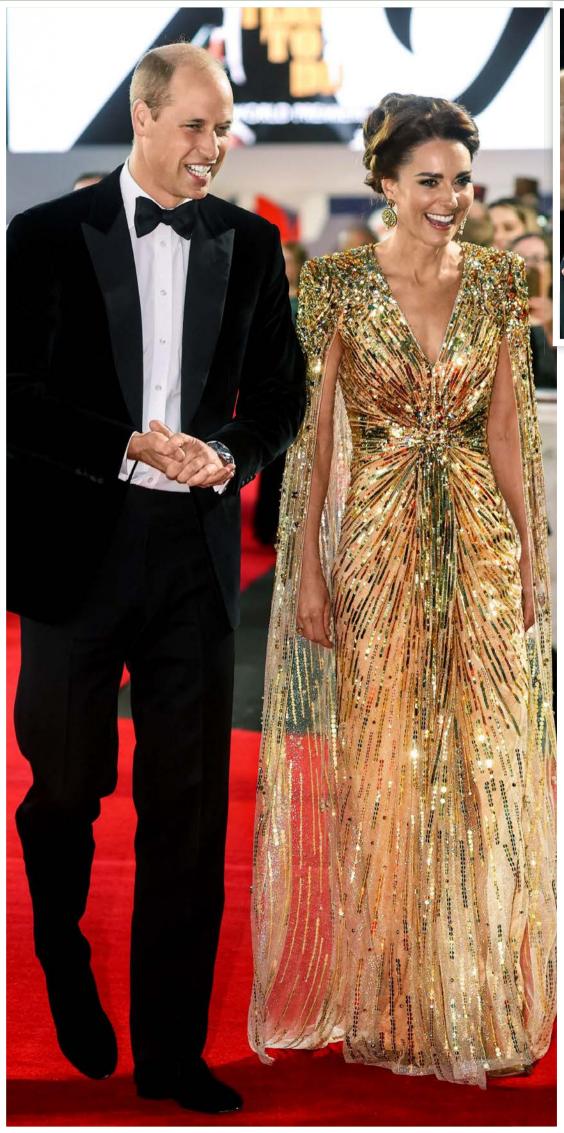
The Duke and Duchess of Cambridge pose on the red carpet alongside the Duke and Duchess of Cornwall



KATES II CENCE TO THE RILL

THE DUCHESS OF CAMBRIDGE STEALS THE SHOW AS THE ROYAL FAMILY ATTEND THE PREMIERE OF NEW BOND FILM NO TIME TO DIE







he Duchess of Cambridge proved she's the royal family's golden girl last week as she dazzled at the premiere of the latest James Bond

premiere of the latest James Bond film, No Time To Die.

The 39-year-old literally sparkled on the red carpet at London's Royal Albert Hall, wearing a glittering gold-caped Jenny Packham gown that cost £2,800.

She amped up her make-up for her big night out with husband Prince William, father-in-law Prince Charles and his wife Camilla, Duchess of Cornwall, by contouring her bronzed face, applying false eyelashes and defining her brows. And a modern updo and statement jewellery completed her show-stopping look.

Royal expert Duncan Larcombe tells OK!

Royal expert Duncan Larcombe tells *OK*! that Kate's bold makeover is a sign that she is growing in confidence. "Kate is riding the

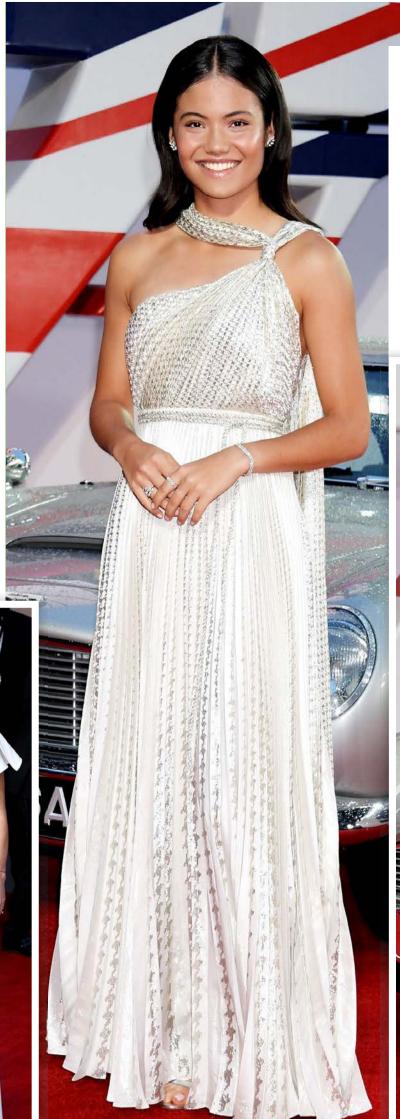












Emma Raducanu

The best of British also turned out for the premiere of the 25th Bond flick – which was finally able to take place after being delayed three times since April 2020 due to the pandemic.

US Open tennis champ Emma Raducanu, 18, led the way in a silver Christian Dior gown. And Strictly hosts Tess Daly, 52, and Claudia Winkleman, 49, enjoyed a night off too, with Tess joined by husband Vernon Kay, 47.

Spice Girl Geri Horner, 49, looked graceful in a white Maticevski gown as



Christian and Geri Horner



she posed with husband Christian – and the couple even managed to snag a selfie with Bond himself.

Dame Judi Dench, 86, who played M in eight Bond films, and No Time To Die's co-writer Phoebe Waller-Bridge, 36, both looked glamorous in black while Billie Eilish, 19, who performs the film's theme song, opted for a sparkling Gucci suit.

And the premiere was hosted by DJ Clara Amfo, 37, who wowed in a figure-hugging off-the-shoulder Bottega Veneta dress.

Bottega Veneta dress. OK!

WORDS: SAMUEL MCMANUS-MAXWELL PHOTOS: GETTY









OK! PAKISTAN · 17

"I've had a really good run!" THE BOND FILE DANIEL CRAIG

Daniel Craig has reached his limit - as Bond, James Bond to be precise. With the release of *No Time To Die*, Craig makes his fifth and final appearance in the iconic role.





ike Connery, Moore, and Brosnan before him - Daniel Craig has managed to put his own stamp on the world's longest running film franchise and arguably most famous fictional character. He's redefined Bond in a way that embraces the best of Ian Fleming and which has enabled the spy saga to attain true blockbuster status as measured by the \$2 billion in combined box-office receipts generated by the previous two Bond movies - *Skyfall* [2012] and *Spectre* [2015].

No Time To Die, directed by Cary Fukunaga, is the 25th instalment in the Bond opus that began 50 years ago with Dr. No and has since become a part of our cultural landscape. Following in the footsteps of Gerd Frobe, Donald Pleasance, Adolfo Celi, Telly Savalas, Michael Lonsdale, and Christopher Walken (to name only the best), Rami Malek, as Safin, becomes the latest in a long line of classic archvillains in the Bond pantheon. This time out, Craig's 007 must track down Safin, who has kidnapped a top scientist, and prevent him from launching a new technology that threatens civilisation.

Léa Seydoux reprises her role from *Spectre* as Dr. Madeleine Swann while rising new star Ana de Armas takes on the so-called 'Bond Girl' role (with apologies to the MeToo movement) as Paloma, who spends much of the film at Bond's side as the story criss-crosses the globe. Other cast members include Ralph Fiennes (M), Naomie Harris (Moneypenny), Jeffrey Wright (Felix Leiter), Ben Whishaw (Q), and Christoph Waltz as Ernst Stavro Blofeld.

Brutal yet vulnerable, Craig has invested heavily in the character's barely suppressed rage while endowing him with a Kierkegaardian level of existential torment. Rather than playing up to Bond's tuxedoed elegance and charismatic womanizing, Craig has captured the public imagination with his brutal yet vulnerable take on one of film's most legendary figures.

Daniel Craig spent his first four years growing up in

Cheshire, England, the son of an art teacher and a pub landlord. After his parents divorced in 1972, he and his older sister Lea moved with his mother first to Liverpool, and then to Hoylake where he would go on to play rugby at the Hoylake Rugby Club. But acting was always his destiny. He developed a keen interest in acting when his mother would take him to the Liverpool Everyman Theatre and by age six Daniel knew he wanted to be an actor. Soon he would start acting in school plays, and made his debut in the Frodsham Primary School production of Oliver!

At 16, he joined England's National Youth Theatre and would eventually earn recognition as a promising talent following his performance as Francis Bacon's lover in 1998's Love Is The Devil: Study For A Portrait Of Francis Bacon.

His first big break in Hollywood came with a supporting role opposite Angelina Jolie in Lara Croft: Tomb Raider while also playing in the Roger Mitchell UK-produced dramas Enduring Love and The Mother. Thereafter followed roles in Road To Perdition and Layer Cake. But it wasn't until he was chosen to succeed Pierce Brosnan as Bond in 2006's Casino Royale that he achieved major stardom with his at times ruthless yet nuanced approach to the character first made famous by Sean Connery and then Roger Moore.

Apart from his Bond films, Craig earned rave reviews for his work as Mikhael Blomqvist in David Fincher's *The Girl with the Dragon* [2011] and later in the Coen Bros.' *Logan Lucky* [2017].

Daniel Craig lives in New York City with his actress wife Rachel Weisz, their two-year-old daughter (name undisclosed), and her 13-year-old son Henry from her previous relationship with director Darren Aronofsky. Craig also remains close to his 27-year-old daughter Ella from his previous marriage to Fiona Loudon.

ON WHAT HIS TIME AS JAMES BOND HAS MEANT TO HIM

"The role has changed my life and my career in a thousand ways, and it has given me the power to do what I want in the future. Also, I have learned a lot. I have always been very involved in the whole process. Before we began work on *Casino Royale*. I spoke with the producers, Barbara Broccoli and Michael Wilson, and I said to them: "You want me to go out there and become James Bond, which is a huge responsibility in terms of image and commitment? Therefore, I need to be involved in the production. And they agreed and made it very easy for me."

PUTTING EVERYTHING INTO PLAYING BOND

"If you're going to do that sort of stuff, you've just got to get it right. You've got to give it your best shot. When you've got all that talent, everyone gunning to make it good, you've got to get it...It's a Bond movie. You want people to go, 'Whooah!' A sharp intake of breath during a movie is never a bad thing."

ON HIS BOND GETTING BASHED AROUND

"I love the fact that Bond takes a lot of battering, and so he should – he's an agent, and he's up to that. But it's how he stands up to adversity, where he's one against many, usually. As long as we can keep that interesting, and how he deals with those situations, then it's worth making the movies. "

"Bond doesn't really break – he gets thrown about... Bond's a soldier. He tries to hide his emotions, tries to be in control all the time, and playing around with that - pushing those boundaries - is interesting."

