

# OK!

**PAKISTAN**  
FIRST FOR CELEBRITY NEWS

ISSUE 96, SEPTEMBER 2022

**KATE  
BOSWORTH**  
ON THE  
IMMACULATE  
ROOM

**NAOMI  
WATTS**  
"I'VE BEEN  
SUPER LUCKY"



**THE END OF AN ERA**  
**QUEEN**  
**ELIZABETH II**

**1926-2022**

**A TRIBUTE TO HER REMARKABLE  
LIFE AND 70 YEAR REIGN**



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**KARACHI**

# Pakistani new-age thriller Carma

The star-studded premiere of Carma was held in Karachi recently.



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HIRA SOOMRO



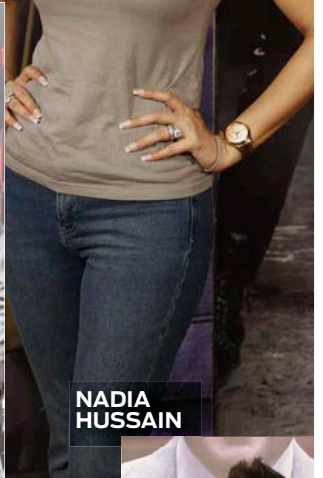
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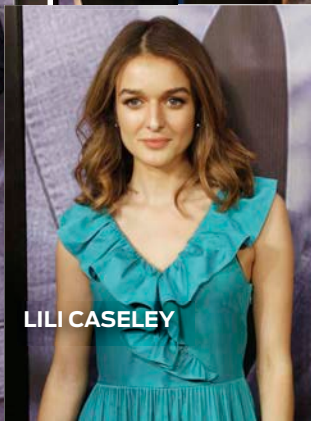
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DINO ALI



AYESHAH TOOR



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FAREEHA MALIK



TARA UZRA DAWOOD  
(PRESIDENT & CEO AT  
LADIESFUND)



QURATULAIN  
IBRAHIM



MISBAH  
MOMIN



MR. SHAHID MALIK

## LAHORE Ladiesfund

LADIESFUND held an exclusive #LFVIP Lahore interactive learning event and dinner. In attendance were some of the most dynamic budding women in the city including architect Rafia Ilyas, educationist and coder Sadaf Rahman, philanthropist Misbah Momin, former MD AC Neilson Pakistan Quratulain Ibrahim, jeweler and exporter Fareeha Malik, banker Arooj Afzal, and a brief appearance by Syeda Henna Babar Ali.



FAREEHA MALIK , QURATULAIN IBRAHIM, TARA UZRA DAWOOD,  
RAFIA ILYAS, SADAF REHMAN & MISBAH MOMIN



AMNA WAHAJ AND SHAZIA



AMNA BABER



SHAHAN, IMRAN AND NATALIA



AYMEN AND IQRA

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**Lajwanti**  
Lajwanti held a grand soirée to launch their latest bridal collection, Laal Bahar.



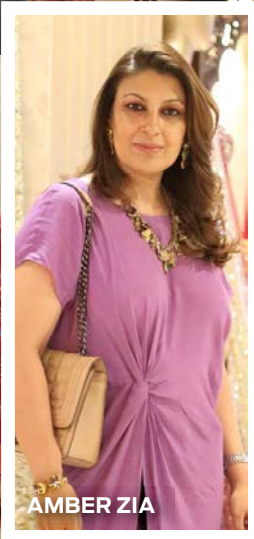
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**“May flights of Angels sing thee  
to thy rest.”**

**HER MAJESTY  
QUEEN  
ELIZABETH II**

*Her Majesty Queen Elizabeth II, who  
died on Thursday 8 September, aged 96,  
was Britain’s longest-reigning monarch,  
spending an incredible 70 years and 214  
days on the throne*



She passed away “peacefully” at Balmoral, the royal country estate in Scotland where she had spent her final months, surrounded by members of her family. News of the Queen’s death was announced at 6.30pm – two hours after new Prime Minister Liz Truss had been informed.

The official Palace statement read, “The Queen died peacefully at Balmoral this afternoon. King Charles and the Queen Consort will remain at Balmoral this evening and will return to London tomorrow.” Charles and his sister Anne, the Princess Royal, were at their mother’s bedside when she died. The Queen’s grandson Prince William, now the Prince of Wales and the Duke of Cornwall and Cambridge, her sons Prince Andrew and Prince Edward, and Edward’s wife Sophie, Countess of Wessex, raced to Balmoral that afternoon but arrived shortly after she had passed away.

The Duke of Sussex arrived separately, around an hour after news of his grandmother’s death was announced. Prince Harry’s wife Meghan, Duchess of Sussex, remained in London while William’s wife Kate, now Princess of Wales and Duchess of Cornwall and Cambridge, remained in Windsor because their three children had just started at their new school.

Tributes to Her Majesty flooded in quickly and were led by the PM, who described her as “the rock

on which Britain was built” and “the very spirit of Britain”.

The King paid his own tribute, saying his mother’s death was “a moment of the greatest sadness”, adding, “I know her loss will be deeply felt throughout the country, the realms and the Commonwealth, and by countless people around the world.” Despite the rainy conditions, thousands flocked to Buckingham Palace to pay their respects.

There were also huge crowds at Windsor Castle, the Berkshire residence where the Queen had spent much of the past two years. Hundreds of London’s black cab drivers lined The Mall silently in a touching tribute, as they did when the Duke of Edinburgh died last year, their lights glowing as darkness fell.

And in a brief but poignant moment, a stunning rainbow appeared above both palaces as the Union Jack was lowered to half-mast.

The Queen’s death on Thursday came two days after she transferred the reins of political power from outgoing PM Boris Johnson to Ms Truss. During that historic moment, the Queen smiled as she greeted the new Tory leader in the drawing room at Balmoral before officially inviting her to form a new Government.

But fears for her health were raised when she canceled a Privy Council meeting due to be held

over Zoom that evening, after doctors advised her to rest. And when Buckingham Palace took the unusual step the following day of announcing that Her Majesty’s doctors were “concerned” for her health, those fears were heightened.

Despite a short period of ill-health, largely to do with mobility issues, the Queen worked right up until the end, continuing her lifelong devotion to the role she had taken so very seriously.

When the then Princess Elizabeth celebrated her 21st birthday on 21 April 1947 during a tour of South Africa with her parents, she chose her coming of age as the moment she would publicly dedicate herself to the service of her country and the Commonwealth.

Her simple, heartfelt promise – made in an historic radio broadcast from Cape Town – was to endure right up until her death. “I declare before you all,” she said that afternoon, “that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family, to which we all belong.

“But I shall not have strength to carry out this resolution alone unless you join in it with me. God help me to make good my vow and God bless all of you who are willing to share in it.” At the time, Elizabeth could never have imagined she would enjoy a record-breaking 70-year reign as one of the best-loved monarchs in history. Her statement ►





of commitment to the people touched the hearts of millions of her future subjects listening around the world.

And back in London, Prime Minister Winston Churchill was said to have wept in wonder at her dignity and grace.

Because Princess Elizabeth Alexandra Mary of York was never supposed to be Queen. It was the abdication of her uncle, Edward VIII, in 1936 that transformed the destiny of the little girl known as Lilibet as her father, George VI, became king.

Yet when the heavy burden of the crown fell on her own young shoulders in 1952, the Queen bore it with an inner strength drawn from that God-given vow made just five years earlier. Her resolve was also bolstered by the love and support of her husband, the Duke of Edinburgh, her loyal and devoted consort for more than 74 years.

So perhaps it is no surprise that when her beloved Philip passed away last year, a few weeks before his 100th birthday, the Queen felt her own strength start to wane.

The passing of the Duke of Edinburgh, on 9 April 2021, now appears to have marked the start of her own decline into frailty. And while her resolve and sense of duty never wavered, grief clearly took its toll on the 96-year-old monarch's health.

Royal expert Duncan Larcombe says, "I don't think

Her Majesty ever fully recovered from the death of the Duke of Edinburgh. We were all amazed at how quickly she got back to work after his funeral and touched that she appeared so determined to follow Philip's famous mantra, 'Just get on with it.' She continued to push herself so hard – perhaps underestimating the physical and emotional impact of bereavement and grief.

"His death was clearly not unexpected. But, in the run-up to it, the Queen had been going through the same pandemic and lockdown frustrations as everybody else. She couldn't spend time with her children and grandchildren, she was forced to work from home and couldn't get out to meet the public. For a monarch who always said she 'had to be seen to be believed', that must have been unsettling. And then the man who had been at her side for all those years was gone and she had the added strain of that harrowing, socially-distanced funeral.

"The images of the Queen, so small and alone, sitting in the quire stalls of St George's Chapel, were heartbreaking. Because that was the first time we really saw her as a vulnerable 95-year-old woman, rather than the Head of State. And we wondered how on earth she was going to cope without her 'strength and stay.'"

Her "strength and stay" was how the Queen

described her husband in a speech marking their golden wedding anniversary in 1997.

"Prince Philip is someone who doesn't take easily to compliments," she said. "But he has, quite simply, been my strength and stay all these years, and I, and his whole family, and this and many other countries, owe him a debt greater than he would ever claim, or we shall ever know." Despite her deeply personal loss, the Queen did her best to carry on and threw herself back into a packed schedule of public engagements.

And she once again showed her legendary strength through family challenges as well as the Covid pandemic.

Duncan says, "No matter how resilient and pragmatic the Queen was, this maelstrom of extraordinary circumstances must have distressed her. The departure of Prince Harry and the accusations thrown at the royal family were especially difficult. Harry was always the apple of her eye. She adored his slightly rebellious streak and the fact the public warmed to him. So that whole business must have wounded her deeply – as must the [Prince] Andrew affair." More recently, the Queen had to bow out of a number of engagements, as the Palace told of her issues with mobility. She had become more frail and bowed than usual, carrying a walking stick during public ►





appearances.

Last October, she was left “disappointed” after being forced to cancel a two-day trip to Northern Ireland, having been advised to rest by medics. She also spent a night in hospital, where she underwent “preliminary investigations”. Things took a further turn for the worse in November, when she was unable to attend the Remembrance Sunday Service at the Cenotaph after spraining her back.

The Queen’s recent ill-health might not have been such a cause for concern had she not appeared so remarkably robust in recent years. Apart from the removal of a cataract in 2018, she enjoyed exceptionally good health, suffering little more than the occasional cough or cold.

This year, however, brought further cancellations and reduced public appearances. In February, she was struck down by Covid and, understandably, took time to recover from the virus, which left her feeling “very tired and exhausted”.

In April, it was announced that the Queen would not be attending the traditional Easter Sunday church service at Windsor Castle.

Then, in May, Charles took her place at the opening of Parliament, after she experienced what the Palace described as “episodic mobility problems”. Happily, the Queen seemed to rally in time for her historic Platinum Jubilee celebrations in June, during which the nation saw her appear on the balcony at Buckingham Palace, smiling and waving at the adoring crowds. But she was forced “with great reluctance” to pull out of a thanksgiving service at St Paul’s Cathedral on 3 June after experiencing “discomfort” at the celebrations the day before.

Despite being an avid horse-racing fan, she also missed a scheduled appearance at the Epsom Derby. In a heartfelt message following a joyous

weekend of celebrations, she said, “While I may not have attended every event in person, my heart has been with you all and I remain committed to serving you to the best of my ability, supported by my family.”

Despite her advanced years, the Queen’s death still came as a huge shock and it will take a long time for the nation to come to terms with the loss of its longest-serving monarch.

Royal expert Duncan explains, “Queen Elizabeth was our Head of State from 1952, so her death is the most significant constitutional event in the lives of most British people. Losing her is going to affect the nation far more than they might realise – like the death of a member of their own family. This is a watershed moment in our nation’s history. It is the end of the second Elizabethan era. Britain has lost a figurehead with more wisdom and experience than any country in the history of the human race.

“She amassed an incredible bank of knowledge throughout her long reign. That was evident from the way she rallied and reassured the nation during the pandemic battle. Covid was terrifying and unsettling but it brought the Queen into her own. She was able to call on all that wisdom and experience and reassure her people with calmness and fortitude. The speech she gave in April 2020 evoked the wartime spirit and made us believe we could succeed and would meet our loved ones again.

“The Queen’s extraordinary sense of duty never failed her and in the final months and years of her reign she was more popular and loved than ever. And she died knowing that the future of the Monarchy is secured for at least the next three generations in the hands of Charles, then William and George.” Her Majesty the Queen kept the solemn vow she made to her subjects when she

turned 21. Now, she is gone after a long and glorious reign, soon to be laid to rest at Windsor beside her “strength and stay”.

We at OK! are paying our own tribute with this special commemorative feature. And we are sure that all of our readers will join us in saying, “God bless you and thank you, Ma’am.”

BYLINE: CHLOE REEVES

## **KING, CHARLES III, LED THE TRIBUTES TO HIS “CHERISHED AND MUCH-LOVED” MOTHER FOLLOWING HER DEATH**

In an address to the nation, just less than 24 hours after Her Majesty’s passing was announced, King Charles spoke of his “profound sorrow”, saying his mother was “an inspiration and example to me and to all my family, and we owe her the most heartfelt debt any family can owe to their mother; for her love, affection, guidance, understanding and example.” Clearly filled with emotion, the King also spoke fondly of his mother’s “warmth, humour and an unerring ability always to see the best in people”, adding, “I pay tribute to my mother’s memory and I honour her life of service. I know that her death brings great sadness to so many of you and I share that sense of loss, beyond measure, with you all.” Reflecting on her 96 years, he said the Queen’s life was “well lived” and made the same promise his mother had in 1952 to dedicate the rest of his life to service.

