

OK!

PAKISTAN
FIRST FOR CELEBRITY NEWS

ISSUE 105, SUMMER ISSUE 2023

CATHERINE
PRINCESS OF
WALES

ELLE
FANNING
RAY OF
LIGHT

ERAM
SAEED
RENOWNED
TRANSFORMATIONAL
COACH

INDOMITABLE SPIRIT
SAJAL ALI
ON WORK, LIFE AND DESTINY





SUBSCRIBE NOW ONLINE!



WWW.OKPAKISTAN.COM



@OK_Pakistan



@OK_Pakistan



@okmagazine.pk

FEATURES

04 ROYAL WEDDING: CROWN PRINCE HUSSEIN & PRINCESS RAJWA OF JORDAN

08 SOCIETY DIARY

12 CATHERINE, PRINCESS OF WALES

We celebrate the Princess of Wales who is leading the way for a very modern monarchy

18 SAJAL ALI

In conversation with *OK! Pakistan*, Sajal speaks candidly about how her career and the path it has taken thus far are being driven solely by a combination of fate and hard work

26 ELLE FANNING

Elle Fanning on starring in the critically-acclaimed TV series, *The Great*, and the highly-anticipated film about the making of Coppola's *The Godfather*

32 SANAM SAEED

With over a decade of experience behind her and a diverse and extensive portfolio of countless local and international productions under her belt, Sanam speaks exclusively to *OK! Pakistan* about her journey

38 CHRIS PRATT

After being out of the spotlight for a few years, Chris Pratt is on the verge of the biggest year of his career with the release of two blockbuster movies, *Super Mario Bros.*, and *Guardians of the Galaxy 3*

44 ERAM SAEED

OK! Pakistan sat down with renowned transformational coach Eram Saeed for a candid conversation about spirituality, motivational speaking, and how she helps people heal from their misery, trauma and depression

FASHIONISTA

50 EDITORIAL: SUMMER STYLE

58 RED CARPET

60 FASHION EDIT: BARBIECORE

62 FASHION EDIT: QUIET LUXURY

64 JEWELLERY EDIT: BOTANIC WONDERS

65 STYLE CRUSH: LUCY HALE

66 OK! SPOTLIGHT: RASHMI KUMARI AHMAD

70 OK! CONFIDENTIAL: SHEREZAD RAHIMTOOLA

LIFESTYLE

74 BEAUTY EDIT: PRETTY IN PINK

75 BEAUTY ESSENTIALS

76 WHAT'S IN HER BAG?: SABRINA FURQAN

77 ENTERTAINMENT

78 OK! RECIPES

82 OK! HEALTH: THE TRUE COST OF HEALTH TOURISM

84 TRAVELLERS TALE: BAKHTAWAR KHAN

86 OK! TRAVEL: RIGHT TIME, RIGHT PLACE

94 WORLD IN ACTION

96 HOROSCOPE



18



32



12



04



38



86



SHAMAELA H PARACHA
CHAIRPERSON

SAHER H PARACHA
CEO, PUBLISHER & CREATIVE DIRECTOR

EDITOR-IN-CHIEF – SARA AMIR TURAB ALI

MANAGING EDITOR – MAIRA PAGGANWALA

CONTRIBUTING FEATURES EDITOR – YUSRA ASKARI

CONTRIBUTING FASHION & BEAUTY EDITOR – ALYZEH RAHIM SHIRAZI

STYLE EDITOR – RAO ALI KHAN

LIFESTYLE EDITOR – FARAH VAYANI

FEATURES WRITER – HAIDER RIFAAT HUSSAIN

FASHION & BEAUTY WRITER – FATIMA DANISH

CREATIVE DESIGNER – ATIF MEHMOOD

DIGITAL MEDIA EXECUTIVE – MEHR KASSIM

HEAD OF MARKETING – HUNAID ALI

OK! INTERNATIONAL

OK! AUSTRALIA – SHARI NEMENTZIK

OK! BULGARIA – NEVENA DYAKOVA

OK! CHINA – FENG CHUXUAN

OK! CYPRUS – PETRA ARGYROU

OK! GEORGIA – NINCHO JIBLADZE

OK! GERMANY – TIM AFFELD

OK! GREECE – NIKOS GEORGIADIS

OK! JAPAN – KANA SUGAMORI

OK! LATVIA – LAILA PASTARE

OK! PAKISTAN – SAHER H PARACHA

OK! ROMANIA – ELENA STOICHITA

OK! RUSSIA – VADIM VERNIK

OK! THAILAND – WEERAWUT UJJUTAMANUS

OK! UNITED KINGDOM – CAROLINE WATERSTON

OK! VENEZUELA – ALEJANDRO GUTIÉRREZ TREMOLA

OK! WORLDWIDE LICENSING

HEAD OF OK! WORLDWIDE – EMMA RADFORD

OK! WORLDWIDE LICENSING MANAGER – JULIA TAYLOR

OK! WORLDWIDE LEGAL CONSULTANT – DR JOHNSON OKPALUBA

OK! Pakistan is published by Juicy Publications (PVT). LTD. Produced under licence from Reach Magazines Worldwide Limited Registered Number (6395556) – One Canada Square, Canary Wharf, London E14 5AP. "OK!" and "OK! FIRST FOR CELEBRITY NEWS" are registered trade marks of Reach Magazines Worldwide Limited. All rights reserved. Reproduction in whole or in part without written permission is strictly prohibited.