ON WHETHER HE HELPED KNIVES OUT CO-STAR ANA DE ARMAS LAND THE ROLE AS THE BOND



GIRL IN NO TIME TO DIE

"Yes and no. While we were preparing to shoot *No Time to Die*, director Cary Fukunaga came up to me and asked, 'Do you know Ana? I want her for our film.' Ana and I had just shot *Knives Out*, and I was very much in favour of Cary's choice to cast her."

ON BOWING OUT AS BOND

"I've had a really good run. It was the right thing to do one more... I think we've done something really wonderful. We've got an amazing story and something that's going to be surprising for people. The Bond movies are incredibly special. Nobody else makes them and Bond still gets people going."

ON THE IMPORTANCE OF IAN FLEMING

"We always go back to Fleming. We just do it, you have to. I mean, the darkness, the conflict... His wife thought the Bond novels were smut, but it was smut that got them a lovely place in Jamaica. He was conflicted. I like that. He wanted to make a spy, after his war experience, and the knowledge of these brave men who had gone to battle and he'd sent a few to battle, probably to their deaths, making heroes out of them. You know, the despondency of coming out of the '50s. He set the tone of the '60s. In a way his stories had nowhere else to go until they were made into films. They literally changed the face of movie making in the '60s. The legacy is incredible."

ON REDEFINING BOND

"I couldn't come in and pretend to be James Bond, because everyone knows Bond as Pierce or Roger or Timothy or Sean. I couldn't come in and go, 'Hmm, Martini,' or whatever. It's not who I am, and how I kind of approach things."

"The truth of it is that I always had this plan in my head is that we got to make them and begin them again and bring all that back in, but it had to happen the way it did. I can't see it happening any other way... We had to destroy the myth (of the previous Bonds)."

"The original Bond was always in turmoil with himself, always questioning. Maybe he got smoother as the books went on. But going back to the beginning, it's the way I approach my work. I'm aware it's a Bond movie and always remains a Bond movie. I've just always felt there should be an element of truth or emotion in a movie, so that the audience can hook in. If it's only action, then it's not the complete picture."

ON WHY HIS BOND WAS NEVER

"I can't do shtick, I'm not very good at it. Unless it kind of suddenly makes sense. Does that make sense? I sometimes wish I hammed it up more, but I just can't do it very well, so I don't do it."

ON GETTING SAM MENDES TO DIRECT SKYFALL AND SPECTRE

"He's English, he's Cambridge-educated, he's smart. He's lived with Bond all his life; he grew up with Bond the way I did. We grew up at exactly the same time, and I said to him (about working on *Skyfall*): "We have to do this together, we have exactly the same reference points, we both like the same Bond movies and we both like the same bits in the same Bond movies we like"

We sat down and we just rabbited for hours about *Live and Let Die* or *From Russia with Love* and talked about little scenes that we knew from them. That's how we started talking about it."





ON NOT NEEDING TO PROVE HIMSELF ANYMORE

"Sometimes shooting on a smaller scale, as long as things don't blow out of proportion, is very liberating. But I wouldn't like to self-consciously go out and look for some nice small indie project just to get a chance to prove my acting chops. I think I've ... done enough of that."

ON PLAYING MIKAEL BLOMKVIST IN GIRL WITH THE DRAGON TATTOO

"I liked the character. I liked the fact that he's flawed, complex, weak, egotistical, and a man on a moral crusade. And all those things made for an interesting combination, plus the fact that he has this brilliant relationship with Lisbeth Salander, this damaged, hyper-intelligent human being. On paper, they don't match, but as the story unfolds, they really respond to each other. She's the one with the balls in the relationship. He's happy to watch while she beats someone up!"

ON PLAYING DETECTIVE BENOIT IN THE DARK COMEDY KNIVES OUT

"I was pretty confident I could get the comedic aspect right... Look, I don't get to play parts like this very often. And I wouldn't have gone for it if the script weren't as good as it was and Rian Johnson wasn't the director. The satisfaction of watching the film with an audience and them laughing at the same gags I laughed at when I first read it, there's such a joy and satisfaction to that."

ON WHETHER HE WOULD PLAY IN THE PLANNED KNIVES OUT SEQUEL

"Sure. I'd be over the moon. I mean, I'd do anything for Rian [director/writer Johnson]. If he writes something, I'll do it. Of course I will. Why wouldn't I? I had a ton of fun doing it. You aim for that every time; you aim for that to work out. It rarely does, but it did

in that movie and how nice is that?"

ON PURSUING HIS CHILDHOOD ACTING DREAM

"Acting is what I have wanted to do all of my life. I think I got some sort of a bug when I was a kid and I watched movies avidly when I was nine or ten, going to the cinema as much as I possibly could. And I was fortunate enough to be taken to the theatre as a kid to see a lot of plays and it stuck with me and it never went away."

ON LEAVING HOME AT 16

"I left Chester (Liverpool) in 1985, when it was as depressed as it could be. My mother says I wasn't 16, so maybe I was 17 by the time I properly left home. But I definitely left at 16 and spent the summer in London. I lived in north London, west London, stayed on people's floors until they chucked me out. I was studying at the National Youth Theatre in London. We didn't have any money, but my mum would bung me a couple of hundred quid (pounds), and they were people willing to look out for me. I managed to scrape it together. God knows how, it's terrifying really. My mother gave me a gentle push. I was terrible at school. There wasn't a lot for me to do. I wanted to act, and she knew that there wasn't much going in Liverpool and I had to go to London."

THE BEST ACTING ADVICE HE EVER RECEIVED

"To learn to relax! (Laughs) I was much too intense at the beginning because I was so desperate to get my career going. I was also shit-scared beyond belief whenever I would audition or even when I would go on the set. I was such a neurotic ball of nerves that I had forgotten how to act. And then I began working on a British TV series (*Our Friends in the North*) in 1996 and the other actors working with me would just keep telling me to take it easy. One older actor told me, 'Fucking relax, just enjoy it.' After a few months, I had finally figured out how to work at a level that I wanted to be at and was able to grow as

an actor and as a man from that point onwards." ON ACHIEVING THE GOOD LIFE

"I've got the life I want. It was in my mid-thirties that I started figuring out what kind of relationships I wanted and needed to have to make myself happy and make the people around me happy. I was pretty driven as an actor but then once I started getting some good film roles, I felt this wonderful, creeping sense of freedom. I thought to myself, 'This is what you wanted. This is where you always wanted to be.' That's the point where you can start really living."

ON THE DOWNSIDE OF BEING A CELEBRITY

"Being famous was a shock. It took me 20 years to get used to the idea and the fact of having to give up my private life...Not being able to go to certain places, and live the way I used to, was a difficult adjustment for me. But I'm not going to complain because the upside has been huge."

ON HIS FUTURE ACTING PLANS

"I don't have any. I am in the fortunate position of being sent a lot of scripts and offering me very different roles. My only plan is to work with good and nice people."

ON WHETHER WORKING AS A WAITER IN HIS YOUTH HELPED SHARPEN HIS ACTING SKILLS

"I didn't know at first, but yes, it did. It requires you to project a persona, really. And you need a persona, I'm sure, as most waiters will tell you, just so you can ignore, you know, how rude people are a lot of the time... I was full-on silver service, bow ties and had to do cocktails and do the whole thing. I did that for years."

ON HOW HE LIKES HIS MARTINIS (SORRY, BUT WE HAD TO ASK...)

"Shaken, of course. Cold as hell and very dry." OK

INTERVIEW: WENN PHOTOGRAPHS: GETTY, WENN, SHUTTERSTOCK



46 I am very selective about the characters I want to play 55

KINZA HASHVII

Kinza Hashmi opens up about upcoming projects, shooting on set during the pandemic, and being an optimistic person



t's been more than seven years since Kinza Hashmi took a leap into the entertainment business. Having acted in more than 30 television plays, she is determined to take things in her stride and compete to be the best in Pakistan's cutthroat drama industry.

We recently saw her essay the role of Maham in *Mohlat* and more recently as Nimra in *Azmaish*. These contrasting performances have helped her prove her merits as a performer.

What's next in store for Kinza? How well do you know her? Keep reading to find out!

Kinza, three qualities that define you as a person. What are they?

KINZA HASHMI: Creative, flexible, adventurous.

I am curious to know how you landed your first job as an actor...

KH: I had to give an audition just like anybody else and eventually got selected.

Do you feel that competition among budding, young actors has increased more than ever, especially considering that there weren't many

new entrants in our entertainment business a few years ago?

KH: Competition was always there. It is just that because of awareness created by social media,

44 Every character is challenging and has different shades. **3**

competition has become more obvious.

An actor's popularity is sadly judged on the basis of his or her social media following, not the craft itself. With an increased influx of PR teams for Pakistani actors over the years, do you feel that everything surrounding an artist has become business-oriented?

KH: Sadly, yes, I do agree. However, good actors

will never run out of work because of lesser social media numbers. Yes, they might not land social media campaigns.

How do you bring variation in your characters in terms of on-screen appearance?

KH: My on-screen appearance depends on the character I choose, and I am very selective about the characters I want to play.

Has any role come your way that has challenged you mentally and physically, or are you still waiting on such a character role?

KH: Every character is challenging and has different shades, however Rushna from *Ishq Tamasha* took me to a different level because of the highs and lows in her life. It was an emotional roller coaster ride for me.

Where can we see you next on-screen following *Azmaish*?

KH: There are a lot of amazing projects lined up. There is *Barwah Khiladi*, which is completely different from anything I have ever done before. Then there is a GEO telefilm. I am also working ▶



OK! PAKISTAN · 27



LE I think I am more patient now. **J**

on a new project opposite Affan Waheed.

How challenging has it been for you to shoot on-set during a pandemic?

KH: Of course, it has been quite challenging to work during the pandemic but again, tough circumstances teach us a lot about life. So, I think we are all still learning.

Since the onset of the pandemic, our cinema has also experienced a major blow with all focus shifting from films to television and web content. Is our film industry resilient enough to bounce back once the pandemic subsides?

KH: I am a believer of positivity, and yes, being an optimistic person, I believe once we are done with the pandemic, the demand for movies will increase dramatically, In sha Allah.

How have you grown as a person over the years? KH: I think I am more patient now.

And how have you evolved as an actor?

KH: Every project gives you an opportunity to learn more, and to work on your craft more. I think I have been extremely blessed to work with such amazing directors and co-artists who have helped me grow, both as an artist and as a person.

What gives you mental comfort?

KH: Anything comforting (smiles). The smell or sound of rain, hug from a family member or a close friend, a good movie or an uplifting song.

Describe in one word the character of Maham in *Mohlat*.