“My life will, of course, change as I take up my new responsibilities,” he said. “It will no longer be possible for me to give so much of my time and energies to the charities and issues for which I care so deeply. But I know this important work will go on

# “ All of us, of all faiths, will remember Her Majesty’s legacy of public service and celebrate her achievements. ”

in the trusted hands of others.” In his speech from the Blue Drawing Room of Buckingham Palace, the King went on to pay tribute to his “darling wife” Camilla, who is now Queen Consort. Dressed in a black suit and tie on the first day of national mourning,

His Majesty revealed his heir, Prince William, will take on his Scottish titles “which have meant so much” to him and will become the Duke of Cornwall, taking on the Duchy of Cornwall.

The King also announced Prince William and his wife Catherine will become the Prince and Princess of Wales and will “continue to inspire and lead”. And he gave a heartfelt nod to his youngest son Harry, adding, “I also want to express my love for Harry and Meghan as they continue to build their lives overseas.” Rounding off his first public address as King, His Majesty gave his “heartfelt” thanks to the nation for their love and support and then in a final message to his mother, finished by saying, “And to my darling Mama, as you begin your last great journey to join my dear late Papa, I want simply to say this: thank you. Thank you for your love and devotion to our family and to the family of nations you have served so diligently all these years.”

The 73-year-old – said to have become closer than ever to his mother in her final months – concluded by saying, “May flights of Angels sing thee to thy rest.” In the hours following her death, Prince William, 40, reshared the announcement of her passing alongside a beautiful black and white photo of Her Majesty on the social media accounts he shares with his wife.

William previously told of his love and admiration for his grandmother, saying, “The Queen’s kindness and sense of humour, innate sense of calm and perspective, and love of family and home are all attributes I experience first-hand. All who will inherit the legacy of [her] reign and generation need to do all we can to celebrate and learn from her story.” Meanwhile, the Duke and Duchess of Sussex changed the front page of their Archewell website to a simple black background with white text reading, “In loving memory of Her Majesty Queen Elizabeth II 1926-2022.” Prince Harry, 37, has often spoken about his “special relationship” with his grandmother and he and his wife Meghan, 41, named their daughter Lilibet in her honour when she was born last year. When asked recently what he thought was the best thing about his grandmother, he said, “Her sense of humour. Her ability to see the humour in so many different things.”

Harry – who was comforted by the Queen along with his brother William at Balmoral following the death of their mother Diana, Princess of Wales – added that he often confided in her, saying, “We have a special relationship, we talk about things she can’t talk about with anyone else, so that is always a nice piece to her.”

Prince Andrew’s ex-wife Sarah, Duchess of York, ►





said she was “heartbroken” by the passing of her former mother-in-law. In a statement, she said, “She leaves behind an extraordinary legacy: the most fantastic example of duty and service and steadfastness, and a constant steadying presence as our head of state for more than 70 years. “To me, she was the most incredible mother-in-law and friend. I will always be grateful to her for the generosity she showed me in remaining close to me even after my divorce. I will miss her more than words can express.”

Liz Truss may have only been the Prime Minister for a matter of days but the new Tory leader, 47, captured the mood of the nation when she referred to the Queen as “the rock upon which modern Britain was built”. She said, “Our country has grown and flourished under her reign. Britain is the great country it is today because of her. She was the very

spirit of Great Britain – and that spirit will endure.” Leading Scottish tributes, First Minister Nicola Sturgeon, 52, praised Her Majesty’s “exceptional wisdom and dedication”, adding that Scotland had “loved, respected and admired the Queen” who passed away in the country that was so dear to her. Irish President Michael Higgins, 81, described her as “a remarkable friend of Ireland,” adding, “Her Majesty served the British people with exceptional dignity. Her commitment to her role and extraordinary sense of duty were the hallmarks of her period as Queen, which will hold a unique place in British history.” Outgoing Prime Minister Boris Johnson, 58, who met with the Queen at Balmoral two days before her death, declared her “Elizabeth the Great” and said that “wave after wave of grief is rolling across the world” as a result of her passing. He added, “In the hearts of every one of us there

is an ache at the passing of the Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected.” A touching tribute was paid by Queen Margrethe of Denmark – who is now Europe’s only reigning female monarch. The 82-year-old wrote a letter to the new King saying she was “deeply moved by the news of your beloved mother’s death”, adding, “I send you and Camilla my warmest thoughts and prayers.”

Margrethe – who celebrated her own Golden Jubilee this year – added that Queen Elizabeth II was a “towering figure among the European monarchs and a great inspiration to us all”. Former US President Barack Obama, 61, shared pictures of the numerous times he and wife Michelle met the Queen while he was in the White House. “Michelle and I were lucky enough to come to know Her Majesty, and she meant a great deal

to us,” he said. “Back when we were just beginning to navigate life as President and First Lady, she welcomed us to the world stage with open arms and extraordinary generosity. Time and again, we were struck by her warmth, the way she put people at ease and how she brought considerable charm and humour to moments of great pomp and circumstance.” Current President Joe Biden added that “Her Majesty Queen Elizabeth was more than a monarch. She defined an era.” The 79-year-old added, “In a world of constant change, she was a steadying presence and a source of comfort and pride for generations of Britons, including many who have never known their country without her.”

Former Labour PM Tony Blair, 69, said, “[She] has been a part of my life for all of my life. From the moment I waved my little flag as I watched her, as a child, be driven through the streets of Durham, to the honour of being Prime Minister, to my last meeting with her and then lunching with her at Windsor Castle for the Garter ceremony just a few months ago, she has been an enduring presence of strength and stability. At that lunch, we sat next to each other and she was in sparkling form as we talked – warm, gracious, humorous and spirited.” Labour party leader Sir Keir Starmer, 60, praised her “special, personal relationship with the nation”. Tributes also poured in from around the world, with Ukrainian President Volodymyr Zelensky, 44, calling her death an “irreparable loss” for the UK and the Commonwealth.

Australian Prime Minister Anthony Albanese, 59, said, “Through the noise and tumult of the years, she embodied and exhibited a timeless decency and an enduring calm.”

Religious leaders across the globe also sent words of condolence – proving that while Her Majesty was head of the Church of England, her ability to inspire transcended religions. Pope Francis, 85, sent a telegram to the new King which read, “I willingly join all who mourn her loss in praying for the late Queen’s eternal rest.”

Zara Mohammed, Secretary General of the Muslim Council of Britain, revealed Her Majesty had been the first monarch to visit a UK mosque. The 31-year-old said, “All of us, of all faiths and none, will remember Her Majesty’s legacy of public service and celebrate her achievements.”

The sporting world also paid tribute, with the England football team writing, “Her Majesty the Queen will be forever linked with some of our most memorable moments – including presenting the Jules Rimet Trophy to our 1966 World Cup-winning side.”

And, finally, Paddington Bear doffed his hat and paid his respects following on from his brilliant comedy turn with Her Majesty during June’s Platinum Jubilee, simply saying, “Thank you, Ma’am, for everything.”

BYLINE: POLLY BROWN

## A ROYAL LOVE STORY

Moments after Queen Elizabeth II was crowned on June 2, 1953, she sat on her throne in Westminster Abbey to receive the homage of princes and peers. But the first person to pay allegiance to the monarch was the man she had married in virtually the same spot five-and-a-half years earlier.

“I, Philip, Duke of Edinburgh, do become your liege man of life and limb, and of earthly worship,” he said solemnly. “And faith and truth I will bear unto you, to live and die, against all manner of folks. So help me God.” Then Philip rose and kissed his Lilibet on the cheek, before waiting to escort his Queen from the Abbey.







"That little scene sums up their unique relationship," says royal expert Duncan Larcombe.

"Philip was Elizabeth's first and only love. But, from the moment she became Queen, he was also her consort and his life was dedicated to supporting her as she bore the weight of the Crown." It wasn't all plain-sailing, though. Prince Philip was a strong, irascible character who had to give up his own dreams and ambitions for his wife.

He once praised her for having "tolerance in abundance" – and she had to learn to tolerate his infamous gaffes. One former member of the royal household described Philip as being "as constant a presence in our lives as the Queen, walking three steps behind her... just with a lot less diplomacy". However, in private, our longest reigning monarch and consort were a far more equal partnership. The Queen's former private secretary, Lord Charteris, once explained: "Prince Philip is the only man in the world who treats the Queen simply as another human being." Other royal insiders would often comment that, "Elizabeth wore the crown but Philip wore the trousers" because she always deferred to him in family matters.

Theirs was a truly remarkable royal love story. And it all began with an outbreak of mumps and measles.

In July 1939, King George VI and Queen Elizabeth arrived to tour Dartmouth's Royal Naval College with their two daughters.

But as many of its young officers were sick with the viruses, Princess Elizabeth, 13, and her sister Princess Margaret, eight, waited in the safety of the Captain's house as their parents were shown round. There to entertain them was the mumps and measles-free Prince Philip of Greece and

Denmark, who had recently turned 18. It was the first time Lilibet had met her third cousin and she was instantly smitten by the tall, blond and strikingly handsome cadet officer.

Her governess, Marion "Crawfie" Crawford, recalled "she never took her eyes off him the whole time".

Philip impressed both sisters with his sporting prowess, charm and humour. Crawfie also recalled him rowing energetically after the departing royal yacht in choppy waters "until the King had to bellow to him to go back". Their next meeting came when Philip was invited to watch the princesses' annual panto at Windsor and by April 1941, Elizabeth confided in a friend she had "a boy".

After the war, Philip became a regular visitor to Buckingham Palace. Crawfie, now a chaperone, recalled, "Everyone in the household was aware of what was in the air. One could not see the young people together without realising what they felt." The Queen's cousin and confidante, the late Margaret Rhodes, echoed her comments, adding that Elizabeth was simply "smitten from the start". In the summer of 1946, Philip proposed at Balmoral. The King asked them to hold off making an announcement until after her 21st birthday and Philip became naturalised, taking the name Philip Mountbatten.

Their engagement was officially announced on 9 July 1947 and Philip presented his bride-to-be with a diamond and platinum ring he had designed.

The wedding took place at Westminster Abbey four months later, on 20 November. It was a moment of colour amid the austerity of post-War Britain.

Elizabeth was radiant with love as she walked down the aisle towards Philip, appearing to be calm personified as 2,000 guests watched her walk

down the aisle on her father's arm. The 26-year-old groom was still extremely nervous though. Hours before, Philip had been hit by the scale of his commitment, asking a friend, "Am I being very brave or very foolish?" But the newly created Duke of Edinburgh was all smiles later as he and his wife waved from the balcony of Buckingham Palace before embarking on married life.

They spent a week honeymooning at Broadlands, on the estate of Philip's Uncle, Lord Louis Mountbatten, followed by a fortnight at a lodge at Balmoral. Elizabeth's father wrote to tell her, "I can see that you are sublimely happy with Philip." And Elizabeth told her parents, "Philip is an angel – he is so kind and thoughtful."

The feeling was mutual and Philip wrote to the King that, "Lilibet is the only 'thing' in this world which is absolutely real to me." Their first child, HRH Prince Charles Philip Arthur George, was born on 14 November 1948, just six days before their first wedding anniversary.

But a year later, Philip was posted to Malta with the Royal Navy. Elizabeth decided to join her husband, leaving Charles behind in the care of his grandparents and nurses.

Despite her sadness at being separated from her son, the two years they spent there were a special time for the princess, who relished the carefree, anonymous life she discovered there.

There was more joy when their daughter, Princess Anne, arrived in 1950. But the years of normality were to be cut short.

In January 1952, the Queen and Prince Philip set off on a tour of the Commonwealth in place of King George VI, who was in poor health. A month later they were in Kenya, enjoying a well-earned ►



safari break at the famous Treetops Hotel. But on the morning of 6 February 1952 George VI was found dead in bed by his valet.

When the news reached Kenya, the Queen was writing a letter to her father, telling him of the wonderful sights she had seen and hoping he would be able to see them for himself soon. Prince Philip, who was told first, covered his face in shock, saying, "This will be such a blow." Then he gently asked his wife to take a stroll outside with him... where he broke the news that her darling father was dead and she was now Queen.



It was a seismic moment in their lives.

Forced to quit his job in the Royal Navy, Prince Philip had to take a step back, into his young wife's shadow. But he had promised her father he would always care for her and vowed to become her "eyes and ears".

Yet she knew how he struggled to forge his own role in the House of Windsor and how he hated not being able to give their children his name.

So, in 1960, following the birth of their third child, Prince Andrew, the Queen announced a compromise - declaring that her descendants would carry the name of Mountbatten-Windsor, except those with the style of Royal Highness and the title of Prince or Princess.

In the early days of the Queen's reign, Philip used to wonder why he woke in the night with a cold

right arm. Eventually he worked it out - he was waving in his sleep. Because as the Monarch went out to meet her people, Philip was always there at her side, smiling and waving for hour upon hour.

In 1953 the couple made their first Commonwealth Tour - a six-month, 43,618-mile visit to 13 countries. And Philip accompanied his wife on all 251 of her overseas visits as well as making more than 600 solo foreign trips to 143 countries on behalf of the 800 charities and groups he supported. He was also at the Queen's side as she hosted more than 100 State visits and shook hands with more than 1.1 million

people at palace functions and garden parties.

Furthermore, it was Philip who saw the need to modernise the royal family and in 1969 he came up with the idea for the TV documentary about them. After the Queen's "annus horribilis" of 1992, when Charles and Andrew's marriages ended and Windsor Castle was hit by a fire, he helped improve the royals' public image. It was his idea to open Buckingham Palace to the public to help pay for repairs at Windsor.