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

All comments and opinions expressed in OK! Pakistan are those of their respective contributors only. The views expressed in this magazine do not necessarily represent or reflect the views of OK! Pakistan, its management or employees. OK! Pakistan is not responsible for, and disclaims any and all liability to the fullest extent permitted by law for, the content of comments written by contributors to this magazine.

HUBLOT



Collectibles
JEWELLERY & WATCHES

KARACHI: G-11 Dolmen Mall Clifton T: +922135297873/4
LAHORE: 24 Pavillion Mall PC Hotel T: +924236306041
FAISALABAD: 6A-GF Lyaipur Galleria T: +92415211151
QUETTA: 6-2F Gold City Shopping Mall T: +92812826636

hublot.com • f • t • i

BIG BANG INTEGRATED

18K King Gold and black ceramic case
with integrated two-tone bracelet.
In-house UNICO chronograph movement.

ROYAL WEDDING

CROWN PRINCE HUSSEIN & PRINCESS RAJWA OF JORDAN





The wedding of the year took place at the picturesque Zahran Palace in Amman, Jordan earlier this summer on June 01, 2023. The couple, who announced their engagement last year, celebrated with a traditional Islamic katb al-kitab ceremony, after which the newlyweds toured the city in a motorcade procession. The bride looked breathtaking in an Elie Saab gown and dazzling diamond jewellery. As day turned to evening, the dignitaries and royal guests arrived at the Al Husseiniya Palace for the wedding banquet to celebrate the newly wed couple. Celebrations began in late May, when Queen Rania hosted a henna party for her future daughter-in-law at Madareb Bani Hashem, and on the night before the wedding, King Abudllah hosted a dinner banquet for his son Prince Hussein at the same location. "I'm so happy that you could all be here to celebrate with us. Today is a special day for us, and to our entire Jordanian family: Our joy is one and the same... near or far, you are all in our hearts today," Queen Rania said in her remarks at the henna party. "I'll never forget how happy His Majesty and I were when Al Hussein told us he wanted to marry Rajwa. She is the perfect answer to all my prayers for him," she added. "May you always be each other's source of happiness and support." After the wedding, the Jordanian royals shared that "a Royal Decree was issued, bestowing the title of Her Royal Highness Princess Rajwa Al Hussein on Miss Rajwa, on the occasion of her marriage to His Royal Highness Crown Prince Al Hussein bin Abdullah II." **OK!**







FRIEHA ALTAF & KINZA HASHMI



NADIA HUSSAIN & NOMI ANSARI



SADAF MALATTERRE



FARESHTEH ASLAM AND ARYAAN ASLAM



MR & MRS ASIM RAZA

KARACHI Sakura Splendor

Frieha Altaf hosted a scrumptious dinner marking the launch of the new branch of Japanese Restaurant Sakura in DHA Karachi, with friends and socialites. Guests enjoyed a feast of delectable Japanese dishes and had a truly wonderful evening