Resilient.

And the character you currently play in Azmaish?

Naïve.

An actress you wish to work with soon?

There are two actresses with whom I would love to work again. They are Saima Noor and Sania Saeed.

Where do you see yourself as an actor in the next 10 years?

I don't plan my future because that is the job of Almighty Allah. I just hope to see myself doing better work professionally and being happier in my personal life.

Which television show never gets old? *E.R.I.E.N.D.S*

What kind of food do you prefer? Savory or sweet?

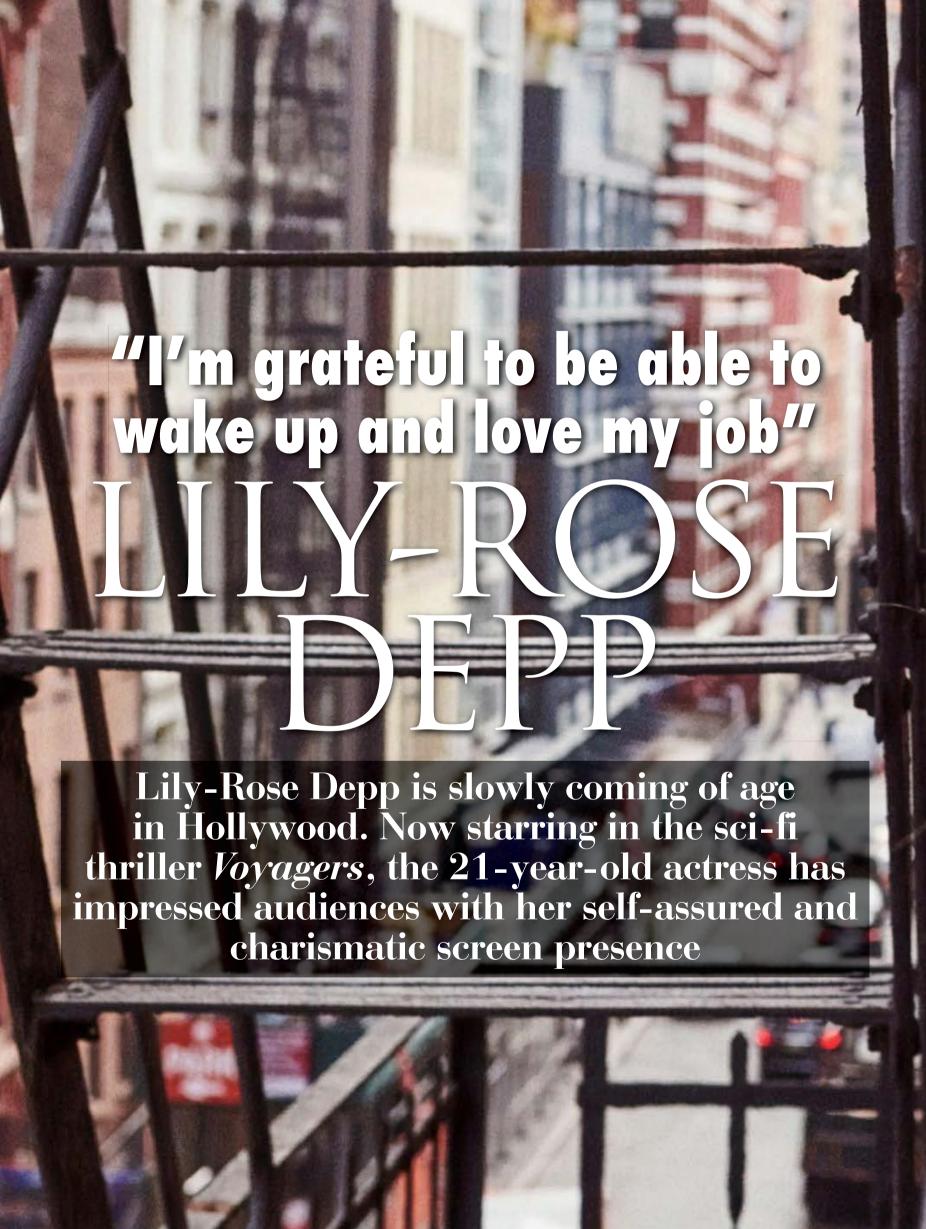
A mix of both, actually. It depends on my mood, too.

What makes you smile?

Kindness, the sound and smell of rain, and a beautiful memory of any past event!

INTERVIEW: HAIDER RIFAAT PHOTOGRAPHY: YASSER SADIQ JEWELRY: ZAIRA ZEVAR BY UZMA SHOAIB WARDROBE: SARWAT SUBHANI HAUTE COUTURE MAKEUP AND HAIR: SHAISTA MARGHOOB









he daughter of Hollywood legend Johnny Depp and French pop star Vanessa Paradis, Lily-Rose is a confident young woman who appears very grounded and fully prepared to deal with the baggage that comes with being the offspring of famous parents. She's also managed to steer clear of her father's post-divorce court battles with Amber Heard and simply wants to create her own narrative.

In Voyagers, which opened July 2nd in UK theatres, Lily-Rose plays Sela, a young space traveller who is part of a 90-year interstellar mission to settle on a distant planet in the wake of the earth's approaching destruction. Tye Sheridan co-stars as fellow astronaut Christopher, while Colin Farrell plays the space psychologist who mentors Depp and co. who have never known anything other than life in space.

"[The film asks] all these questions that all of us are just trying to figure out — what our purpose is and all that," Depp explains. "We meet Sela at a really critical point in her life when she's figuring out a lot of things about herself and thinking about a lot of questions that are swimming around in her mind: what her purpose is, what kind of person she wants to be, and what her life is going to mean to her and others....We really see her come into herself in a lot of ways by the end of the film, so I was really interested to embark on that journey with her."

Directed by Neil Burger (Billions, Limitless), Voyagers sees Sela and Christopher play leaders of a group of fellow teenagers whose mission to colonise a new planet begins to fall apart when a rival group decides to indulge in hedonistic pursuits rather than follow the strict discipline and rules of a deep space voyage. A futuristic riff on *Lord of the Flies*, the teens wage war on each other and it is up to Depp and Sheridan's characters to try to prevent a full-scale disaster.

Lily-Rose Depp spent much of her life growing up together with her younger brother Jack on the Provencal estate in southern France where her

LE There's so much to take away from life. **J**

parents tried to isolate her from media intrusion. She then spent more time living and going to school in Los Angeles where her father Johnny Depp lived after he and Vanessa Paradis divorced in 2012 after 14 years of marriage. Earlier this year Lily-Rose Depp spoke of being chronically aware of the importance of staying grounded:

"The value of privacy has been instilled in me from an early age. Growing up in family like mine I always learned the importance of that and keeping things for yourself and I've carried that with me during the course of my career."

"I'm grateful to be able to wake up and love my job because I know that's not true for everybody...I like to be able to balance work with enjoying other

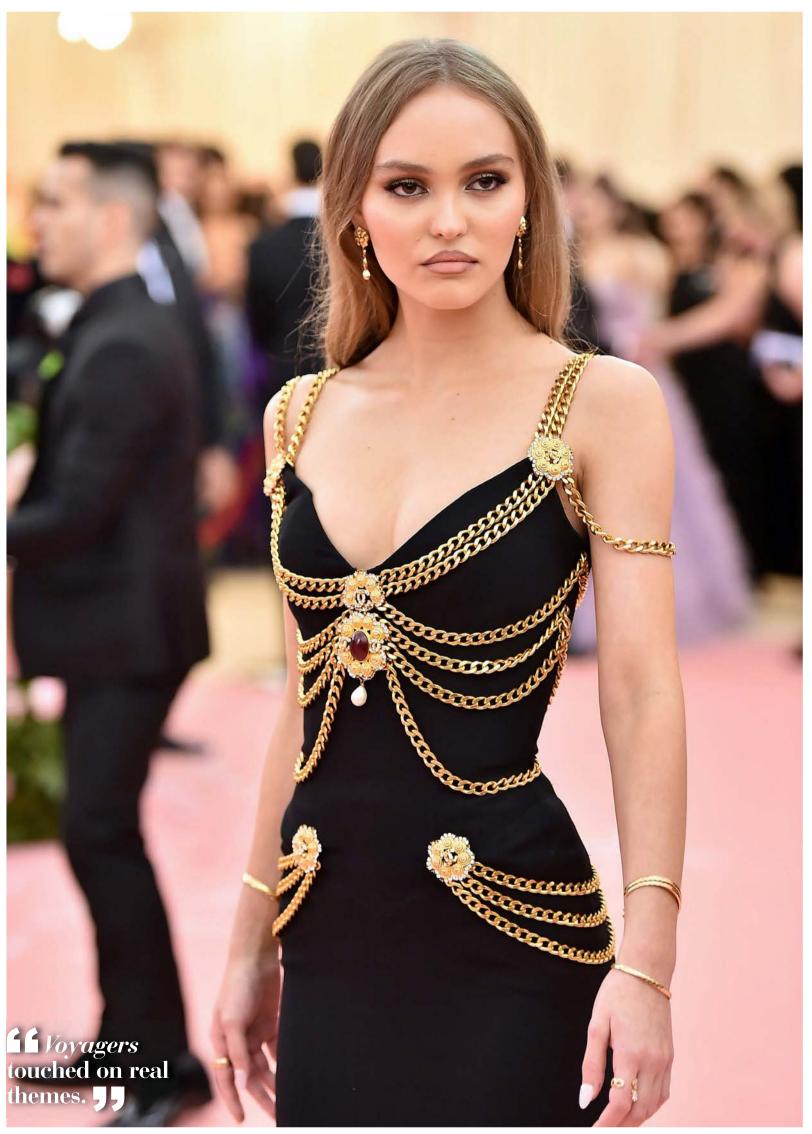
parts of my life. There's so much to take away from life and find the good in everything."

Recently Lily-Rose appeared in the film *Crisis* opposite Gary Oldman and Evangeline Lilly after previously working in French (she is perfectly bilingual) in *Les Fauves* [2018] and *La Danseuse* [2016] in which she played legendary dancer Isadore Duncan.

How would you explain Voyagers to audiences? Lily-Rose Depp: I would describe this movie as a story about a space mission where several generations are going to be born during the voyage and only the great-grandchildren will get to see the planet. But of course things don't go as planned and the kids born on board the space craft are dealing with lots of existential questions.

How would you explain the crisis facing your character and her fellow space travellers?

LRD: They're dealing with the fact that they're dedicating themselves to a mission that they will never see completed...This leads to this questioning that the young people who have been born on board are going through. Who do you trust? They're being presented with certain facts but because they only know the life they've lived aboard the ship they wonder whose truth is that and where is that truth coming from. Once they question that truth that begins to play into the madness that ensues.