He was a man of contradictions - an authoritarian and a caring hands-on dad, media-savvy but with a distrust of the press, a public figure who resented any curiosity about his life and a champion of the stiff upper lip who became devoted to the fragile Diana, Princess of Wales.

And the Queen adored her fiery, funny, complex Philip. He gave her the nickname "Cabbage" - a



play on the French term “mon petit chou”, which means both “my little pastry puff” and “my little cabbage”.

The pair often squabbled, though. Lord Charteris once said, “It’s not unknown for the Queen to tell the Duke to shut up.” During an early royal tour of Australia, a film crew was given an insight into just how normal this royal marriage could be. Waiting for the Queen to appear from her chalet, the door flew open and Prince Philip charged out, tennis shoes and a racquet flying after him.

The Queen, visibly enraged, appeared in the doorway, screaming at him to stop running and ordering him to come back. She later reappeared and calmly remarked to the crew, “I’m sorry for that little interlude but, as you know, it happens in every marriage.”

Despite his devotion to the Queen, rumours circulated and the Duke was linked to a string of other women. But royal insiders say they simply chose not to live in each other’s pockets.

When Philip retired from public life in 2017, at the age of 96, he spent most of his time at Sandringham. The Queen was glad he was finally



getting a chance to put his feet up but she clearly missed his daily presence. So while the Covid pandemic brought many trials for Her Majesty, it did have one plus point – she and the Duke were reunited again, locked down together at Windsor Castle with a few loyal staff in “HMS Bubble”. And, as the Prince’s health began to fade, it gave the couple precious time to reflect and reminisce on their 80-year love story. Indeed, one of the final photos of the couple together shows them sitting side by side on a sofa admiring an anniversary card from their grandchildren. At the end, Her Majesty the Queen and her liege man of life and limb were just Lilibet and Philip again.

BYLINE: ROWAN ERLAM

PHOTOGRAPHS: WENN, GETTY, SHUTTERSTOCK



**"SOMETIMES IN LIFE WHEN YOU'RE  
FORCED TO LET GO, THAT CAN BE THE  
BEST OPPORTUNITY FOR INTERNAL  
GROWTH AND TRANSFORMATION"**

# **KATE BOSWORTH**

**The 39-year-old statuesque  
beauty, best known for her work  
in *Still Alice*, *21*, and *Superman  
Returns*, is back on the big screen  
with the films, *The Immaculate  
Room*, a taut dramatic thriller**



**I**f she had lived in ancient times, Kate Bosworth would probably have been some sort of Greek Goddess whose beauty led to statues being built in her honour and wars waged to defend her. There's a crystalline beauty to her features and she has long been regarded as a leading Hollywood fashionista.

That's hardly surprising given that her father Harold was a former top executive at Ermenegildo Zegna and she grew up as a WASP princess and champion equestrienne. Taste, style, and beauty have never been in short supply when it comes to Kate, and she is equally at home wearing edgy outfits as well as the most elegant designer dresses..

"My father would often take me to work and show me all the different textiles and different textures for the suits and ties that Zegna was making," Bosworth says. "That's how I developed a strong sense of the importance of quality and also an appreciation for the timeless nature of great fashion...I love fashion because it allows you to express your mood and state of mind at any particular moment. I enjoy being able to change my look very quickly."

Bosworth co-stars opposite Emile Hirsch in *The Immaculate Room*, a taut dramatic thriller in which she and Hirsch play a couple who sign up for an experiment that offers a prize of \$5 million dollars. The catch: they need to last 50 days in a completely white room with no contact with the outside world. As the clock winds down on the experiment, they begin to suffer increasing psychological effects of their enforced isolation which causes private demons to resurface and threatens their resolve to hold out until the end.

On the personal front, Kate Bosworth is currently enjoying a new romance with actor Justin Long and

earlier this year the happy couple went on Instagram to make their romance official while on a holiday trip to Ireland. Bosworth separated from her husband of eight years, director Michael Polish, in 2020.

**This is a very unusual kind of film that makes a lot of demands on the audience who will watch it, as one imagines it placed on you and Emile Hirsch while you were shooting it?**

**KATE BOSWORTH:** It was a crazy experience but also such a pleasure and also to be with a filmmaker who understands the entire flow of the movie so deeply and is willing to be collaborative

**“I enjoy being able to change my look very quickly.”**

and fluid in the making of the movie.

I think we shot for three weeks and to be in the confined white space for such a length of time was challenging. Emile and I were often on the edge in terms of the tense fight situations or love scenes which we had to play. But it can also be fun to be on the edge that way and there was a nice electricity in the air while we were making the film.

**One of the unusual things about *The Immaculate Room* is that your character is also named Kate. Was that odd for you to be called by your real**

**name while playing your scenes?**

**KB:** I'm pretty sure that's the first time I've ever played a Kate...But the project came to me with my character being called Kate. So having Emile call me Kate, on top of the fact that we're friends who've worked together before, made the process of acting opposite each other this time out so much more natural.

**How would you describe Kate?**

**KB:** Kate is very A-type and like all of us she has issues with her past and upon entering the room she's kind of controlling. She likes structure and she finds this entire contest to be an interesting challenge.

You can also tell when she enters the room that she has a plan to get through the experience, but it gets upended in the course of spending that time in *the immaculate room*. She basically undergoes a pretty wild unwinding process which ultimately leads to her transformation.

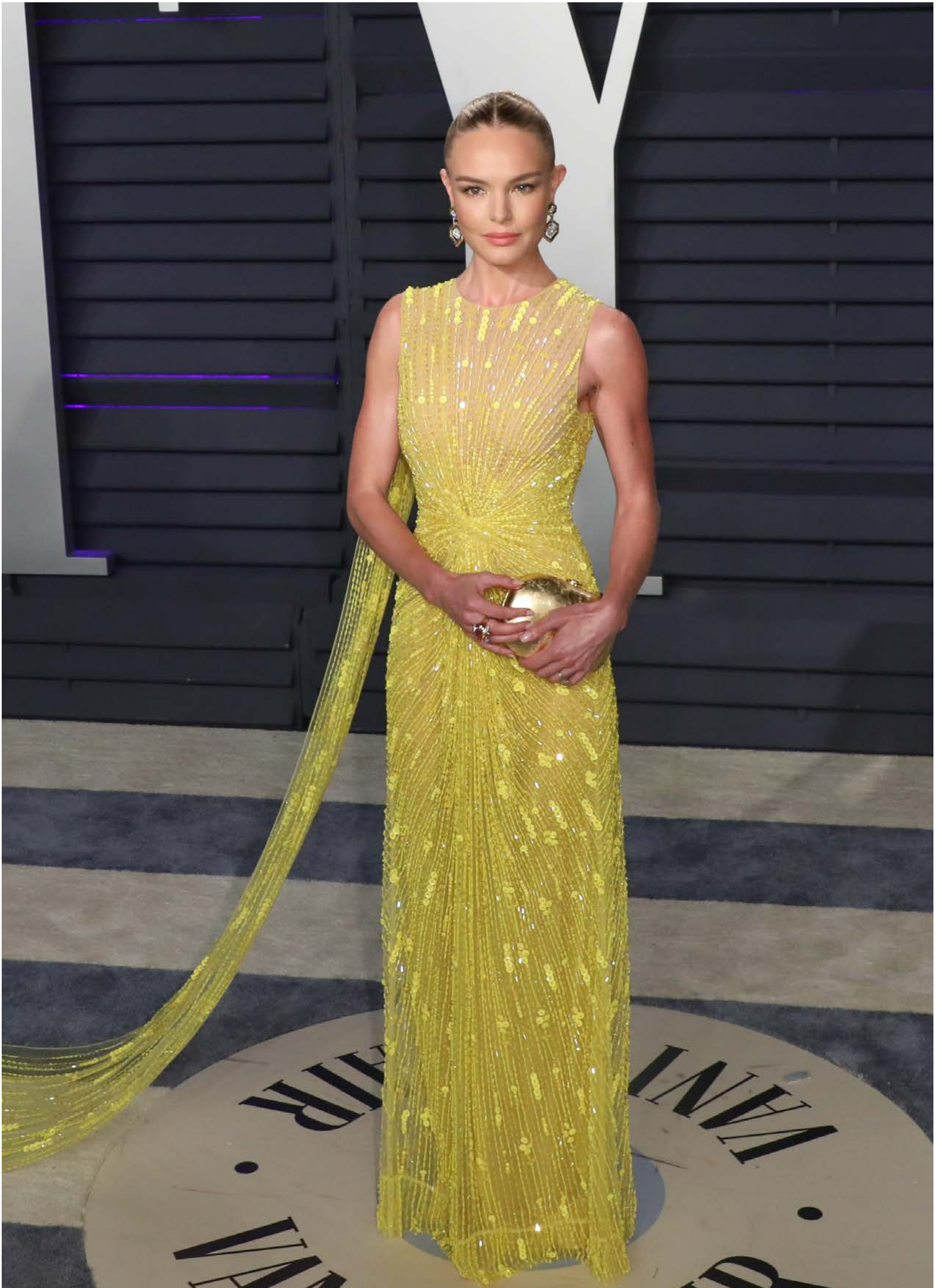
**How does she compare to Emile's character, Mike?**

**KB:** Emile's character is an artist and he has this more go-with-the-flow attitude, someone with the ability to find fun in any situation. He's very over-excited and Peter Pan-like, even though at a certain point he also experiences his own unravelling.

Kate finds his attitude very threatening because she has to deviate from her original strategy and abandon the plan she entered the room with because she sees that it won't work.

**Which character is made more unbalanced by their time in the room?**

**KB:** Ultimately the situation is more troubling ►



for her. She's forced to relinquish control which is destabilising for her and for someone like me I can relate to that because I like control and structure. But sometimes in life when you're forced to let go, that can be the best opportunity for internal growth and transformation.

**How was working together on *The Immaculate Room* different from the previous film you worked on, the crime drama *Force of Nature* (2020)?**

**KB:** I love working with Emile - he's such a great actor and it's impossible for him to play a dishonest moment. He and I have also developed such a wonderful friendship that it really helped us in the case of these two characters who have been together for a long time. Our familiarity and closeness helped us to play these characters because we kind of crash landed into this movie where we had virtually zero prep time before we started filming.

The foundation of our friendship helped with the history and interplay between these characters.. Especially when there are so many intense as well as beautiful moments between Mike and Kate. Even though there's such a deep unravelling for both of these characters, there's also a lot of vulnerability that comes with that, a lot of trust, and a lot of laughter.

It was such a great experience to go through with Emile. It's truly such a pleasure to be in his company and he makes you better which is always such a joy to work with someone like that.

**You played a very different kind of character in your recent film, *Along for the Ride*, in which you play a stepmother, something you know from your experience in your personal life?**

**KB:** I loved playing Heidi because, at first, I suppose what I look for is duality in a character, having vulnerability and also having a real strength. I was excited to play her because I don't often get the opportunity to explore comedy very much.

I remember when I was reading the script, I was laughing out loud because I remember meeting Jasper and sounding so desperate, like, "Please like me. Hi, I'm Kate. Hi, Jasper. So nice to meet you."

Your voice, [goes] up several octaves, and you become this hyper weird human because you're desperate to be liked by a kid. So much of that I put into Heidi. She's a new mom, so she's barely getting any sleep. She's hardly taking care of herself, but she's trying to hold it all together, and she's desperate for this stepdaughter to like her.

There is a lot of me in her, but I love so much the reveal that while some people might think upon first glance that she's ditzy and you're not quite sure if she's got much depth there, you realise through the arc of the character and through the rest of the story, what she's struggling with and how she ultimately overcomes it.

I also loved working with Andie MacDowell and having that very special moment between stepmother and biological mother. It was such a personal story to me, and one that I feel will really connect with a lot of families today.

**You often play very serious characters yet your true nature would appear to be much lighter and bubblier?**

**KB:** I have this free-spirited side to my personality that is in conflict with my more disciplined, calculating self which I don't really like that much. That's why I got into acting because being able to pursue my artistic side allowed me to be more emotionally available and open and took me in a



# “I look for duality in a character, having vulnerability and also having real strength.”

completely different direction in life.

**You were very driven as a teenager, weren't you?**

**KB:** I was very A-type and uptight when I was young. I studied hard in school, I was very ambitious, going to equestrienne competitions, and very driven. I didn't give myself the freedom to be at ease in life. But then I decided I didn't want to stick to the plan I had mapped out for myself. I had so fallen in love with the idea of becoming an actress after working in *The Horse Whisperer* (with Robert Redford) that I wanted to pursue that further.

**You had originally planned on attending university?**

**KB:** Yes. I had been accepted into Princeton, which made my parents very happy, and which was a goal I had worked hard towards. But then I shocked them when I told them that I wanted to pursue my acting career and I was going to take a deferment. Instead of going to Princeton I found myself in L.A. spending all my time going to auditions until I landed the role in *Blue Crush*. And I kept taking one deferment after another until I saw my life evolving in a very different way

**You're an only child. How do you think that has affected you in terms of your personality and perspective on things?**

**KB:** It's a sensitive issue for me. I was a loner in high school and I never felt the intimacy or closeness that often comes with a big family and having brothers or sisters to talk to while you're growing up. I felt a bit isolated. I still remember how I started crying after *The Horse Whisperer* wrapped and this family I had gotten to know on the set was suddenly leaving.

**As a former champion equestrienne, is horseback riding still important to you?**

**KB:** Yes. I truly feel happiest when I'm out in the countryside and feeling very free and calm while I'm riding. Horse riding will always be a big part of my life and it's something that gives me a lot of pleasure and inner harmony.

I might not have become an actress if it hadn't been for the sense of balance and coordination skills I had from riding. I had to learn to ride a surfboard for *Blue Crush* which is probably the hardest thing I've ever had to do in my life. I don't think I could have done that kind of film and picked up the techniques you need to be able to surf if I hadn't had the kind of athletic skills that riding gave me.

**Have you sometimes found it frustrating that Hollywood has often cast you as the icy blonde?**

**KB:** I don't see it that way. I try to throw myself into every role and I think you can do a lot with characters who might have a certain look but then

surprise you by showing a lot of complex sides. I can give you a good example. I played a very seductive and femme fatale type in *The Art of More*. She was a woman who uses her sensuality to manipulate people. And it was very interesting to get into that kind of mindset. I've always been attracted by strong female characters and that's what I try to look for. Even in *Blue Crush*, I played a surfer with steel muscles but who was also a young woman who felt very empowered.

**Apart from your film career, you are also recognised for your fabulous fashion taste and sense of style. How would you describe your fashion sensibility?**

**KB:** It depends on where I am. In LA, I'll be wearing

tank tops and flip flops and if I'm attending an event like a film premiere or a fashion show I'll want to stand out and find a very beautiful dress to wear.

Fashion should also be a reflection of your state of mind and there will be days when I just want to hide and not want to stand out and wear anything that attracts attention, and there will be other times when you feel great and want to make a statement with your outfit. **OK!**

*The above comments by Kate Bosworth were during a May 3rd Zoom chat while she was promoting her Netflix movie, *Along For the Ride*. Her comments have been condensed and edited for length and clarity.*

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





**"I'M LOOKING FOR COMPELLING STORIES THAT CREATE CONVERSATION, AND IF THAT'S A DARKER NATURE, SO BE IT"**

# NAOMI WATTS

**Naomi Watts opens up about looking for roles that teach her something, her new horror film, *Goodnight Mommy*, and her personal evolution**



**T**he Naomi Watts loves tormenting herself. Not in real life, of course, but in the vast majority of her films which place her in harrowing circumstances. We've seen her play a mother frantically searching for her husband and child following a tsunami in *The Impossible*, one half of a couple subject to constant threat in *Funny Games*, and earlier this year she played a mother trying to reach her son who is hiding in a school during a mass shooting event in *Desperate Hour*. But wait, the emotional terror level is about to get worse.

She now stars in the horror film *Goodnight Mommy*, the American remake of the eponymous 2014 Austrian movie that debuted on Amazon Prime Video on Sept. 16th.

Watts, 53, plays the (supposed) mother of two young 14-year-old twin boys, Cameron and Nicholas, who arrive at their mom's country house only to discover that her face is covered in bandages from recent cosmetic surgery – or so she tells them! The young teenagers soon realise that something is not quite right and the tension begins to ratchet up, as do their doubts about “mom”, when she engages in increasingly bizarre behaviour.

“Every role requires me to explore some part of myself - maybe something deep within me that's been left untapped might come through,” Watts said in a recent interview.

“There's been a common thread throughout my career, but I always try to find roles that teach me something new. This was no different. It was quite confronting to face that level of darkness. It was definitely one of the most challenging characters I've played. It was almost impossible to identify with some of her choices.”

Added Watts: “I was acutely aware of how mindful

I needed to be with this particular material... I was constantly checking in with them and their mom after a tough scene. It was also important to me to keep some levity, so I would try to crack jokes with them and keep the atmosphere as light as possible.”

Watts was born and raised in England before her mother moved the family to Australia when Naomi was 14. She remains best friends with Nicole Kidman whom she met while they were both starting out as actresses and auditioning for parts in Sydney.

Watts lives in the Tribeca area of New York City with her two sons, Alexander, 13, and Samuel, 12,

## “I’m getting to inhabit deeper characters now.”

from her 11-year relationship with Liev Schreiber (Ray Donovan). Following their split in 2016, Watts has been in a relationship with her *Gypsy* series co-star Billy Crudup. They recently celebrated his birthday in Paris where they instagrammed selfies of themselves.

**You’ve played mothers in various states of distress with respect to protecting their children, most recently in *Desperate Hour*. How do you sort out all the feelings that moms**

**experience in trying to be the ideal parent?**

**NAOMI WATTS:** Moms are always multitasking and struggling to get their kids ready for school, make sure they're eating properly, and usually racing around trying to get things done during the day.

Working moms also have the stress of wanting to succeed in their careers and still make sure they're spending enough time with their children. You're always plagued by guilt and no matter how much you get done you're always thinking you could have done better.

**What draws you to these often tense roles?**

**NW:** I'm looking for compelling stories that create conversation, and if that's a darker nature, so be it. Also if I can spark debate on certain issues, as in the case of school shootings (in *Desperate Hour*) I'm all for that.

It's the worst nightmare a parent can have, the idea that a school is not a safe place. It's such a mind walk. That's why I wanted to be a part of that kind of storytelling where the accessibility to guns is just not OK.

**You posted videos of yourself during the lockdown era showing the stresses that are part of not being able to get things done or move about comfortably. How are you enjoying life again in New York?**

**NW:** I miss Australia a lot. That's why I'm always trying to find projects I can work on and take my kids along with me. I know they would love to go and live in Sydney, where I spent my entire childhood, but Liev lives in New York and it wouldn't be easy for him to see the children. So we're going to be staying in Tribeca for a while.

**In your previous film, *Desperate Hours*, which ▶**



**“I’ve been  
super lucky.”**



# “I miss Australia a lot.”

is directed by fellow Australian Philip Noyce, you play a mother who in the middle of a run on a road in a wooded region, receives a call from her soon who is hiding during a school shooting. How did you handle that kind of a role?

**NW:** It was fairly difficult. Since I'm basically alone during the film in the middle of nowhere, all my character's anguish has to be revealed by her physical journey. She reveals herself through her emotions, heart, determination, anger and above all her concern for her son.

As a mother, I know how hard it is to accept the fact that once you kiss your children on the doorstep or you drop them off at school by car, they can be killed by a bullet in their classroom, in what, in theory, should be a safe and secure place. Shooting this film meant reopening the wounds that films like *Elephant* and *Bowling in Colombine* opened. But that was what Philip and Chris Sparling (the writer) and I, because I was a producer on the film, all wanted to expose.

**How does your experience as a mother compare to that you went through when your mother was raising you and your brother?**

**NW:** I've had a much easier time than my mum who was much younger than me when she was raising us. I had a long time to prepare and I was already settled in my career which removes a lot of the stress.

I've been super lucky, though, getting to work with the best directors and actors in the business and getting to play some great roles. Being a mother hasn't really affected that and I still have the same passion for acting as ever.

But as I get older, I find that I couldn't care less about the latest fashion styles, brand new jeans or whatever, I'm more about just what's going on in my garden and watching something grow. My mother always predicted that that's what happens, that once you get to a certain age you care less about this and more about that. And I would say, "Oh no, that's not going to happen," and of course, here we are.

**You're good friends with Nicole Kidman, whose screen children in *Big Little Lies* are now your children in *Goodnight Mommy*. Do you still keep in regular touch with her?**

**NW:** We see each other often. We got to know each other when we were both just starting out in this business back in Australia and it's only because of her that I managed to stick it out in Los Angeles when I was ready to give up.

Nicole has always supported me, helped me gain more confidence in myself, even in the worst moments when I doubted my every choice. She's the one who has always repeated to me: "Nai, don't worry, you have to be patient. Just the right role, just one, is enough for people to never forget you."

**Are you planning on going back to Australia in the near future now that travel is getting easier again?**

**NW:** I've gotta get back to Australia which I couldn't visit because of COVID. And especially because my nan is still cracking on, she's 96... And I've got aunts and cousins and friends that I haven't seen in a while.



**How do you feel about how your career has been evolving of late?**

**NW:** I like roles that reflect my own personal experience. I enjoy exploring characters' thoughts and behaviour which resonates deeply with my own feelings and personal evolution.

I'm finding that I'm getting...to inhabit deeper characters now. Life gets deeper as you age and

that leads to finding roles where you have a much more profound perspective on your world. It's a very good place to be. **OK!**

The above comments by Naomi Watts were made during the course of a Feb. 25th Zoom interview for *Desperate Hours*. Her comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN  
PHOTOGRAPHS: WENN, SHUTTERSTOCK



# DR. MADIHA RAO

*Dr. Rao has served the community both as a researcher and a professional in the medical field and is highly passionate in her pursuit of improving the quality of beauty care services in Pakistan. OK! Pakistan spoke to Dr. Madiha Rao about all things skin, life outside of the profession, and more*



**T**here's never been a more propitious time for skincare than the present. A constant trend on social media platforms like Tik Tok, Instagram and Youtube, the beauty industry is rapidly evolving for the needs of an ever-expanding clientele. Up from \$483B in 2020 to \$511B in 2021 and with an annual growth rate of 4.75% worldwide, it's predicted to exceed \$716B by 2025. Celebrity dermatologists like Dr. David Colbert and Dr. Howard Lancer (whose clientele includes Victoria Beckham and Kim Kardashian) have started eponymous skincare lines, furthering their reach to a younger market. Locally, Dr. Madiha Rao has been making waves at her practice in Lahore. Dr. Rao completed her MBBS from Punjab University, PhD from University of Colombo, and MSc from University of Wales London. She has also been trained at the American Academy of Aesthetic Medicine by world famous doctors. She advances her knowledge every two to three months by attending myriad courses and absorbing the techniques taught at the workshops and conferences. She believes education to be a rich

and limitless process.

Dr. Rao has been practicing skin treatments for the past 12 years. She specializes in aesthetic laser procedures and non-surgical cosmetic procedures, providing personalized consultations with top notch equipment for all ages. All aesthetic skin treatments are offered at her clinic, ranging from fillers, laser hair removal, lasers for scars and skin whitening, HydraFacial, PRP for hair loss, HiFu (non-surgical face lift that slims the face), Botox, lipo freeze, Vampire facial

“The sky's the limit for me.”

and many more.

Due to her talent and remarkable skills, Dr. Rao has achieved near-celebrity status. She has, indeed, cemented her position as an excellent aesthetic dermatologist and cosmetologist who possesses the capability to handle a wide range

of services. Of late, she has gained praise for her famous hydrafacials and also for her prowess in face sculpting, which includes crafting the jawline, nose and chin. Lastly, Dr. Rao has a proactive approach when it comes to raising awareness related to cosmetic care in Pakistan.

**How did your interest in dermatology begin? Was it something that captured your attention from an early age?**

**MADIHA RAO:** My interest in skincare was inbuilt. I remember washing my face daily at night and using good skincare products from my mother's closet. I was very fond of applying Oil of Olay over my face as a child. It developed into a passion I grew older.

**Did you face any challenges when you first entered this profession and began your practice?**

**MR:** I still face a lot of leg pulling and challenges from the biggest names in the industry. Trying to improve myself as a human being and as a doctor with every passing day helps me keep focused. There is no substitute of hard work ►



# “ Keeping myself young and fit are the perks I enjoy. ”

and honesty.

**What are some positive aspects about being a dermatologist, in your opinion? Any good memories that you would like to share with OK! readers?**

**MR:** Keeping myself young and fit are the perks I enjoy. I remember a security officer looking at my passport and telling me 'Doctor, you are getting younger day by day'.

**What do you enjoy most about being a dermatologist?**

**MR:** My profession keeps me busy all the time and helps me meet different people like politicians, celebrities etc. I get to travel a lot and explore the world and different cultures. I also get to try the latest and best skincare.

**What are common skin concerns that local clients bring to you, most often?**

**MR:** All of my clients want to look good and beautiful, with a majority asking to look happy and youthful.

**What do you think are important habits one can cultivate in their skin care routine?**

**MR:** Maintaining hygiene by washing your face twice a day. Applying a moisturizer and sunscreen. Taking care of your health.

**What treatments and procedures are helpful for anti-aging in your opinion?**

**MR:** Start with medicated facials. Heat devices, lasers and Ultrasounds. Getting bio-stimulators for the skin as well as fillers, botox and threads. All are non-invasive anti-aging treatments which we are doing on a regular basis.

**How do you like to spend your time when not working?**

**MR:** I am an artist. I love to paint and read. I am very health conscious. I swim with my kids, I was their swimming instructor. I also practice yoga and meditation.

**What are some of your greatest accomplishments in this field?**

**MR:** I love to write for international magazines and to research different diseases and medications. I have developed a passion for teaching.

**Who is your greatest inspiration in the medical field?**

**MR:** None. I believe in being my own inspiration. Getting better each day in my own circumstances and improving myself as a human.