Would you be scared to go on a mission like this?

LRD: Putting myself in the shoes of my character, this kind of a mission does scare me. Things get pretty intense on the voyage and there are some real scary dynamics at play. It also scares me because it doesn't seem that far off from reality and a of things can occur when you're stuck on a space ship for your entire life.

Do you think you could ever volunteer for such a space mission?

LRD: I don't know if I would. It would depend on a lot of factors like who's coming with me, the planet we're going to, and how dangerous it would be. I'm pretty keen on staying on earth at the risk of sounding non-adventurous. (Smiles)

What was your experience working with Colin Farrell like?

LRD: Colin is an amazing guy. [He's] an actor I've loved so much and whose work I've admired for so, so long. I was so happy to find out that he would be playing Richard and it was an absolute pleasure working with him. He's a lovely guy and very easy to work with...humble and down-to-earth.

I also formed some nice friendships with the other actors and I felt a creative friendship with Tye (costar Sheridan). It was interesting to see his process and how he approaches work...It was a big plus that Tye is a lovely person, a great actor, and we formed a real friendship and I hope that came out in the

course of the friendship between our characters.

How do you think this movie will resonate with audiences?

LRD: I think fans will respond to this film because it explores themes that go beyond the sci-fi genre. It touches on real themes like, "who are we", "what is the meaning of life", and "what is human nature". The fascination for the future and what

The value of privacy has been instilled in me from an early age.

might become of us is something that will interest people.

Even though the story takes place in space, which feels so far from home, at the same time it's so relatable because the characters are going through experiences that are so human and that really brings us back to our true nature and our vulnerabilities...There are a lot of parallels with what happens on the ship and what happens in everyday life.

As an actress, you're following in the steps of

your very famous father and mother, although your mother is more famous as a singer. Did you always want to get into acting?

LRD: At first I wanted to become a singer like my mother but then I discovered I didn't like to sing in front of other people! (Laughs) I became interested in acting almost by accident because a friend of mine (Harley Quinn Smith) I've known since kindergarten is the daughter of Kevin Smith and I got to play a small role in his film *Tusk* when I was 14

Then I was able to work with Harley in her father's film Yoga Hosers which was a much bigger role for me. That's when I decided that acting was what I wanted to do because of how free and happy it made me feel. I discovered how much I enjoyed losing myself in a character. Now I just want to keep working as much as I can. It's the most liberating job in the world!

Do you feel more French or more American?

LRD: I'm a product of both cultures. I feel both American and French and when I was younger I would spend almost half the year living in France so it's still very much home to me. My mother lives there and I still love the feeling I have whenever I'm in Paris and being part of that world. But there's also a very American side to me because I went to school there and I'm also a product of American culture.

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





of today 33

MAHNOOR IQBAL

OK! Pakistan caught up with Mahnoor Iqbal for an inside scoop on her recently launched studio, her makeup and design philosophy, and plans for the future



rom making waves with her debut collection to recently launching The Beauty Lounge by Mahnoor Iqbal, this chic young woman has come a long way indeed.

Tall and svelte, Mahnoor is a self-proclaimed fashion, beauty and art addict, and loves designing for the strong and independent woman who is still rooted in her culture. Mahnoor likes to create opulent designs by using a lot of luxe fabrics and intricate embellishment, and exhibits her collections to a discerning clientele on a regular basis.

Recently she garnered a tremendous response when she set up The Beauty Lounge by Mahnoor Iqbal, a cutting edge salon which offers the latest innovative skin and hair treatments at an affordable price point.

Now spearheading both her projects, Mahnoor says she strongly believes in giving personalised attention to her clients, and likes to keep up with contemporary international trends in fashion and beauty by travelling extensively and taking refresher training courses as well.

Read on as we chat with Mahnoor Iqbal about her stylish world...

Who is Mahnoor Iqbal?

MAHNOOR IQBAL: I am a woman of today.

What was your childhood like? Any favourite memories?

44 I'm not a very social person. **77**

MI: It was like all beautiful childhoods. I loved spending carefree weekends with my grandfather.

When and how did you foray into the fashion and beauty industries? Was it something you always aspired to do?

MI: I feel I'm blessed for it comes to me naturally.

Hence, I aspired to making a niche for myself and worked really hard.

What is your design aesthetic? What kind of woman do you design for?

MI: I design for the woman of today, who is confident, daring and elegant.

Are you inspired by anyone? In the field of make-up, fashion and/or life in general?

MI: No one in particular really but there are many great names around us.

You launched your studio, The Beauty Lounge by Mahnoor Iqbal recently. Would you like to tell us about it?

MI: It's a place where women come to be pampered, to rejuvenate, to benefit from top of the line equipment, treatments and professionals.

What are the best services at your salon?

MI: Those would be our most raved about HydraFacial, gold manicure and pedicure, laser services, HIFU, and of course, our luxurious hair ▶

I like to focus on my own goals. 77

treatments.

What are some of the challenges you've experienced working in the fashion and beauty industries?

MI: The biggest challenge has been to convert my dreams into reality.

Tell us about your daily routine. What is an average day like for you?

MI: My daily routine comprises long hours at work; evenings are usually spent with my mother. Unless necessary, I'm not a very social person so I like staying in, in my free time.

What is your health regime - how do you stay fit?

MI: I meditate a lot, and of course, keeping myself hydrated is key.

Your top five must-have beauty products...

MI: My favourite products are: Vitamin C Serum. Nars Blush. Pat McGrath Mascara. Lip Tint. Tom Ford Oud Wood Perfume.

Your top five beauty tips?

MI: Sunscreen is the best anti-aging product you can use.

Always double cleanse your skin.

Follow a healthy diet.

Drink a lot of water.

Keep your hands off your face as much you can.

What is your personal style statement? Any wardrobe staples?

MI: My personal style is chic. I guess my wardrobe staples would have to be my guilty pleasure: my shoes.

How do you deal with stress and negativity?

MI: I keep myself engrossed in my work, and focus on my own goals. I feel the best way to unwind and de-stress is by spending time in the company of one's closest friends and family members.

What has been your most rewarding moment in life so far?

MI: That would be when I added the latest high tech laser machines to my salon.

And finally, are you satisfied with your life? What's next for Mahnoor Iqbal?

MI: Alhamdullilah life is great. I'm working to expand my salon with more top-of-the-line and trending beauty services.

INTERVIEW: SARA AMIR TURAB PHOTOGRAPHS COURTESY OF MAHNOOR IQBAL





Bringing Luxury Living to Pakistan







Lavishness and modernity. These two words have come to rein capsulate living in today's day and age. People nowadays want to live in a house that has elegant and alluring designs and has a very futuristic outlook. The skyrocketing demand for such projects has led to many makers in the market. This is where ZEM Builders come into the picture, with the sole purpose of catering to that demand for high-quality living.

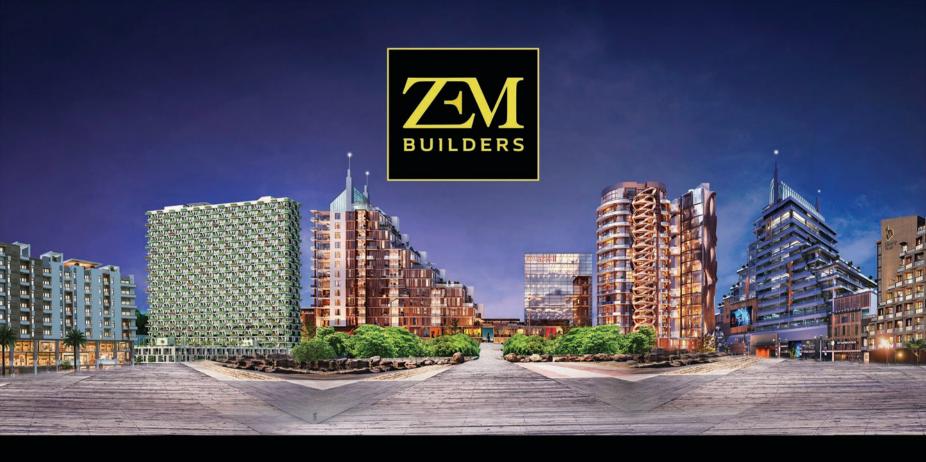
We started fifteen years ago with the intention of providing high-quality service in the field of Real Estate. Since its inception, ZEM has grown immensely into the massive powerhouse that it is today. The company now boasts an impressive number of more than 200 hundred employees working across 6 offices in 3 cities across the country.

The success of ZEM Builders can be illustrated by our desire to be seen as a trustworthy brand in the market that aims to ensure unmatched quality and affordable lifestyle. We also pride ourselves on being innovative in terms of our design and providing perfection in every little detail. What also makes us stand out among our competitors is our punctuality and efficiency.

ZEM Builders always strives to be the best and delivers on every ground in terms of our modernity and lavishness. This can be highlighted by our sheer number of projects that help showcase the quality that we as ZEM Builders pride ourselves on.

One such project is the very first project that we completed which is ZEM Heights 1. Launched in January 2019, this project became the standard for construction in Bahria Town, even so being acknowledged by Bahria Town's Design and Planning Department. In a time span of two years, the project was completed, highlighting our swiftness and efficiency in product delivery. The building boasts five floors of high-end shops, work offices, luxury bedroom apartments and a rooftop swimming pool offering a panoramic view of the surroundings.

The success of ZEM Heights I has given us the confidence to launch a multitude of projects that will come to fruition in the coming years. One of which is the highly anticipated project called Lake Vista Heights. The project is touted as an elegant and highly posh four-sided open housing project with its own manmade lake, which helps to add serenity to the project and make the surroundings even more beautiful.



The project aims to ensure that it is not only breathtakingly beautiful for the residents but also safe and secure. This is done so by the installation of a state-of-the-art security system and a fire safety system that provides complete protection for its residents. Lake Vista Heights also has a mall for all entertainment purposes. Add to this the inclusion of high-speed elevators, thermal heated walls and sound insulated floors, the project is bound to be the next benchmark in luxury living.

ZEM Builders will continue its expansion with another project with the launch of Liberty Tower. This development seeks to emulate the fancy apartment and housing complexes of the first world. It does so by incorporating jacuzzis and botanical gardens within the extended terrace areas of the apartment to give it a more bougie feel. The addition of spacious commercial outlets, tech-friendly offices and an extravagant penthouse giving a breathtaking view of the surroundings makes this yet another highly luxurious and fancy project by ZEM Builders.