**What is next for you? What are you planning on both a professional and practical front?**

**MR:** The sky's the limit for me. Planning to broaden my horizons in every aspect of my life. **OK!**

INTERVIEW: AFSHAN SHAFI  
PHOTOGRAPHS: MARYAM RIZVI PRODUCTIONS



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THE INSIDE SCOOP FROM AMERA &  
SHAYAN'S FAIRYTALE WEDDING

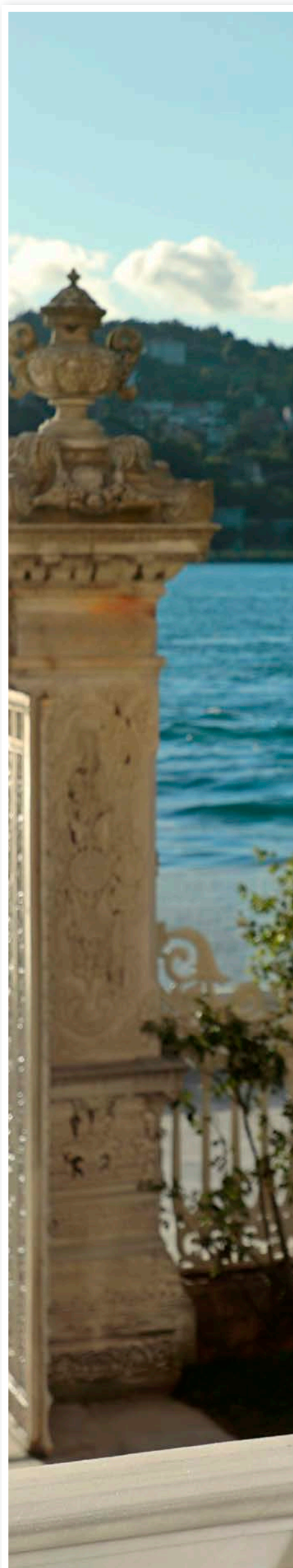


# SYEDA AMERA & SHAYAN

## The inside scoop from Amera & Shayan's fairytale wedding



Internationally acclaimed designer Syeda Amera and Shayan got married in an intimate summer wedding ceremony and we are gushing over their wedding story. They tied the knot in a gorgeous ceremony in Turkey and we bring you the details of their outstanding outfits, theme, styling and enchanting wedding celebrations for inspiration if you are dreaming about a destination wedding in Turkey. Here is an exclusive heart-to-heart conversation with the beautiful bride herself.







**How did you manage your wedding preparation while simultaneously working?**

I must admit it was not easy especially when I was designing my own wedding outfits and balancing between clients, meetings and family. Everything was clear in my mind, from the scenic backdrops for jaw-dropping couple pictures to the best of the vendors, stylist, MUAs and caterers making sure every wedding detail is perfectly crafted for me and my guests but the challenge was to put everything together but I guess that is what I am best at.

**What is the most memorable moment from your wedding?**

The entire experience was very memorable and there are so many special moments I will cherish all my life from my wedding but if I have to pick one, which is the closest to my heart, is the feeling that hit me that weddings bring out the most amazing emotions. Surrounded by the perfect bunch of people who matter the most to me. Looking around and thinking that all these people here celebrating with us love and support us, and just feeling really lucky that the entirety of events coincided exactly the way I had planned for the wedding of my dreams as every single detail was meticulously analyzed.

**Any advice you would like to give other brides-to-be particularly planning for a destination wedding?**

The one piece of advice I would like to give is to live in the ►





moment as the big day is over before you even realize it. Be creative and authentic. Invest in good photography/videography so you can re-live the special moments while going through the moments you capture. Destination weddings can be a lot of hassle if you do not have a professional wedding planner who understands the style and aesthetics. Surround yourself with people and professionals who you are comfortable with.

**Turkey is a beautiful destination for weddings. Our readers want to know what does the country have to offer.**

I wanted my dream wedding to be everything regal and romantic, which was the main reason I chose Istanbul-Turkey to be my wedding destination. Turkey always had my heart for its history, culture and architecture. It has the mix of Byzantine, Ottoman and modern Turkey and the best temperatures for Summer Weddings.

**We heard the musical event was quite different from what we usually see, please share some details about the talked about musical event you had on the yacht?**

I booked an exclusive private yacht in Istanbul to treat my guests to a day cruising and exploring the breathtaking beauty of Bosphorus and enjoy the stunning city. We had the luxurious opportunity to experience the true sights, tastes and unique character of Istanbul which was exactly I was looking for my guests to have. It was an unforgettable experience for all of us on the yacht. It included the finest service, Turkish music performances and dancing. It was the best way everyone could relax and enjoy the breathtaking views of Istanbul from Bosphorus sun set, enjoying an exquisite dinner and traditional Turkish music and dancing.

**Who designed your bridal outfits?**

I trusted no one but myself for my wedding gown, as I knew exactly how I wanted it to be. The dress was white for the dreamy surreal look I had imagined. It embodied a feeling of light transcendence, with soft curves, delicate fabrics and a consistent shade of a pearly off white to compliment the picturesque Kucuksu Palace and my personality. Keeping romanticism in mind, the gown was rich with details and embellishment of pearl and sequence.

The second event was also just what bridal dreams are made of and the dress designed for that day looked like a vision in blush pink. With Kucuksu Palace, Perched on the water's edge and surrounded by a large garden, in the background for the slightly traditional style, the look was completed with golden jewellery complimenting the golden craftsmanship on the gown.

The outfits were not very heavy and perfect for a summer wedding outdoor event.

**Your dreamy wedding photo-shoot has recently created ripples in the market. Can you please share if put in words of how amazing everything was to actually experience it?**

I don't know where to start from and explain it in words of how surreal the experience was. I feel privileged to share my dreamlike experience with you. The venue for the ceremony was the extraordinarily beautiful Kucuksu Palace in Istanbul. It being right on the shore of the Bosphorus, gives it the fairytale look any royal would want in a summer place. Surrounded by two freshwater streams that simultaneously flow into the gorgeous Bosphorus at this magnificent three-story palace you can witness some of the most spectacular Bohemian crystal chandeliers, Italian



marble fireplaces, and the original Hereke rugs that grace the hallways. It is surrounded by an ornate steel fence covering the garden and has gates on all four sides that lead to the interior and that was exactly where the shoot took place and the guests were seated.

The intricately carved white palace was the perfect backdrop for my Royal Romantic themed wedding

and entirely complimented my personality. From choosing this destination and be lucky for being able to take the acceptance of making this happen from the authorities was another story but I stayed persistent. **OK!**

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INTERVIEW: MEHR KASSIM  
STYLING: ANILA MURTAZA  
PHOTOGRAPHS: MM MURTAZA

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# OK! *Red* CARPET



Cate Blanchett is feminine yet daring in Schiaparelli Haute Couture at the Venice Film Festival.



Gemma Chan dazzles in Louis Vuitton at the Venice Film Festival.



Florence Pugh makes a statement in a sheer Valentino number at the Venice Film Festival.

# ROCKSTARS



We adore Tessa Thompson's out-of-the-box Marc Jacobs look at the Venice Film Festival.



Sadie Sink looks tres chic in Alexander McQueen at the Venice Film Festival.



Radiant in yellow, Olivia Wilde wore Gucci at the Venice Film Festival.

PHOTOGRAPHS: GETTY



GIGI HADID



**3.1 PHILLIP LIM**  
Vest,  
PKR 110,000



**ALAÏA**  
Coeur Pumps,  
PKR 150,000



**H&M**  
Wide-Leg  
Pants,  
PKR 8,500

# LOW-KEY LUXE

*Understated yet elevated, everyday essentials – think loose tailored denim, pants, boxy blazers, elongated dresses, vests – hero pieces that create the ultimate low-key luxe look should be your go-to this season.*



**ANINE BING**  
Kaia Blazer,  
PKR 80,000



**CHRISTIAN LOUBOUTIN**  
Rosalie 100  
Sandals,  
PKR 120,000 neta



**AGOLDE**  
90s Distressed  
Jeans,  
PKR 52,000



**PRADA**  
Ribbed Tank Top,  
PKR 190,000  
[www.prada.com](http://www.prada.com)



**AGOLDE**  
Athena Tank,  
PKR 30,000



**RIVER ISLAND**  
Twist Maxi Dress,  
PKR 7,500



**VERONICA BEARD**  
Oria Dickey Blazer,  
PKR 120,000



**JOHANNA ORTIZ**  
Red Sea Maxi  
Dress,  
PKR 280,000



**MANGO**  
Wide Leg  
Jeans,  
PKR 12,490

**SAINT  
LAURENT**  
Le 5 Shoulder  
Bag,  
PKR 320,000



**RIVER  
ISLAND**  
High Waist  
Ripped Jeans,  
PKR 10,500



**MANGO**  
Knitted  
Perkins Dress,  
PKR 11,990



**STRADIVARIUS**  
Long Pinstripe  
Blazer,  
PKR 13,000



**ZARA**  
Satin Dress,  
PKR 11,000



**PRADA**  
Leather & Nylon  
Boots,  
PKR 280,000



**STAUD**  
Portrait Moire  
Dress,  
PKR 90,000 neta



**MAJE**  
Pinstripe  
Waistcoat,  
PKR 40,000  
farfetch



**TOM FORD**  
Mini Croc-Effect  
Bag,  
PKR 300,000



**SOLACE  
LONDON**  
Ola Dress,  
PKR 85,000



EMILY RATAJKOWSKI

PHOTOGRAPH: WENN



## ANA DE ARMAS

Ana De Armas is definitely one who is not to be missed! She's the actress who plays Marilyn Monroe in the newest biopic *Blonde* and has stunned us all with how she chameleons her way into ultimate old-school Hollywood glamour looks!

### GET THE LOOK



**MARC JACOBS**  
Slow burn lipstick,  
PKR 3,600



**DE BEERS**  
Platinum diamond ring,  
PKR 1,008,000



**MESSIKA**  
Diamond necklace,  
Price on request



**J FARREN PRICE**  
Pasquane Bruni  
diamond bracelet,  
PKR 22,930,345



**OSCAR DE LA RENTA**  
Diamond earrings,  
PKR 103,304

**ONE DAY**  
Pink layered  
chiffon dress,  
PKR 33,600



# TONAL DRESSING

Ali Rehman Khan inches closer to the matching trend via tonal dressing. Dress up in your favourite tone top-to-bottom to stand out now.



**ALDO**  
Sevirasien,  
PKR 28,000



**FOLK**  
Denim Chore  
Jacket,  
PKR 44,000

**ASOS  
DESIGN**  
Cloud Tie,  
PKR 2,500



**H&M**  
Linen Shirt,  
PKR 6,400



**JIMMY CHOO**  
Suede Loafers,  
PKR 160,000

**ALEXANDER  
MCQUEEN**  
Skull Tie,  
PKR 36,000



**ONIA**  
Tapered Trousers,  
PKR 15,000  
mrporter



**RIVER  
ISLAND**  
Skinny Chino  
Trousers,  
PKR 12,000

**POLO RALPH  
LAUREN**  
Cotton-Jersey  
Shirt,  
PKR 15,000



**KENZO**  
Bandana-Print Shirt,  
PKR 55,000



**ZARA**  
Linen Blazer,  
PKR 34,000



STOCKISTS: ALDO [www.aldos.com](http://www.aldos.com); ALEXANDER MCQUEEN [www.alexandermcqueen.com](http://www.alexandermcqueen.com); ASOS DESIGN [www.asos.com](http://www.asos.com); FOLK, ONIA [www.mrporter.com](http://www.mrporter.com); H&M [www.hm.com](http://www.hm.com); JIMMY CHOO [www.jimmychoo.com](http://www.jimmychoo.com); KENZO [www.kenzo.com](http://www.kenzo.com); POLO RALPH LAUREN [www.polo.com](http://www.polo.com); RIVER ISLAND [www.riverisland.com](http://www.riverisland.com); ZARA [www.zara.com](http://www.zara.com); prices are approximate

**STEPHEN RUSSELL**  
Aquamarine, Diamond  
& Enamel Earrings

**SELIM  
MOUZANNAR**  
Aida Ring

**FABERGÉ**  
Diamond,  
Emerald &  
Enamel Earrings



**CARTIER**  
Métiers d'Art  
Watch



# ENAMEL

*Adding colour to  
conventional jewels via  
brightly hued enamels is  
the current de rigueur.*



**DAVID WEBB**  
Chromatic Cuff



**AVAKIAN**  
Green Tourmaline  
Gatsby Earrings



**SOLANGE  
AZAGURY-  
PARTRIDGE**  
Emerald, Diamond  
& Enamel Cocktail  
Ring

**BVLGARI**  
Serpenti Gold, Enamel &  
Emerald Bracelet



**LYDIA  
COURTEILLE**  
Dragonfly Earrings



**VERDURA**  
Theodora Cuff



**CHANEL**  
Enamel Fascinante  
Necklace



**VAN CLEEF & ARPELS**  
Lady Arpels Heures Watch



**DAVID WEBB**  
Diamond, Enamel  
& Rock Crystal  
Necklace



# What's IN HER BAG?

*Actress Saboor Aly  
shares the contents of  
her bag*



Ralph Bag -  
the smaller  
the better!



My go-to  
scent is an  
imaginary  
bouquet  
of fresh  
colourful  
flowers



Hand Cream  
- nothing  
works better  
than my Shea  
Butter Honey  
Hand Balm.

Dior Lip Tint - what can  
be better than this?

I always carry  
around a  
notebook with  
me because I'm  
constantly writing  
down different  
things that I may  
want to do.



A handy pen to sign  
all those big deals.

CNIC is a  
must and we  
shouldn't leave  
home without  
it ever.



I have a 2 in 1 comb  
and a hairbrush and  
it's really one of my  
favourites so it's  
always in my purse.



Balenciaga  
sunglasses -  
because you  
need those  
all the time in  
Pakistan.

I have my mama's  
picture with me at  
all times.



An iPhone  
charger is a  
definite need.

Panadol - long shoot days can  
lead to all sorts of pains and  
having a medicine to serve the  
purpose is a must.



Extra - because I'm  
addicted to gum  
and I'll always have  
gum on me.



AirPods - what  
all girls need!

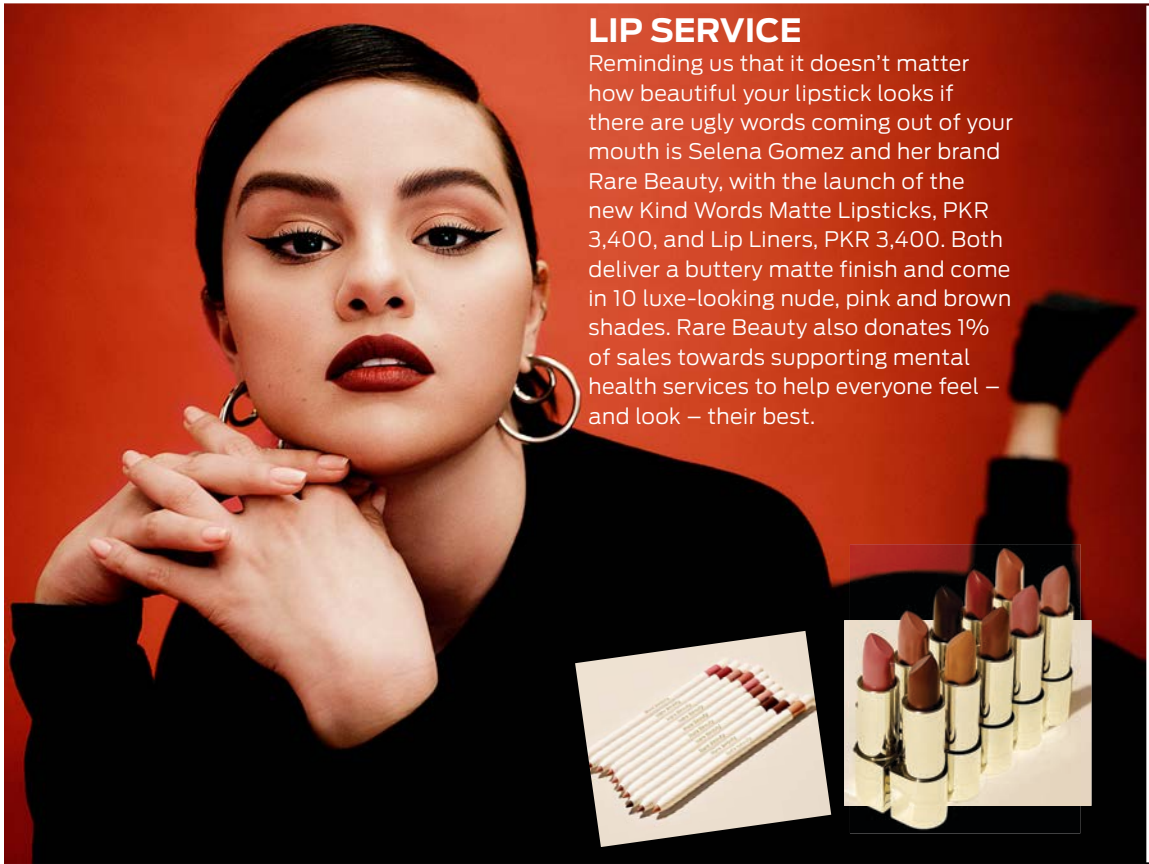
**OK!** Beauty EDIT

# SUNSHINE SHADES

LET YOUR HANDS DO THE  
TALKING THIS SUMMER WITH  
THESE BOLD COLOURS



1. Dior Vernis in Bayadere, £22
2. Mavala Mini Color in Malapascua, PKR 1,450
3. Leighton Denny Nail Polish in Main Squeeze, PKR 3,025.
4. Peacci Nail Polish in In Bloom, PKR 2,400
5. Nails Inc. Live Your Zest Life Duo, PKR 3,800
6. Mii Colour Confidence Nail Polish in Defender Of The Wild, PKR 2,200



## LIP SERVICE

Reminding us that it doesn't matter how beautiful your lipstick looks if there are ugly words coming out of your mouth is Selena Gomez and her brand Rare Beauty, with the launch of the new Kind Words Matte Lipsticks, PKR 3,400, and Lip Liners, PKR 3,400. Both deliver a buttery matte finish and come in 10 luxe-looking nude, pink and brown shades. Rare Beauty also donates 1% of sales towards supporting mental health services to help everyone feel – and look – their best.



## PASSION PROJECT

I'm calling it: The Body Shop's new Refreshing Passionfruit range is the best thing you'll smell this summer. One whiff of this fresh and fruity scent immediately reminds me of ordering 2-for-1 Porn Star Martinis during Happy Hour at my local dive bar. Find it in a Shower Gel, PKR 1,550, Body Mist, PKR 2,400, Body Scrub, £16, and Body Yogurt, PKR 2,550, each as mouthwateringly delicious as the last.

# BEAUTY *Essentials*



## NEW HUES

There's no blending into the crowd with OPI's bright 'n' bold summer polish collection, Power of Hue. As someone who rarely strays from a nude nail colour, I've eased myself in gently with the soft and shimmery cotton candy shade Sugar Crush It, but I think I'll be dipping into the pretty lilac Don't Wait. Create. or the punchy orange Mango For It for my next manicure. As with all OPI collections, they're available in regular lacquer and long-wearing Infinite Shine (from PKR 3,400 each), and in-salon gel polish.



## BRIGHT DAYS ARE BACK

I'm a sucker for a rehoming story. And while it's not quite in the "abandoned dog finds a new forever family" league, I'm a little misty-eyed on hearing that BECCA has been adopted into a new clan. The beauty brand was sadly discontinued last year, but now two of its most iconic products have been scooped into the loving embrace of Smashbox and given a permanent place to live. Hurrah! So you can stop eking out your stash of Shimmering Skin Perfector, £30, and Under Eye Brightening Corrector, PKR 5,800, because they are back for good, and in the case of the latter, with an extended shade range, too.

## COME TOGETHER

Is this the ultimate holiday beauty hook-up? NARS has taken its two most iconic shades of all time – Orgasm blush and Laguna bronzer – and coupled them up in its sizzling Summer Unrated Collection. Find them enjoying some alone time as a hot new pair in the Blush & Bronzer Duo palette, £37, and mingling with a host of other pretty things in the Eyeshadow Palette, PKR 12,000. Or, if you prefer to get your Orgasm fix solo, there's a limited-edition peachy Dry Body Oil, PKR 10,900, for a flushed glow from head to toe.



# THE LIFE OF VARDAH AZIZ

The actress shares some of her favourite things with OK! Pakistan



**Favourite travel destination?**  
Turkey and Spain so far!



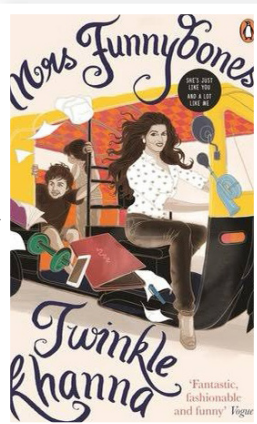
**Signature scent?**  
My Way by Armani.

**Last thing you splurged on?**  
A month long holiday to the States!



**All time fave film?**  
*Dilwale Dulhania Le Jayenge!*

**Last book you read?**  
*Mrs Funnybones* by Twinkle Khanna.



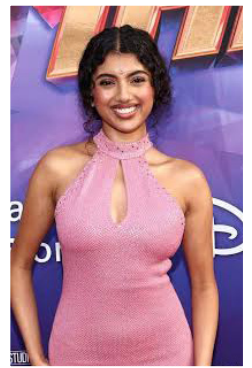
## Skin care essentials?

Unseen Sunscreen by Supergoop, Clinique Moisture Surge, Osea undaria algae body butter and atmosphere protection cream, Drunk Elephant A-Gloei maretinol oil, Poof vitamin C.



## Exciting celebrity encounter?

I bumped into Avantika and Joshua Colley at the Hollywood sign a week after I watched Senior Year on Netflix and it was really funny how we took pictures together but then they were taking pictures for me while I posed. A few days later, I bumped into Avantika again at the Ms. Marvel premiere and we both saw each other and said "Take 2".



## Guilty pleasure?

Singing and dancing in the car while driving!

## Last show you binged watched?

*Dynasty* season 5!



## Three things you can't live without?

My phone, family and my dog, Loco.

## Getting in shape or couch potato?

Couch potato!

## Instant mood lifter?

Scented candles and essential oils!



## Ideal weekend?

Sleep in late, cook a meal, sunset at the beach and a long drive with ice cream!



## Favourite restaurant?

Collette by Xanders!

## Current song on repeat?

*All 4 Nothing* by Lauv.

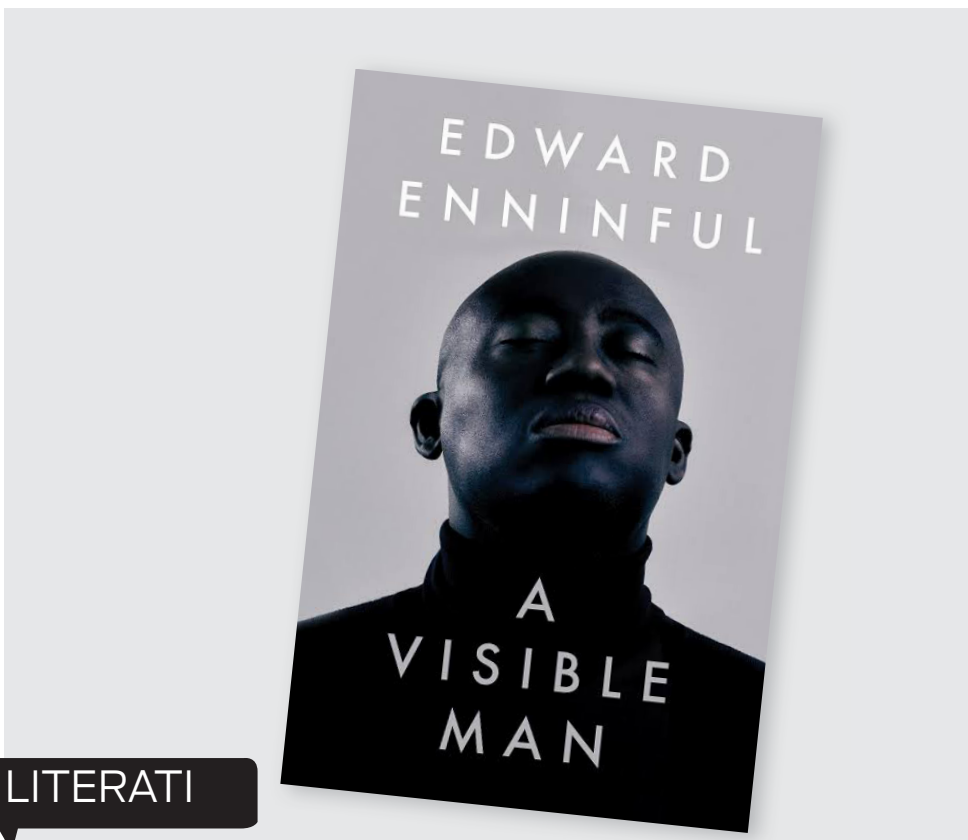
# ENTERTAINMENT



MOVIE

## HOCUS POCUS 2

**T**his is one movie we are excited about, as we take a trip down memory lane! Nearly three decades later, our favourite childhood film is finally back with a sequel, just in time for Halloween, and we can't wait to watch it! The film has a stellar cast including Sarah Jessica Parker.



LITERATURE

## A VISIBLE MAN BY EDWARD ENNINFU

**B**ritish Vogue's first black Editor-In-Chief says it all in this must-read biography. Mapping his life, and tracing back to his childhood as a Ghanaian refugee in the United Kingdom, to his modelling career, and finally making his way to becoming Editor-In-Chief after a nearly 30-years journey, Enninfu is truly a force to be reckoned with.



## CHEF'S TABLE PIZZA

TV SHOW

## CHEF'S TABLE: PIZZA

**E**veryone's favourite gastronomical TV series, *Chef's Table*, is back! This time with a focus on the world's best pizzas made by the world's best pizza chefs, ranging from Italy to the United States, and even Japan. The TV series is a must-watch and will offer awe-inspiring insight to the work that goes behind elevating an ordinary dish.

**OK!** SPOTLIGHT



# PARISHEH JAMES

*In conversation with one of the country's most trending RJs*



**2** 5-years-old Parisheh James takes time out of her busy schedule and shares it all with OK! Pakistan. The young Radio Jockey (RJ) sensation discusses must-have skills for her line of work, what it takes to appeal to a young audiences, her favourite radio stations, conquering her fear of public speaking, and so much more...

**Tell us about yourself.**

**Parisheh James:** I am 25-year-old wanderer for new experiences. I am an actor, RJ, part-time model, and health and wellness enthusiast. I love animals, food, travelling, and going to concerts.

**What do you think is the most important skill for a radio presenter to have?**

**PJ:** Confidence. I think that was one thing that I learnt through voice acting classes at Toronto Film School and at Starbucks while working at the drive-thru. You have to be confident because that energy translates and attracts people to you. Secondly, you have to be welcoming, easy to talk to, and open minded. And lastly, listening!

**How did you end up with such an offbeat, unconventional and cool career?**

**PJ:** Radio was never a part of the plan. I always knew I wanted to dive in a career that expressed my creative side. Plus, being around people who were like-minded inspired me to be hardworking. A lot of credit goes to my mother for allowing me the space to do what I want.

**How important is a script for a show?**

**PJ:** It's important and yet not so much. You should

know the topic you want to discuss with your listeners depending on the theme of your show. But obviously the more authentic and open ended the show the more relatable the RJ.