As an organization, we continue on with our desire for better and futuristic projects with even more upcoming projects such as ZEM Ark 1 and ZEM Ark 2. The former seeks to be an all-encompassing complex that aims to cater to the crème de la crème of business and fashion. It seeks to include a premium mall with some of the biggest brand names in fashion, luxurious hotel suites with jacuzzi and garden filled terraces, state-of-the-art penthouses, a large array of gyms, spas, and restaurants and to top it off an infinity pool on the fifteenth floor, the first of its kind in Pakistan.

The latter stands to be unique amongst other projects due to its layout. Standing side-by-side on a two-story shopping plaza are two separate buildings - a cascade shape residential building and a commercial building. The extended garden terraces help residents get a mesmerizing view.

Other prominent projects include Urban Nest, which is an eco-friendly residential and commercial complex that has modern interior designs, a state-of-the-art security system, spacious apartments, and a wide array of shopping outlets.

Perhaps the most stunning and majestic among all of our projects is the ZEM Skylark. The project outlines a two-story shopping complex that has three buildings on top, all of which have glass facade exteriors. The advanced look of this project helps to symbolize our commitment to ensuring modern living in the country. Along with its captivating designs, the project includes luxurious duplex apartments with an extended terrace, providing clients with the best service in high-class living. Like all our other projects, we have installed an impeccable security system to ensure the safety of our residents on the premises.

Our final project includes the highly anticipated and majestic ZEM Gardenia. The sheer outer look of the project would mesmerize bystanders as it consists of an Italian stone-style facade with an exposed aggregate and a fluted liner. It is complimented with lush green plants on every balcony to help add a more natural and environmentally friendly look to the complex.

Apart from its enchanting outer exterior, the complex also includes a spa, gym, an indoor swimming pool and multiple indoor and outdoor sporting facilities. The building is set to host an incredible twenty-seven floors, setting it to be the tallest residential building in the country.

Through our wide array of projects all set to be completed within the next 2–3-year time span, we seek to become a major game-changer in the field of housing and aspire to become synonymous with high class and modern living. ZEM Builders aims to become a national trendsetter and a brand that others wish to emulate.

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EXIFASHIONISTA

ZOHA RAHMAN GOES TO CROATIA!

OK! SPOTLIGHT KHADIJA CHAGANI

> LEATHER WEATHER

A STAPLE FOR AUTUMNAL DRESSING!

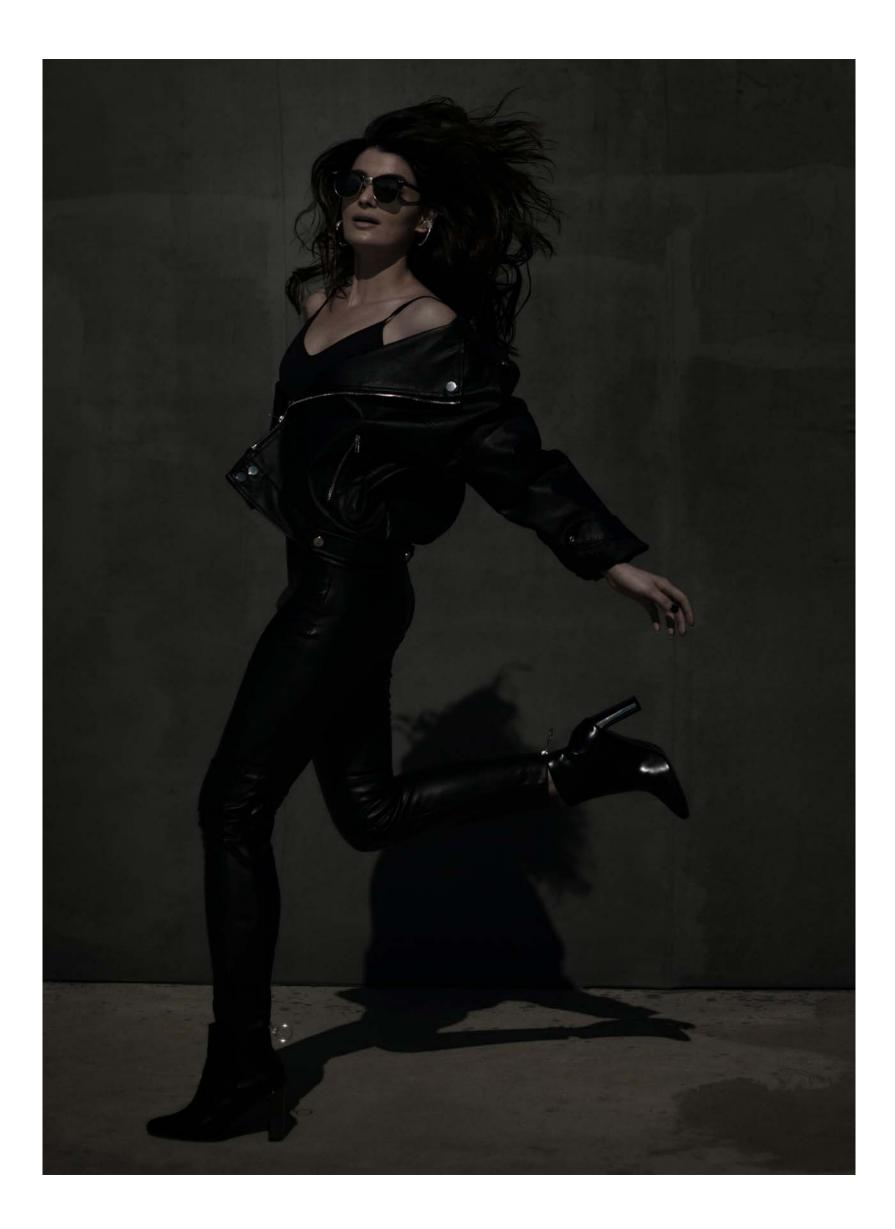


LEATHER WEATHER

No Autumn wardrobe is complete without the quintessential leather jacket. Whether it's a biker, bomber or a jacket with puffy sleeves — leather is what will give you an edge above all else. And if you're a bit more daring — don double leather aka pants and a jacket, a leather dress or a form-fitted skirt with a bustier.









OK! Red CARPET







ROCKSTARS







OK! Fashion EDIT





PREP SCHOOL

With Fall right around the corner, we have our eyes focusing on preppy-but-luxe pieces. Look at checks, plaid, retro stripes to kick up the ante!





Varsity Jumper, PKR 160,000



VERONICA BEARD Pleated Skirt, Isabel Top, PKR 50,000



PKR 70,000

Faux Leather Trousers.

> Horsebit Crossbody Bag, PKR 220,000







STOCKISTS: A.W.A.K.E. MODE, JORDAN, BOTTEGA VENETTA, ETRO, GUCCI, JACQUEMUS, MISSONI, VALENTINO www.farfetch.com; ACNE STUDIOS, ALAÏA, BOYY, CHLOÉ, OSCAR DE LA RENTA, TIBI, VERONICA BEARD, ZIMMERMANN www.netaporter.com; CANARY COVE @canarycovepk; H&M www.hm.com; NOHO www.noho.com.pk; ZARA www.zara.com; prices are approximately

OK! Style CRUSH





JENNIFER LOPEZ

Jenny from the block is no stranger to the style scene. Whether it's the red carpet, a TV talk show or even her street style, she catches your eye down to every detail. Here's how you can get this look!





BOND, JAMES BOND Daniel Craig recently attended the world premiere of his latest film No Time To Die in a look that did justice to his role as James Bond. OK!

Pakistan helps you achieve this look that screams luxury with an edge.



Patent Leather Oxford Shoes PKR 138,000



BRUNELLO CUCINELLI Classic Bow Tie PKR 40,000



MCQUEEN Single Breasted Blazer PKR 335.430



TOM FORD Velvet Double Breasted Blazer PKR 534,000





CHURCH'S Whaley Oxford Shoes PKR 130,000



LANVIN Velvet Bow Tie PKR 20,850

POLO RALPH

Linen Pocket Square PKR 20.000

LAUREN

DOLCE & **GABBANA** Three-Piece Dinner Suit PKR 546,305



ERMENEGILDO ZEGNA Classic Bow Tie PKR 23,600



DOLCE & GABBANA Lamé Jacquard Dinner Suit PKR 744,852

ETRO Single **Breasted** Velvet Effect Blazer PKR 342,000



DSQUARED2 Tokyo Velvet PKR 400,000



THOM BROWNE Classic Blucher In Black Patent Leather PKR 282,050





What's IN HER BAG?

Eemaan Bano also known as the famous digital artist, Beygumbano, has whipped up a very colourful storm in the art world. Here she shares what we'd find in her bag!





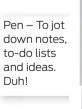


Moleskin Diary – An artist will always, always have a notebook or moleskin on them!

Sunscreen – In a few years, this will be the reason why not many anti–ageing products will be in any skincare routine.

Perfume – Balenciaga is







Facial
Spray
— Mario
Badescu
has the
perfect
smelling,
soothing
spray just
incase
skin
hydration
is needed.



MAC Lipstick – A bold lip goes a long way, even when you forget to put on other makeup.

Card Holder – Paper Maché is a great local store to get one!



my go to.





1. GUERLAIN MIDNIGHT SECRET LATE NIGHT RECOVERY TREATMENT, PKR 11,510 WITH A LIGHT TEXTURE AND GENTLE ROSE FRAGRANCE, THIS CREAM ELIMINATES ANY TRACES OF FATIGUE WHILE INVIGORATING YOUR COMPLEXION.

2. DERMALOGICA PURE NIGHT, PKR 10,575FORMULATED WITH GLUCONIC ACID AND ANTIOXIDANTS, THIS WORKS WONDERS AT MINIMISING SURFACE SPOTS AND EVENING OUT SKIN TONE.

3. ELEMENTAL HERBOLOGY FACIAL SOUFFLE OVERNIGHT CREAM, PKR 7,840 COMBINING 18 ACTIVE INGREDIENTS, THIS POTION DOUBLES UP AS AN IN-FLIGHT FACIAL MASK AS WELL AS AN OVERNIGHT MIRACLE WORKER. IT INSTANTLY

HYDRATES DRY OR MATURE SKIN, RESTORING FIRMNESS FOR A HEALTHY FINISH.

4. CLARINS MULTI-ACTIVE NIGHT YOUTH RECOVERY CREAM, PKR 7,340 THE REPAIRING BENEFITS OF A FULL NIGHT'S SLEEP IN A JAR! SOOTHING INGREDIENTS, INCLUDING KIWI EXTRACT, HELP RENEW, SOOTHE AND ENERGISE SKIN.

5. CLINIQUE YOUTH SURGE NIGHT AGE DECELERATING NIGHT MOISTURIZER, PKR 4,670

NATURAL COLLAGEN DIMINISHES LINES AND WRINKLES OVERNIGHT, WHILE THE REST OF THIS CONCOCTION'S INGREDIENT'S SUPPORT THE COMPLEXION'S NATURAL CYCLE OF NIGHTLY RENEWAL.