**How do you entertain people with your voice?**

**PJ:** I just remain myself and hope people are entertained with the topics I share and the music I play.

**What kind of topics are your planning to cover on your show?**

**PJ:** Pop culture news, music and entertainment. What's happening around us in film, fashion, local music, and events. My Mondays are focused on

“ You have to be confident because that energy translates and attracts people to you. ”

health and wellness as I want people to improve their lifestyle habits because it matters so much.

**How would you say your show is different from the others?**

**PJ:** My show is a space for Gen Z and millennials,

and I would say there hasn't been a young RJ in the past. We need more young people to represent the changes we're seeing today and be that voice to the new generation as well as the older generation.

**Describe your hosting style?**

**PJ:** Fun, light and good energy.

**How do you avoid replaying music during a show?**

**PJ:** I have a set playlist for each show. I don't think repetition of a song is bad. If it's a great song I will make sure to play it so my listeners can enjoy it as much as I do.

**What would you do to transition from sad to light-hearted segments?**

**PJ:** Music elevates you. I remember during one of my shows I was having a lot of anxiety and I had set my playlist with very uplifting music, and as soon as I played the music, I felt better. So I would say with the right song.

**Are you comfortable talking to people on the radio without seeing them?**

**PJ:** I would think so. I haven't done it as yet but it's like you're talking to a stranger via social media.

**What are some of your favourite radio stations, and why?**

**PJ:** Virgin Radio. I think they have the best RJs, game shows, interviews and playlists. They are just the best when it comes to entertaining listeners.

**How would you react if you were scheduled to host a live event and the guest didn't show up?**

**PJ:** I would be okay. Sometimes these things ►



“I always knew I wanted to dive in a career that expressed my creative side.”

happen so I would go to a regular show.

**What is your experience with public speaking?**

**PJ:** I've always been afraid of public speaking, ever since school projects and dance performances. Doing radio was one of the main ways to challenge this fear of public speaking. You can't grow in your comfort zone.

**If a listener called in with a complaint, how would you handle it?**

**PJ:** I would be calm and understanding.

**Do you have any experience writing your own scripts?**

**PJ:** All the time. I write my own content.

**How would you attract younger listeners to your radio show?**

**PJ:** I'm lucky to have a time slot that allows younger listeners to tune in during their lunch breaks or when they're coming home from school. Game shows, playing trending music, and talking about what's interesting for young listeners is what I try to focus on.

**Which radio channels do you listen to regularly?**

**PJ:** Fm91 always and internationally 99.9 Virgin Radio in Toronto.

**How often do you listen to the radio?**

**PJ:** Everyday.

**What is the next level for radio?**

**PJ:** Voiceover acting, hosting public events, and acting in general.

**Three essential qualities of being an RJ?**

**PJ:** Confidence, a clear voice, and a welcoming personality.

**Favourite Song?**

**PJ:** Hardest question to ever exist for me. But currently my favourite artist is Fred Again.

**Last book you read?**

**PJ:** The Seven Husbands of Evelyn Hugo.

**Your go-to scent?**

**PJ:** Amber wood and Lavender.

**Describe yourself in three words.**

**PJ:** Creative, emotional, and easy to talk to.

**Morning person or night owl?**

**PJ:** Morning!

**Ideal destination**

**PJ:** Bali.

**Celebrity crush?**

**PJ:** Ryan Gosling. 

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INTERVIEW: MEHR KASSIM  
PHOTOGRPHS COURTESY PARISHEH JAMES

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# THE BIG CHILL

WHEN THE HEAT IS ON, SERVE UP REFRESHING TREATS TO STAY COOL

## *Forest fruits meringue parfait*

1. Simmer the Black Forest fruits in a saucepan until just holding shape.
2. Put the egg yolks and caster sugar in a heatproof bowl over a pan of lightly simmering water – make sure the water does not touch the base of the bowl.
3. Whisk until the mixture is pale, fluffy and twice the volume.
4. Blend half the cooked Black Forest fruits, strain into the eggs and mix well.
5. Fold through the remaining fruit then set aside to cool fully.
6. Whisk the cream until it forms soft peaks then carefully fold through the cooled fruit mix to make the parfait.
7. Break the meringue into pieces and gently fold into the mixture.
8. Lightly grease a 500g loaf tin then line with a large sheet of clingfilm that overlaps the sides.
9. Spoon the parfait mixture into the loaf tin and freeze for at least six hours, or preferably overnight.
10. To serve, remove the parfait from the freezer, turn out onto a platter, garnish with flowers if you like and slice.

**SERVES 6-8**

### INGREDIENTS

- 450g frozen Black Forest fruits
- 4 egg yolks
- 65g caster sugar
- 275ml double cream
- 100g meringue shells
- Oil for greasing
- Edible flowers to garnish (optional)



# Cloudy limeade

**SERVES 4-6**

## INGREDIENTS

- 10 limes
- 250g sugar
- 100ml water
- 1 litre sparkling water
- Ice
- 6 mint sprigs

1. Zest five of the limes into a saucepan with the sugar and water then simmer until the sugar has dissolved.
2. Strain through a sieve then set aside to cool.
3. Juice all 10 limes into the sugar mixture then pour into a large jug.
4. Top up with the sparkling water and some ice.
5. Finish with the mint sprigs and serve ice cold. ▸

# Mango & lime lollies

1. Soak the gelatine leaves in cold water for 5 minutes.
2. Add the agave syrup to a saucepan with 100ml of water. Bring to the boil then remove from the heat for 2 minutes.
3. Squeeze any excess water from the gelatine, add to the pan and whisk together until fully dissolved.
4. Blend the mango flesh until smooth.
5. Stir into the saucepan along with the lime zest and juice. Whisk in the yoghurt.
6. Pour into lolly moulds, place in the freezer for 30 minutes then add a lolly stick to each one.
7. Freeze for at least 4 hours before popping out of the moulds and serving.

**MAKES 6**

## INGREDIENTS

- 2 gelatine leaves
- 2 tsp agave syrup
- 100ml water
- 300g ripe mango flesh
- Zest of 3 limes
- 100ml lime juice
- 100ml Greek yoghurt

# Beetroot gazpacho

**SERVES 4**

## INGREDIENTS

- 4 medium beetroots
- 1 shallot, peeled
- 1 garlic clove, peeled
- 1 cucumber, peeled
- 1 tbsp breadcrumbs
- A handful of dill
- 1 tbsp sherry vinegar
- 1 tbsp olive oil
- Salt and pepper
- Pea shoots (optional)

1. Place the beetroots in a saucepan and cover with water.
2. Bring to the boil and simmer for 50 minutes to 1 hour or until just tender through to the middle. Set aside to cool in the liquid.
3. When cooled, keep the liquid, then rub off the skin and remove the stalks.
4. Blend three of the beetroots with 300ml of the cooking liquid, the shallot, garlic, cucumber, breadcrumbs and three quarters of the dill until smooth. (You can add extra liquid to make it your own preferred soup consistency.)
5. Chill for at least 2 hours, then whisk in the vinegar and oil and season to taste.
6. Finely dice the remaining beetroot, add it and the remaining dill to the soup and garnish with a pea shoot, if you like. **OK!**



# INJECTION OF HOPE

**A BREAKTHROUGH VACCINE FOR  
ULCERATIVE COLITIS COULD SAVE  
THOUSANDS FROM THE DAILY MISERY  
OF TOILET DASHES AND PAIN**

**I**rritable bowel syndrome (IBS), a condition that disrupts the body's digestive system, affects up to 15% of us in the UK. But, for some, there's a strong chance that their symptoms are a red flag for another, more serious health issue – ulcerative colitis (UC). Both manifest in a similar way, a key shared indicator being diarrhoea. But UC, which is classed as an inflammatory bowel disease (IBD), has more severe symptoms, including the potential permanent damage to your intestines, which can lead to invasive surgery further down the line. It also increases your risk of colon cancer.

In a nutshell, it can massively impact quality of life, with chronic stomach pain and multiple toilet dashes a day, sometimes accompanied by blood in the stools.

Various medicines can ease symptoms, but until now, there has been no cure for the 146,000 estimated UC sufferers in the UK. But there's good news on the horizon. A new medical trial has discovered that injections of a drug called mirikizumab are highly effective in treating the condition.

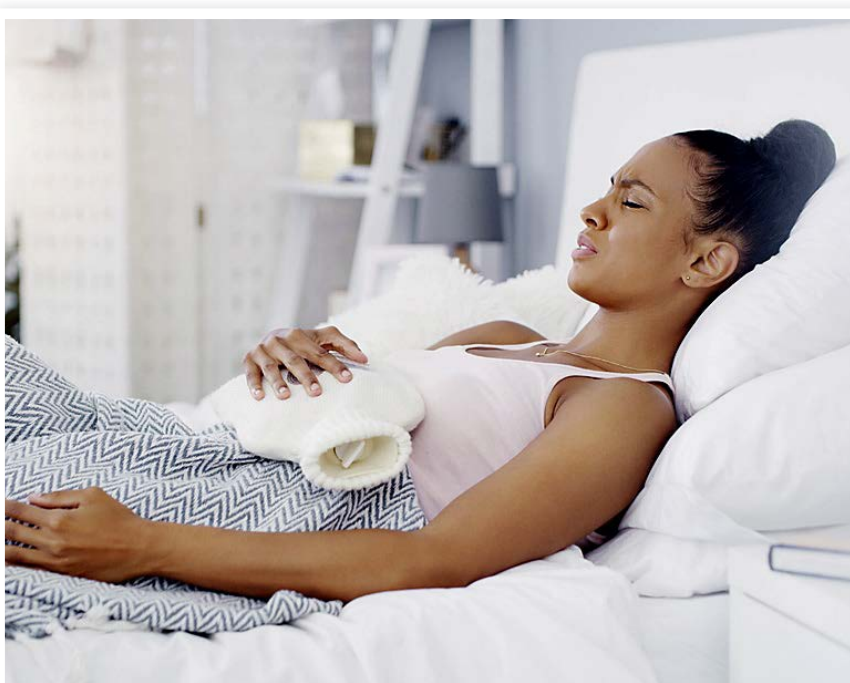
Geert D'Haens, lead author of the study and a professor of gastroenterology, says, "People with ulcerative colitis have mucosal inflammation in the colon, which is what causes the rectal bleeding, frequent trips to the bathroom and the urgent need to have a bowel movement."

"Mirikizumab has the potential to significantly reduce inflammation, help people achieve remission and reduce bowel urgency."

The drug was originally created to help psoriasis, another inflammatory condition that affects the skin. It works by blocking interleukin-23, a protein in the body that triggers inflammation.

Some sufferers reported an improvement in just one week, while half of those who took part in the research found major symptoms vanished after only four weekly jabs.





## Symptom checker

IBS symptoms range from diarrhoea to constipation (sufferers can have flare-ups and can experience either or both) and also bloating and stomach cramps, nausea, flatulence and backache.

UC has similar symptoms – primarily diarrhoea, as well as stomach pain and having to empty your bowels often. Flare-

Almost a quarter were in full remission after 12 weeks.

Mirikizumab is potentially set to bring further good news to those who suffer from Crohn's disease too, another as yet incurable IBD.

The company behind the jab says it "looks forward to sharing data in the first half of this year" to "reinforce" the drug's potential to be the first treatment of its kind for ulcerative colitis sufferers. Watch this space.

## IBS versus UC

Both conditions affect the large intestine, but they come with a number of distinguishing factors.

IBS is a functional disorder of the gastrointestinal tract but it does not cause inflammation. Potential causes include stress, oversensitive gut nerves and genetics. It's also thought it could be down to a miscommunication between the brain and the gut.

UC is an autoimmune condition. The immune system attacks harmless bacteria in the colon,

ups can have an effect on other parts of their body, such as arthritic joints, mouth ulcers and red eyes. In severe cases – where you go to the loo more than six times a day – a fever or a fast or irregular heartbeat can occur.

Crohn's & Colitis UK says, "If you're experiencing diarrhoea, blood in your poo, unexplained weight loss or extreme pain or tiredness, then there's a chance you might have Colitis."

Bleeding, weight loss and fever are not symptoms of IBS and could be a sign of something more serious, such as UC. Seek medical advice.

If doctors suspect UC, they can run blood and



Keeping a food diary to identify triggers helps, while cutting down on alcohol, caffeine and fizzy drinks is advised. Over-the-counter medicines like Fybogel for constipation and Imodium for diarrhoea are recommended.

UC is managed by a variety of medicines. Steroids or aminosalicylates can reduce



stool tests to see if you have a protein called calprotectin present in your stools. Colonoscopies, MRI and CT scans determine any damage to your colon.

## Current treatments

IBS is often managed through dietary changes, including avoiding foods that are difficult to digest or that are fatty, spicy or processed.

inflammation and heal damaged tissue, while immunosuppressants reduce the overactivity of your immune system. Severe flare-ups can result in hospital admission and if medicine isn't effective, surgery to remove the colon can be needed. Until now, around 15% of UC patients have required this. **OK!**

causing it to become inflamed. Ulcers can then develop on the lining that may bleed and produce mucus.

WORDS: LARA KILNER  
PHOTOS: GETTY

# MIAMI NICE

**SOAK UP THE SUN, SIGHTS AND SOUNDS IN FLORIDA'S FAMOUS HOTSPOT**

## WHY VISIT

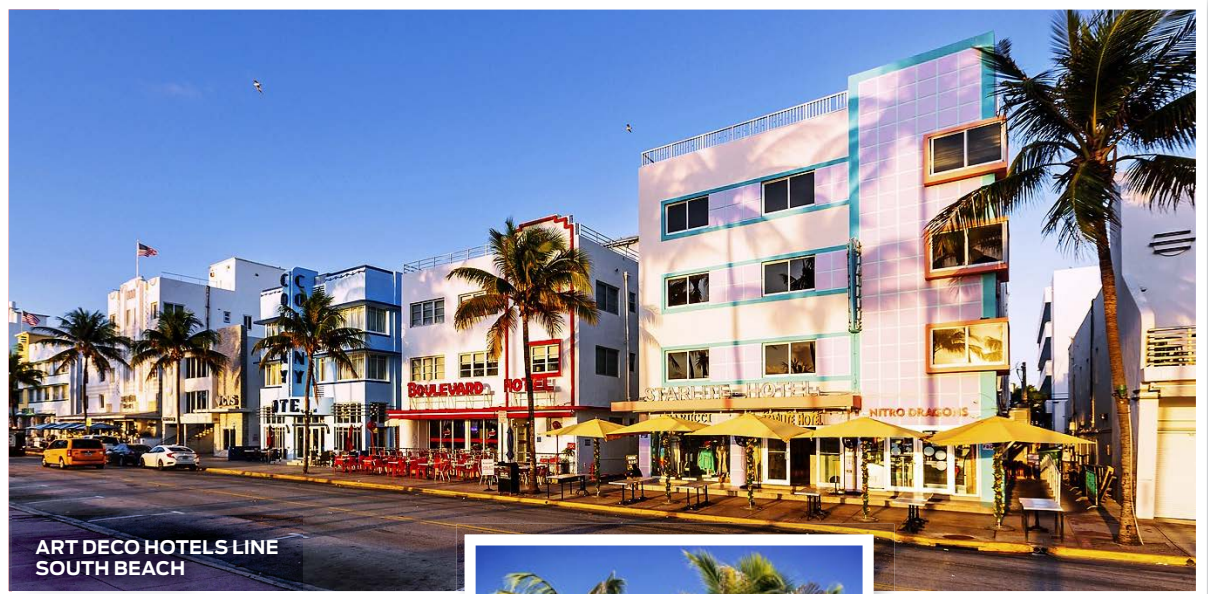
From miles of sandy beach and palm trees swaying in the breeze to having some of the best nightspots in the world on your doorstep, all of this and more awaits in Miami. You can enjoy soaking up the sun with a cocktail, indulge in fine dining or treat yourself to some designer shopping in this Floridian city, which is a magnet for tourists. Thanks to the Art Basel fair, Miami has also become a hub for art and culture and is bursting with museums and exhibitions to explore, while the colourful Art Deco hotels of South Beach provide the perfect backdrop to cruise the famous Ocean Drive. And if you have little ones, or you're just a big kid yourself, Walt Disney World in Orlando is only three hours and 20 minutes away by car.

## WHERE TO STAY

If you're looking for somewhere that celebrates Miami's cosmopolitan culture, then Moxy Miami South Beach is the answer. Located in the lively Art Deco district, the 202-room property's vibe is Havana meets Mexico City and it's all about



OCEAN DRIVE IN ITS FULL NEON GLORY



**ART DECO HOTELS LINE  
SOUTH BEACH**

Instagrammable moments. From the giant lifebuoy alongside the rooftop pool to the local artwork in the lobby, you'll find yourself wanting to snap away at every opportunity.

We stayed in a king ocean view room and loved taking in the waves and Florida sunshine through our floor-to-ceiling window from our comfy king-size bed. Within the hotel there's also a second cabana-lined pool, a gym and an open-air cinema, as well as six drinking and dining options, including Los Buenos, a taco stand in the lobby offering handmade tacos, breakfast quesadillas and burrito bowls.

## WHERE TO DINE

One of our favourite eateries was Como Como, a swish seafood restaurant at Moxy Miami South Beach. One of the restaurant's specialties is a whole branzino wrapped in a banana leaf and cooked over an open flame. Our table enjoyed the fish with roasted corn topped with garlic aioli, morita chile and cotija cheese.

For luxe dining – and partying – during the day, take a trip to Nikki Beach Miami. The chic beach club is



**NIKKI BEACH MIAMI ATTRACTS  
A-LISTERS**

a Miami hotspot and the likes of Jamie Foxx and Colin Farrell have been spotted relaxing there. We tucked into the Sushi Dragon – a large wooden dragon filled with sashimi and salmon and rainbow rolls, as well as a burrata caprese and watermelon and feta salad.

To sample the sights and sounds of South Beach at night, we dined at Havana 1957, a Cuban restaurant located in Ocean Drive. It was ideal for people-watching before taking a

stroll to see the hotels and cafés lit up by neon lights.

For brunch, the rooftop eatery Serena at Moxy was our go-to. We enjoyed the laid-back vibe as we tucked into huevos rancheros.

## WHAT TO DO

No trip to Miami would be complete without a wander down Ocean Drive to take in the Art Deco architecture. One of our highlights was the Art Deco Walking Tour with the Miami Design Preservation League, which covers Ocean Drive and more.

The hotels are bursting with colour, while further up Ocean Drive sits the former mansion of late Italian fashion designer Gianni Versace. Now a hotel and restaurant, you'll need a reservation to even be able to enter the famous property. On the other side of the road sits the iconic Miami Beach and its colourful lifeguard towers. Hire a lounge and enjoy a day soaking up the sun before taking a dip in the sea.

If shopping is more your bag, you'll love Brickell City Centre, a shopping mall mixing designer with high street. We took a pit stop here for lunch at Est.33, a Thai craft brewery.

Thai craft brewery. A 15-minute drive away is Wynwood Walls where there are amazing murals. The outdoor museum is packed with street art like you've never seen before.

There's also the Art of Banksy exhibition, which houses the stab-proof vest Stormzy wore at Glastonbury in 2019.

For an interactive experience, visit Superblue Miami, a museum which brings art to life and allows you to be a part of it. **OK!**

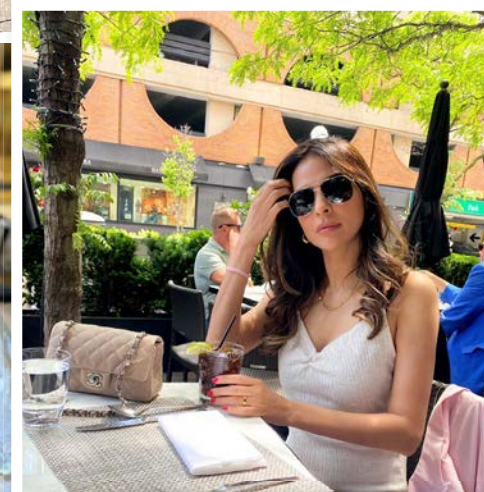
WORDS: KIRSTY HATCHER  
PHOTOS: GETTY



**RELAX AT MOXY MIAMI  
SOUTH BEACH**



**FOUZIA AMIAN  
GOES TO TORONTO**



#### Where did you go?

**Fouzia Aman:** I went to Toronto, Canada.

#### What made you go here?

**FA:** My passion for fashion and love for travel took me there. I went for the Lifestyle Toronto Fashion Weekend organised by Riwayat Limited.

#### What did you pack?

**FA:** A face mask and hand sanitiser. Due to the pandemic, health and safety is a priority, especially when travelling on public transportation. Mobile phone and portable phone charger. Deodorant because travelling can make you hot and bothered and you don't want to smell or feel uncomfortable upon arriving at your destination. Sunglasses. Toiletries bag, which include a toothbrush, toothpaste, lip balm, skincare including lotion, make-up, shampoo and conditioner, facial cleanser, SPF, and rosewater to refresh you after a flight and during your trip.

#### What was your favourite meal/restaurant?

**FA:** There were loads of options one can get there. I did like their local chains and restaurants, which were all nice! Montreal-style bagels and Montreal-style smoked meat were my favourite.

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

**FA:** When you travel you make memories and when you are with best friends it's like the cherry on top. The highlight of the trip was the journey to Niagara Falls and back, and the food around that

area was amazing.

#### Favourite shopping destination?

**FA:** I was there just for a break and not for shopping as I did all my shopping from London the week before, but Hudson Bay was the best!

#### Some sights worth seeing?

**FA:** I love the architecture there and an architect makes you fall in love with a city. My favourites were the museum, the lake and the Distillery District.

#### What are some spots for a night out?

**FA:** The entire York Avenue is the best place for a night out or even just to hang out in Toronto.

#### Any travel tips you would like to share?

**FA:** Travel light and eat healthy, and don't forget to exercise and get proper sleep. **OK**

TEXT: MEHR KASSIM  
PHOTOGRAPHS: COURTESY OF FOUZIA AMAN

# OK! WORLD IN ACTION



PALL BEARERS CARRY THE COFFIN OF QUEEN ELIZABETH II INTO ST. GEORGE'S CHAPEL



STUDENTS READ DURING CLASS AT A SECRET SCHOOL IN KABUL, AFGHANISTAN A YEAR AFTER THE BAN ON SECONDARY EDUCATION FOR GIRLS SET BY THE TALIBAN



ROGER FEDERER HAS ANNOUNCED THAT HE WILL RETIRE FROM THE ATP TOUR AND GRAND SLAMS FOLLOWING THE LAVER CUP IN LONDON



RESCUE MISSIONS STILL UNDERWAY AS FLOODS LEAVES APPROXIMATELY 33 MILLION PAKISTANIS AFFECTED

# HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

## CAPRICORN

**Dec 22 – Jan 20**



September brings potential communication challenges thanks to Mercury retrograde. However, you can't

put your life on hold. Your love life is blossoming, and it's okay if you can't wait until Mercury retrograde ends to level up a relationship. The only question is, will you lower your emotional walls and be honest about your feelings?

## TAURUS

**Apr 21 – May 21**



You have a lot brewing, especially regarding professional or passion projects. No astrologer can

promise money in this economy but if you can be patient, don't be surprised if positive feedback comes your way. At the end of the month, you see sparks fly in your love life. Just make sure you're practicing the theme of balance and making enough time for yourself and rest.

## VIRGO

**Aug 24 – Sep 23**



You have to pass the torch to Libra this month, Virgo. But with the start of Libra season, which

also marks the beginning of fall, you see growing intimacy within your life. This could come from a romantic partnership, your chosen family, or both. Just try to shake off any minor disagreements; don't let this month's Mercury retrograde win.

## SAGITTARIUS

**Nov 23 – Dec 21**



Keep your friends close this month. You're likely to be busy and need a support system

within reach. September sees you working hard at something that invigorates you, even if you have to be patient regarding positive feedback, thanks to Mercury retrograde. Plus, at the end of the month, a magical planetary alignment sees your wishes coming true.

## AQUARIUS

**Jan 21 – Feb 19**



You're an intellectual air sign. However, just because you're brilliant doesn't mean that you're always on top of

communication. You may be better at tackling global political problems than texting your friends back. However, you need your support system this month, and Mercury retrograde will try to make communication tricky. You'll need to make an extra effort to stay in touch with your loved ones, but it will be worth it.

## GEMINI

**May 22 – Jun 21**



There's a Mercury retrograde this month and because it's your ruling planet, you can be more affected than other

signs. However, September also lights up the part of your chart that rules fame and public image. You're a charismatic superstar. You need to trust that big things are happening, even if you have to wait a little bit longer to see results.

## LIBRA

**Sep 24 – Oct 23**



Your season starts this month, Libra! Look into autumn hair and makeup looks to explore because you can consider all of Libra

season as your birthday, and deserve to feel beautiful. There's so much romantic love coming your way. Just lay low during the second weekend of the month, as it brings Mercury retrograde and a full moon that stirs up petty fights.

## PISCES

**Feb 20 – Mar 20**



September is all about love but you don't have to have any major define-the-relationship conversations.

Mercury is in retrograde and it's just not the right time. Instead, your job is to be present in your love life, regardless of your relationship status, and focus on being happy. You can save the big conversations for next month.

## CANCER

**Jun 22 – Jul 23**



With romantic Venus aiding your communication skills, not even Mercury retrograde can get in the way of

romantic good news this month. Keep a journal by your bed during the full moon in dreamy Pisces because your psychic abilities are at full force, and important messages may appear in dreams around this time.

## SCORPIO

**Oct 24 – Nov 22**



Uranus went retrograde last month, Scorpio, asking you to drop unhealthy habits, and that theme

continues this month. This is all about balance, including making enough time for yourself. However, prepare to see increased intimacy within your love life mid-month, and perhaps even welcome professional news as September comes to a close.

## ARIES

**Mar 21 – Apr 20**



There's a Mercury retrograde and a full moon in the same weekend mid-month, Aries, so if you need an

excuse to stay in and catch up on rest, you've got it. However, at the end of September, after Libra season begins, a new moon encourages you to have fun with a crush or romantic partner, as your love life is gaining heat just in time for autumn.

## LEO

**Jul 24 – Aug 23**



A transit mid-month makes you so charismatic that you can go ahead and ask for what you

want, even in Mercury retrograde. You're in demand, but remember that lions sleep between 16 and 20 hours daily. This time of year begs you to carve out enough time for rest, even when your lovers and/or employers can't get enough of you.



**BILAWAL BHUTTO ZARDARI**  
SEPTEMBER 21, 1988



**ZENDAYA**  
SEPTEMBER 1, 1996

CREDIT: SOPHIE SAINT THOMAS;  
PHOTOGRAPHS: SHUTTERSTOCK, WEEN



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