STOCKISTS: CLARINS www.clarins.co.uk; CLINIQUE www.clinique.co.uk; DERMALOGICA www.dermalogica.co.uk; ELEMENTAL HERBOLOGY www.elementalherbology.com; GUERLAIN www.houseoffraser.com



Original Liquid

Mineral Foundation SPF20, PKR 7,200, is worth the wait. Modelled by Hailey Bieber, it's a liquid version of the brand's iconic loose powder base, and it not only blurs away pores and lines but it's also proven to leave skin looking better bare after a month. Gorgeous on, gorgeous off - what's not to love?

THE BEES KNEES

Remember the days of mixing up homemade face masks out of the contents of the kitchen cupboard? You're not alone – Wishful founder Huda Kattan still does it, and honey is one of her go-to ingredients for its soothing, skin-plumping properties. Luckily you can avoid sticky fingers as she's included the natural nectar in the Honey Whip Peptide Moisturizer, £37, a deliciously indulgent face cream that'll leave skin looking bee-utiful (sorry).

BEATITY Essentials



HAUTE LIPS

It's that time of year when textures change, and while I'm always sad to pack my T-shirts away, there's much to be said for slipping into something more sumptuous. Guerlain's Rouge G Luxurious Velvet lipsticks, PKR 7,660, sum up the thrill of the seasonal switch-up, from their luscious velvety textures to their six stylish custom cases (PKR 8,350 each), dressed in Paris's most fashionable autumnal fabrics. For an extra dash of sustainable chic, this 'wardrobe' is crafted from upcycled material - so it's like buying new and vintage all in one.



Clinique's latest anti-ageing serum is all about the three Rs: re-plump, resurface, repair. Smart Clinical Repair Wrinkle Correcting Serum, from PKR 12.800. takes on fine lines from multiple angles by hydrating, smoothing and boosting collagen production. In tests, 84% said their deep wrinkles appeared reduced after just 10 days. Now that's what I call a Result!





PETAL POWER

Chloé is going back to basics with its new Eau de Parfum Naturelle, PKR 19,800, a 100% natural origin fragrance with no gilding of the lily. Or, rather, the rose, which is Chloé's signature bloom. Here, an organically farmed variety is blended with sustainably sourced notes of neroli, citron and blackcurrant buds. The result is as effortlessly pure and pretty as its celebrity face, Lucy Boynton.

THE LIFE OF ALISHAY ADNAN

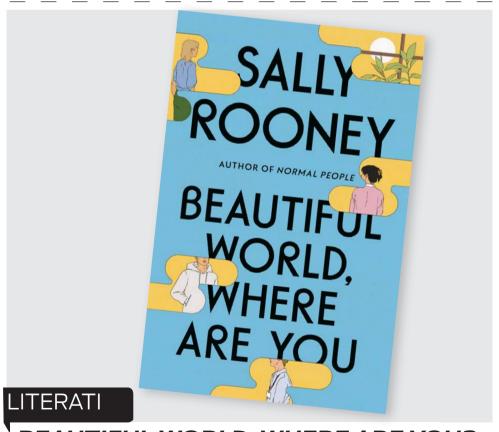
One of the OG influencers of Karachi, Alishay Adnan tells us some of her favourite things, places and celebrity encounters!



ENTERTAINMENT



ames Bond returns in a much-delayed film due to COVID and this is actor Daniel Craig's final role as the secret agent. In the film Bond is once again pulled out of retirement to confront an imminent threat to the world, this time one that could have horrible repercussions for his personal life, too.



BEAUTIFUL WORLD, WHERE ARE YOU?

he latest book by Sally Rooney, best selling author of Normal People, is about a novelist who asks a friend Felix if he would like to travel to Rome with her. Meanwhile in Dublin, newly single Eileen reignites her relationship with someone she's known since childhood. The book explores whether these individuals will finally find a way to believe in a beautiful world.



SQUID QAME

he new Korean TV series has taken Netflix by storm. The show revolves around contestants who are deeply in debt and are offered a chance to play a children's game with deadly consequences. The director had been unable to secure production for the TV series which finally got interest when Netflix was looking to expand their foreign programming offerings.



HIGH SOCIETY

BRING OUT THE SILVERWARE AND YOUR PRETTIEST CHINA FOR THESE DELIGHTFUL AFTERNOON TEA TREATS

MAKES 8-10 SCONES

INGREDIENTS

- 350g self-raising flour, plus more for dusting
- ¼ tsp salt
- 1 tsp baking powder
- 85g butter, cut into cubes
- 2 tbsp caster sugar
- 175ml milk
- 1 beaten egg, to glaze

- 1. Preheat the oven to 220°C/200°C fan/
- gas 7. **2.** Add the self-raising flour to a large bowl with ¼ tsp salt and the baking
- powder. Mix to combine.

 3. Add the butter cubes, then rub in with your fingers until the mix looks like fine crumbs. Stir in the caster sugar.
- 4. Make a well in the centre of the mix and stir in the milk. Stir until the mixture is even and the dough comes together.
- surface and shape into a rough round about 4cm thick.
- **6.** With a 5cm cutter, cut out the scones. Press what's left of the dough back into a round until you have 8-10 scones.
- 7. Brush the tops with a beaten egg, then carefully arrange on a baking tray. Bake for 10-15 mins until risen and golden
- 8. Eat just warm or cold on the day of baking, generously topped with jam and





- **1.** Preheat the oven to $220^{\circ}\text{C}/200^{\circ}\text{C}$ fan/ gas 7.
- **2.** Grease 2 x 20cm cake tins and line with parchment paper.
- **3.** To make the sponges, mix together all the dry ingredients in a large bowl.
- **4.** Add the softened butter and the milk (a little at a time) and use a hand mixer on a medium speed setting to beat until smooth.
- 5. Add the eggs one at a time and beat in
- (with the hand mixer on a high speed setting) for one minute.
- **6.** Pour the mixture into the prepared cake tins and bake for 20-25 minutes. Test the sponge is cooked by inserting a skewer into the centre. If it comes out clean, it's ready.
- **7.** Once the sponges are cooked, allow them to cool in their tins for a couple of minutes, then turn them out onto a cooling rack to cool completely.
- **8.** To make the butter icing, cream together the butter, icing sugar and cocoa powder.
- **9.** Add the vanilla essence and a couple of drops of milk and beat this mixture together until you get a smooth, glossy and spreadable consistency.
- **10.** On a large plate or cake stand, sandwich the sponges together with half of the butter icing, then spread the rest on top. Decorate with the berries.

SERVES 4

INGREDIENTS

- ½ cucumber, plus a couple of extra slices for decoration
- Salt and freshly milled pepper
- Cream cheese
- Chives
- Squeeze of lemon
- 12 slices of soft white bread
- Edible flower (optional)
- 1. Slice the cucumber thinly. Place the slices in a colander and sprinkle with a pinch of salt. Mix together (gently), and allow to drain of excess moisture for half an hour. Once drained, pat dry with a paper towel.
- **2.** In a small bowl mix together the cream cheese, chives and lemon juice. Season with freshly milled pepper.
- 3. Butter one side of a slice of bread and remove the crusts. Spread with the cream cheese mix and layer with the slices of cucumber. Butter both sides of a second slice of bread and place on top. Add another layer of cream cheese and cucumber and top with a third slice of buttered bread.
- **4.** Cut the sandwiches in half and decorate with a piece of cucumber and an edible flower (optional).





Rose Eton mess

SERVES 4

INGREDIENTS

- 6 shop-bought meringue nests
- 500ml double cream
- 4 tbsp rosewater
- 300g strawberries halves
- 300g redcurrants
- Rose petals to decorate (optional)
- **1.** Break up the meringues into varying bite-sized pieces. Tip into a bowl.
- **2.** Whip the cream until it is thick and holds its shape. Add the rosewater and whisk to combine.
- **3.** Fold the meringue pieces through the cream together.
- **4.** Spoon the meringue mixture into teacups and tumble the strawberries and redcurrants over the top.
- **5.** Decorate with a rose petal (optional). **OK!**



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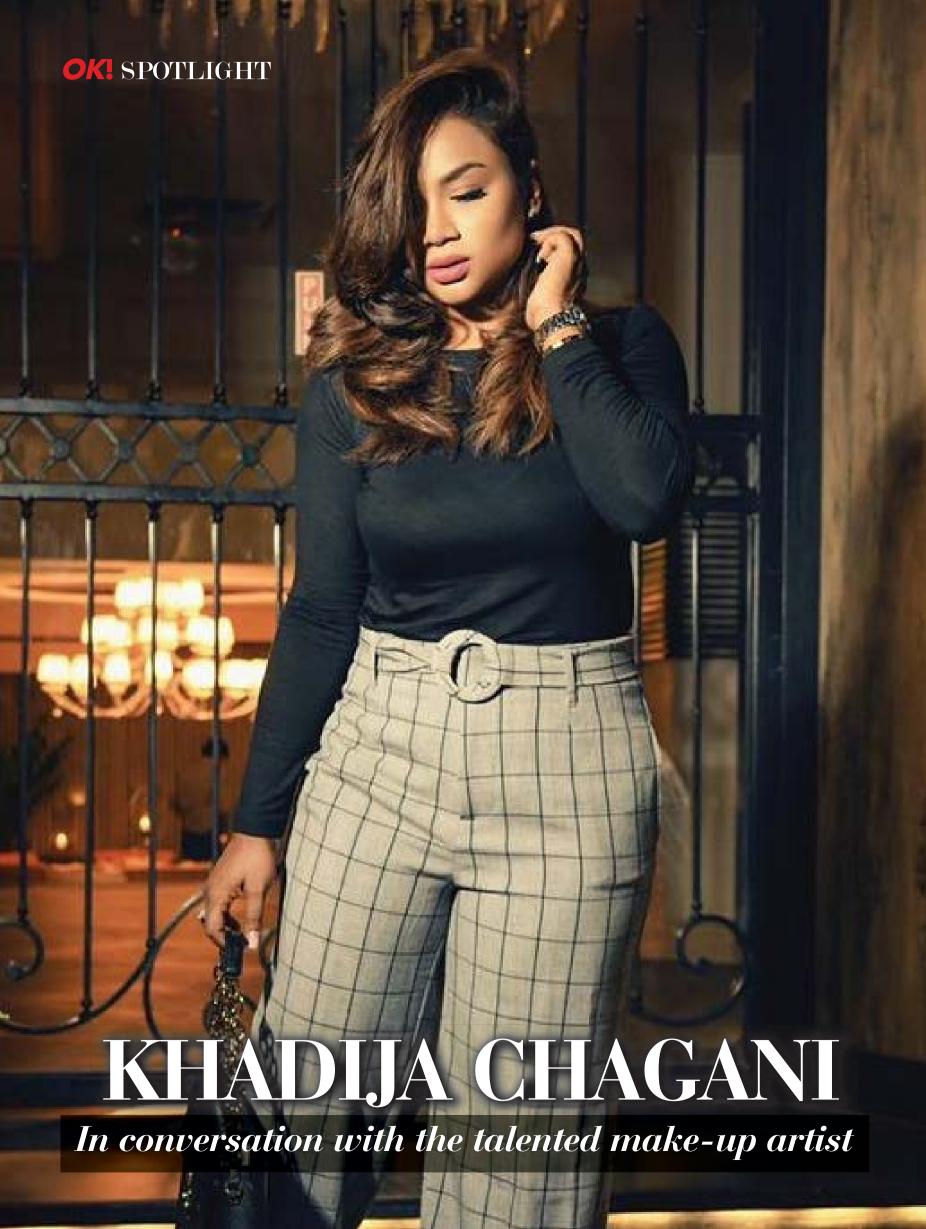














ith a long list of A-list celebrity clients, Khadija Chagani has quickly become one of Karachi's go-to make-up artists. Having had a passion for beauty since she was young, she has gone on to create countless iconic beauty looks. OK! Pakistan has a tête-à-tête with the make-up artist to learn more about how she began her career, her favourite make-up looks, staying up to date with beauty trends and so much more...

How did your career begin in the beauty industry?

Khadija Chagani: My first ever step towards being a make-up artist was actually by accident. After my masters in marketing I joined Natasha's make-up classes that she had just newly started to conduct. Later I got my license from the London College of Makeup and everything followed.

What is your favourite celebrity make-up look and why?

KC: I love love love Beyonce and JLO's make-up looks. One feature is super prominent with the rest of their skin looking well bronzed, creating a perfectly balanced look, which is never cake-y. Dewy and bronzed is my way to go.

What, in your opinion, is the most important quality in a make-up artist?

KC: I think a make-up artist should know how to enhance your current features and make you feel

comfortable in your own complexion. People come with different ideas of make-up in their minds and it is our job to convince them what would look nice while keeping what they want in mind.

in over layering my brides. I want them to enjoy their make-up; making sure it doesn't feel heavy on the skin. 55

How do you stay up-to-date with the latest beauty trends?

KC: Knowledge and skill has to be polished every few months, regardless of how high you are on your skill level. Social media has made it so much easier to stay updated with trends and I believe constantly experimenting with new looks is necessary.

For you, has something changed now, with masks?

KC: Not really. I would say it is so much better to have a mask on and follow all hygiene-related protocol because you are in very close physical contact with your client.

How do you pick the perfect red lipstick?

KC: It is always customised. Red lipsticks can be cool or warm undertoned, and a customised red lip is challenging but always turns out beautiful.

What is your favourite part of your job as a make-up artist?

KC: Creating challenging looks, getting to know your clientele, and striving to do the absolute best with every look you are handed over or wish to create

Who is your biggest make-up inspiration and why?

KC: Samer Khouzami and Sir John. Both of them have their own versatile approach to make-up but boy aren't they just amazing at what they do? The smooth skin effect is all that I crave paired with gorgeous eyes.

What are some of the main differences between doing make-up for film/TV projects versus bridals?

KC: They are poles apart. When you work for TV or films, 80 per cent of the time you have to apply ► *OK!* PAKISTAN · 67



44 Don't follow the herd. Be yourself. Innovate, create, and don't be afraid to exhibit your skill.

more than you usually would on a client because the camera makes it all look less than it actually is. For instance, with regards to TV and films, the contouring, highlighting, and eye make-up needs to be prominent (yet blended).

As for bridals, it needs to be balanced. I don't believe in over layering my brides. I want them to enjoy their make-up; making sure it doesn't feel heavy on the skin. Glittery or smokey eyes are normally what brides prefer with red, pink or peach lins

What are three beauty dos and don'ts?

KC: Dos:

Skin care regime

Foundation shade closest to your skin



Remove make-up thoroughly Don't: Overdo facial procedures Boxed stencil brows

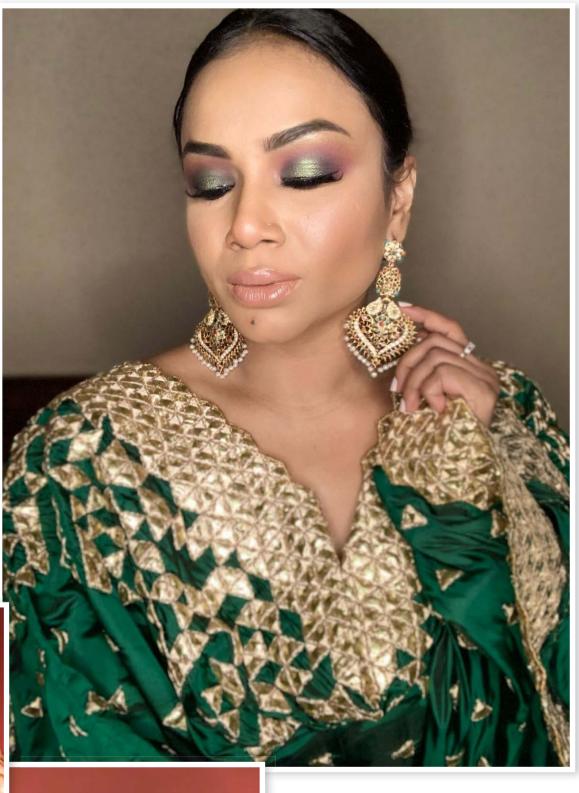
Chalky under eyes due to wrong concealer tones

What advice would you give to people wanting to pursue a career as a make-up artist?

KC: Don't follow the herd. Be yourself. Innovate, create, and don't be afraid to exhibit your skill. Also, never think you've achieved it all, and always be on the lookout for learning something new everyday.

What do you love most about doing make-up?

KC: Meeting and interacting with all my clients. They have become family.



What would you say your signature look is?

KC: Smokey eyes, nude glossy lips and gorgeous bronzed skin.

Beauty Instagram profiles have become a major influence in the beauty industry, but you keep yours quite personal. How important are social platforms for you?

KC: Social media platforms are supremely important in this era where trends change quicker than seasons and you are being judged for every move you make. I try to keep my personal life as private as I can while keeping my profile a mix of my skill and hints of my daily routines here and there.

One thing you cannot live without?

KC: Perfumes! I think one needs to smell good at all times.

If you weren't a make-up artist, what would you he?

KC: I would surely be somewhere in the marketing field or perhaps styling outfits.

INTERVIEW: MAIRA PAGGANWALA PHOTOGRPHS COURTESY KHADIJA CHAGANI





A natural therapy

During the 1980s, Japan started using its woodland areas as healing spots after realising that simply spending time in them could help stressed-out citizens. This is how "shinrin-yoku", which directly translates as "forest bath", was invented. And now, Japanese doctors can even prescribe this natural therapy to patients.

Forest bathing is a mix of meditation and showing your appreciation for the outdoors. All you need is a green space – whether it be a forest, park or woodlands – and an open mind.

Jen Grange, who owns Lakeland Well-being in Cumbria and runs forest bathing sessions, says, "You move slowly through the forest, engaging with all your senses as you go, focusing on the sounds, smells, colours, textures. This deeper connection with nature is very beneficial for our health and wellbeing.

"I love forest bathing as it helps me to slow down my body and mind, and notice the beautiful nature around me. It is a great escape from technology and the pressures of daily life. I always feel calm and relaxed afterwards, like I have an inner smile."

famous fans

The activity is a hit with pop star Justin Bieber and the Duchess of Cambridge – it inspired the design of Kate's Back To Nature garden at the RHS

Chelsea Flower Show in 2019.

What are the benefits?

Simply walking around the greenery and, quite literally, taking time to smell the roses is scientifically proven to reduce stress, increase energy levels and the ability to focus, improve sleep and reduce blood pressure.

It can also boost the immune system through the phytoncides emitted by trees and plants. Inhaling these organic compounds, which plants release to protect themselves against germs and insects, can give us increased resilience against infections, including viruses and colds, according to research carried out by the Japanese government.

It's believed the benefits of one session can last up to a week.

What happened when we tried it?

When I told my sister Abbi I was taking her forest bathing, her first question was, "Will it be like when the sisters in Fleabag go to a retreat?" Well, yes and no.

After meeting our instructor, Jen, she encouraged us to start by "walking mindfully". In other words, really, really, really slowly. As we caught each other's eyes while struggling with our balance, we couldn't help having mini-giggles.

However, after 10 minutes, we were listening intently to the leaves crunching beneath our





trainers and getting lost in our own worlds while "feeling-up" trees and describing them as "soft, with hard bits", trying not to snicker like schoolkids.

At the end of each "activity", which included looking around, smelling the plants, collecting objects we enjoyed and listening to the rainfall, we were invited to a sharing circle to discuss our findings. Doing this in the rain sounds hellish but I actually found it enjoyable (I was just glad I hadn't washed my hair that morning or I'd have been fuming).

When Abbi said looking up at the sun through the trees was like seeing a "kaleidoscope of the forest", she was

praised. I was jealous.

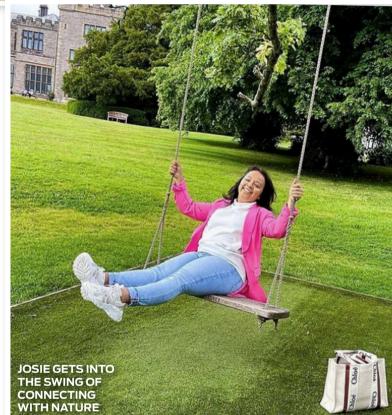
Being positively encouraged to touch and smell whatever intrigued us was a strange experience after being told to do the exact opposite during the pandemic. It was even weirder when a couple walked past as I showed Jen my rock collection.

At the end of the session,

we spent half an hour sitting by a lake in peaceful silence. I felt so blissful, I probably couldn't even have told you my job title, let alone what I was stressed about earlier that day. I was reminded that the world is bigger than me as sailboats floated through the water. No matter what's going on in my life, nature will continue to do its thing and it will be there for me when I need time out. That's a comforting thought.

As I continued with my day, I felt positively lighter from my experience in the forest and made a vow to force myself away from my laptop and into my local park during lunchtimes.

The great thing about forest bathing is you can do it anywhere and you don't need to fork out for an instructor if you don't want to. Just leave your phone at home and take a walk in a green space — but instead of having a destination, take time to explore anything you want to with your senses (although we don't recommend biting



into bark). It'll never be boring as each time you go you'll spot different things and even the weather can change the experience.

Where can I do it?

You can practise forest bathing by yourself or join a group session, where you're supported with a series of mindful invitations by a qualified guide. Armathwaite Hall Hotel and Spa in Keswick, the Lake District, offers a forest bathing experience and is an ideal location at which to become one with nature. With 400 acres of woodland that are home to deer and llamas, as well as calming waters, there is plenty to explore – and once you're done with the great outdoors, there's a lot on offer indoors. A luxury spa, cocktail bar and gourmet restaurant mean the relaxation doesn't end when you leave the forest. The hotel has been used on ITV's Long Lost Family and The Real Housewives Of Cheshire, so there's a chance of spotting celebs too - although you may be feeling too Zen to actually say hello... 💽

> WORDS: JOSIE COPSON PHOTOS: GETTY



SOAK UP SOME CULTURE

A top spot for architecture, Barcelona's big draw is the incredible creations of modernist designer Gaudí. Parc Güell, with its fairy-tale feel, fully immerses visitors in his work. You're greeted at the gates by el drac, a brightly coloured salamander that is a taster of Gaudí's mosaic work found throughout the park. Take a seat on the curved serpentine bench for fab views of the park, then head to the Gaudí House Museum, where he used to live.

Gaudí's most famous work in the city is La Sagrada Familia – the unfinished but stunning church that is due for completion in 2026, the centenary of his death

Find time to visit the Picasso Museum too, an extensive collection of the legendary artist's work. It's free on Thursday afternoons and the first Sunday of the month.

Meanwhile, history buffs will enjoy seeing a glimpse of Barcelona's Roman past in the layout of streets in the Barri Gòtic, or Gothic Quarter.

WHERE TO STAY





A SPACIOUS HILTON ROOM WITH SEA VIEW

inspired kids' menus, kiddie-sized bathrobes and slippers, treasure hunts and more. The popular Purobeach club, open in summer around the outdoor pool, offers spa treatments, music and food.

If you prefer a self-catering option then how about the Casagrand just around the corner from the chic shopping district of Passeig de Gràcia. It offers spacious luxurious apartments sleeping up to nine guests with access to five-star hotel facilities, including room service and a spectacular pool. The penthouse suite has a fabulous terrace with aweinspiring views. Do check before you travel as some facilities, including the sauna, may be closed due to restrictions.

GETTING AROUND

When you've had your fill of culture, head to one of the city's fabulous beaches to chill. Barceloneta is the most traditional beach,

A SHOPPER'S PARADISE, LAS RAMBLAS

For a family-friendly hotel with a sophisticated vibe, try Hilton Diagonal Mar at Platja de Llevant beach. The Executive Panorama Suites connect with twin rooms decorated in calm, coastal colours, giving you oodles of space and sweeping views of the beach. Hilton has made it the chain's business to cater for younger guests, with locally

while Nova Icaria, with 400m of golden

sands, is one of the most peaceful. And from Sant Sebastià Beach you get a view of the whole coastline.

Pop into a Barcelona Turisme office (there are several around the city) to sign up for a walking tour and to buy tickets for the main attractions. We also recommend purchasing a Hola Barcelona travel

card. Available for 2-5 days, it covers the Metro, buses, funicular, tram and railways. You can even use the card to get to and from the airport and also to take the funicular to the Tibidabo amusement park or to see the trophies at FC Barcelona's Camp Nou stadium.

BEST BITES

No visit to Barcelona is complete without a stroll along Las Ramblas, the famous boulevard that runs through the centre of the city.

We loved the busy market bordering it, Mercado de la Boqueria, a great place to perch on stools and lunch like a local. Tapas is popular and we kicked off with gambas pil pil (juicy prawns in garlicky oil). We also tried a selection of fried fish along



with classics like patatas bravas (potatoes in spicy tomato sauce) and albondigas (meatballs).

In the Barri Gòtic you'll find Can Culleretes, Barcelona's oldest restaurant, on C/Quintana. And if you have a taste for tapas, then be sure to seek out Cal Pep in Plaça de les Olles and El Xampanyet in C/Montcada.

WORDS: TRICIA MARTIN PHOTOS: GETTY IMAGES









he British-Pakistani actress shares details of her latest trip to the beautiful backdrop of *Game of Thrones*.

Where did you go? Zoha Rahman: Croatia.

What made you go here?

ZH: After finishing filming a drama in Pakistan, I had to quarantine there before I went back to the LIK

What did you pack?

ZH: Lots of whites, light cottons, dresses and wedges.

What was favourite meal/restaurant?

ZH: My favourite meal was super fresh seafood at a family run restaurant on Bra Island, and my favourite restaurants were the gorgeous Bokeria and the super cute Sug in Split.



ZH: We hired a boat for the day and toured the Dalmation coast, jumping off to cool down in the water and swimming into sea caves. The water was so clear and blue! We got off and explored different islands; stopping at Stomorska for lunch, Milna for coffee, Šolta for ice cream!

Favourite shopping destination?

ZH: Split is a city created within the walls of a massive palace, it's full of tiny cobbled streets and every turn you take you see a row of beautiful local shops. They are known for their figs and their lavender produce, so their organic shops are the best.

Some sights worth seeing?

ZH: Take a walking tour of Split for sure; there's so much history and details in the Palace of Diocletian. Stay in the main courtyard for the changing of the guards followed by live music in the evenings! There are also *Game of Thrones*



filming sites across town. For the more active; you must hike up to the viewpoint on top of Marjan Hill.

What are some spots for a night out?

ZH: Start your night at the best pizza restaurant in town called Bokamorra. Then make your way down the harbour lined with fun restaurants and great music, and end the night at ROOF68 dancing under the stars.

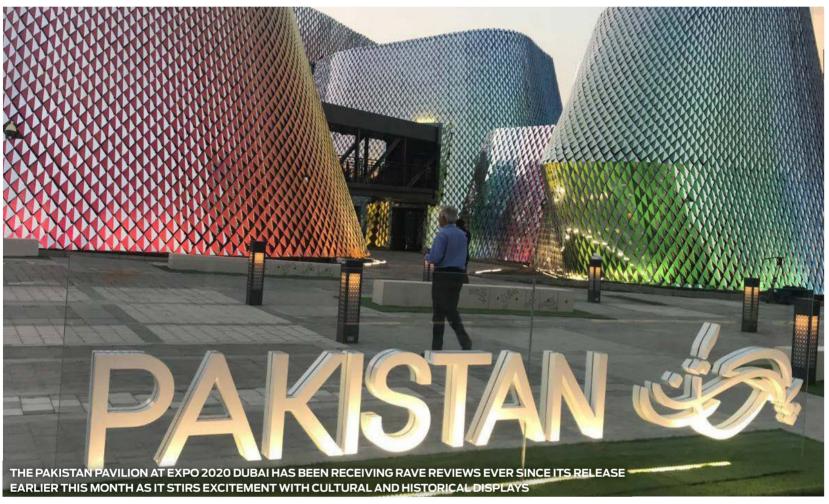
Travel essentials?

ZH: Sunscreen! The sun is very strong and a hat the in addition will help. You will also need comfy the walking shoes as the main city is fully pedestrian of and you'll enjoy getting lost in the tiny streets for hours.

Any travel tips you would like to share?

ZH: Don't over-plan, have a rough idea and then just go where the city pulls you. The gram is important, but being in the moment is more enjoyable, I promise.

HOROGRAPHS COURTESY: ZOHA RAHMA









HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN



Dec 22 - Jan 20 Your career and/

or public image is receiving a lot of universal Time to further define

and reassess what you want. Rewards could be great for those putting the extra effort. It is an opportune time to plant seeds for a new project to enhance your career and/or public image.

TAURUS

Ãpr 21 – Mav 21



Change is something you're good at. However, now is one of those times where it is

key. It's a great time for spiritual pursuits. Help those who are less fortunate. It is this type of spiritual work that you're good at and what is really needed these days.

VIRGO

Aug 24 – Sep 23



You'll be using your inborn talent to meticulously analyse vour finances, your ability to make

money, and your self-worth. You'll undoubtedly discover ways to function more efficiently. Be sure and set aside some money for sudden unexpected expenses. There may be a need to take a break from your daily life on some level.

SAGITTARIUS



This is the time to pursue your goals and dreams and to participate in group

Nov 23 - Dec 21

activities to the point of taking a lead role. Spend time with friends and make new ones. Meditation would serve you well and help you connect to your higher spiritual self and heliefs

AQUARIUS



Jan 21 – Feb 19

Time to pursue a new course of study, take a journey to foreign lands. simply interact

with foreign people to expand your universal vision and help nurture your inborn need to create social change. It is an opportune time to initiate new activities in these areas.

GEMINI



May 22 - Jun 21 It is a great time to begin new health and beauty regimes. You are not as articulate

as you usually are

so be a little careful because words could tumble out in the wrong direction. Don't do anything rash; just be honest with yourself and your feelings, and considerate of the other person.



LIBRA Sep 24 – Oct 23

You are truly on center stage as you have a lot to communicate. Extra opportunities and luck come your way. You have an extra boost

of energy to move you forward. You'll intensely reexamine your values - materially, intellectually and spiritually. An inspirational romance or project could begin. You may enhance your appearance or completely change it

PISCES

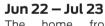
Feb 20 - Mar 20



You now continue to pursue outwardly your inborn intuitive spiritual desire to move humanity

forward to a higher plane of existence. What a time to come out of "hibernation" with so much intensity in your life. You may seem a little withdrawn by others. This is the month to investigate anything that needs an answer.

CANCER





home front becomes strategic command center! Numerous visitors. nostalgic conversations, lively

debates, renovations and expansion are all part of the scenario. Mental activities will appeal to you. This month will bring enlightenment to personal goals/dreams and/or to some group activity or cause you are involved in.

SCORPIO



Irritability heightened. Engage in some form of mental and physical exercise to ease the

Oct 24 - Nov 22

tension. Time to pursue goals and dreams, participate in group activities, or spend more time with friends. You may need to address issues in your partnership/relationship. You might discover a secret admirer.

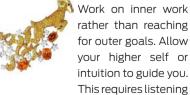


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PHOTOGRAPHS: SHUTTERSTOCK, WEEN

ARIES

Mar 21 - Apr 20



rather than speaking, reflecting rather than acting. Romance is on the cards and it is a good time to express your feelings, but do so in a measured way and don't make promises of undying love unless you really mean them.

LEO Jul 24 - Aug 23



The universe is asking you to use your inborn need to creatively express yourself and be appreciated by

others in your everyday environment. The pace of your daily routine has surely gone into warp speed! Your plans for the future are becoming larger and more expansive. You may find yourself having to look more realistically at relationships.



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