NINA KASHIF



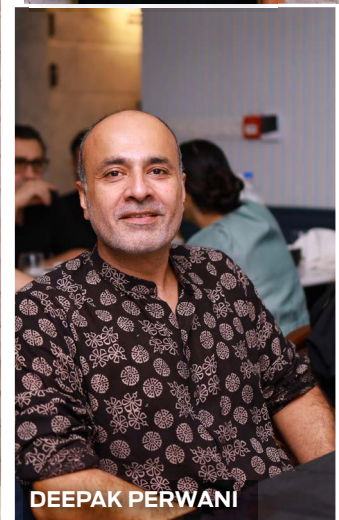
MOHSIN TAWASULI



FIFI HAROON



AMIR ADNAN



DEEPAK PERWANI



AYLA ADNAN



AMNA AQEEL



NEHA YUSUF



MR & MRS ALI GUL PIR



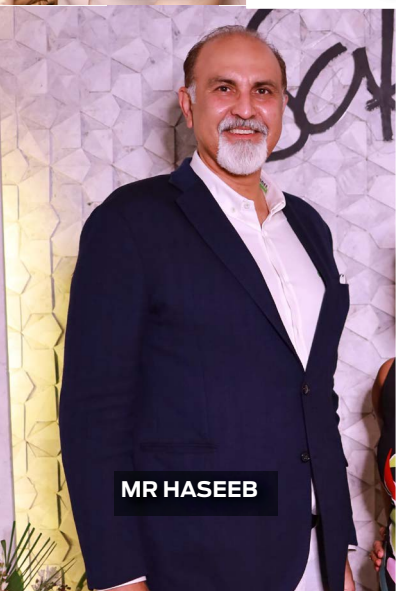
MUSHARAF HAII



NOOR HASSAN



RUKAIYAH ADAMJEE



MR HASEEB



SABEENA FAROOQ,
WAHAJ ALI & MAYA
ALI



ALINA SHAHID

HASEEB

AISHA SATTI &
AAMIR MAZHAR



FARHAN SAEED &
URWA HOCANE

LAHORE

Celebrating Mushq

Mushq opened their grand
flagship store on M M Alam
road with a star studded
event.



KOMAL



AREEJ FATIMA



RIMA
FARID



SOBIA SALEEM



BUSHRA BUTT



HASSAN



AYMA JAVED



MAHNOOR IQBAL



RABIA



MOHSIN, HAROON, ASAD &
WAQAR



HINA BUTT



ANOUSHKA & TARA



HIGH COMMISSIONER HE
MOAZZAM AHMAD KHAN



AYESHA
ANSARI



BANO SHEIKH



SADAF KHAN

LONDON
Empowering Voices

High Commissioner of Pakistan to the United Kingdom of Great Britain and Northern Ireland, H.E. Mr. Moazzam Ahmad Khan, invited a Ladiesfund delegation of dynamic women leaders across fields to the High Commission of Pakistan in the United Kingdom for a roundtable discussion and dialogue.



AMINA ART ANSARI



CAPTAIN
DURDANA ANSARI



ALIYA DIN



HUMMA SHAHID



SOHNIA



CHEF ZAHRA
KHAN



KINZA ATHAR



SARAH TARIQ & SOOFIYAH TOOSY



NAHEED NIAZI



RAISHMA ISLAM



DR. SOHNIA TARIQ

HI-TEA BUFFET

THURS - SUN
4 - 6 PM



FOR RESERVATION CALL: 021 111 AVARIs (111 282 747)

**"KATE AND WILLIAM ARE
MOVING WITH THE TIMES"**

CATHERINE, PRINCESS OF WALES

**We celebrate the Princess of
Wales who is leading the way for
a very modern monarchy**





Spearheading the charge to win over the hearts and minds of a new generation, the Princess of Wales has become a powerful force in the royal family, with some commentators calling her “the saviour of the monarchy”.

Poised and confident, Kate has come a long way from the university girlfriend of young Prince William, photographed falling over in her neon shorts at a roller disco. At 41, she now has the world’s eyes upon her. Whether she’s in a ballgown surprising Eurovision viewers with a piano performance or chatting to young charity workers in jeans and trainers, Kate seems to set the perfect tone every time.

But this is very much a team effort. Behind the scenes, a new breed of palace PR experts are blazing a trail in their efforts to bring a fresh strategy to communications and bolster the popularity of “Brand Wales”. From social media to styling, a lot of work goes into making something look so effortless.

Officially, the palace makes no bones about the fact that they’ve taken a closer look at how they present the modern face of their employers, with a spokesperson for the Prince and Princess revealing to *OK!*, “In telling our stories, we have to ensure we are reaching audiences of all ages. And there is a big audience that is not potentially consuming their news in the traditional ways, so we have to go to them. It’s really important to the Prince and Princess of Wales that we are engaging those younger audiences in the work that we do.”

According to brand and media expert Jaine Sykes, the team have had a tricky task in that they’ve had to take a beloved institution – the British Royal

Family – and pull it into a new, digital age. In her opinion, having an articulate, stylish “frontwoman” is a dream come true when it comes to pushing Brand Wales.

“The fact that Kate is able to talk eloquently about a number of issues, and make it feel authentic, really helps when you’re dealing with social media, particularly. It’s one thing to have an established brand like the monarchy, but to have someone like Kate is even better because we know that people prefer that human touch,” says Jaine, who is ex Head of Social at ITV and is now Senior Director of Media Strategy at worldwide PR firm, Edelman. “After all, that’s the reason brands have ambassadors – people want the human element.

**“Kate is
relatable –
that’s her
power.”**

The royal family are lucky here in the fact they have a wonderfully natural and hugely popular spokesperson.”

With Kate and William being officially the youngest working members of the royal family, the communications team around them are well aware that it’s more important than ever that the couple, along with children George (nine),

Charlotte (eight), and Louis (five), are seen to bring a more modern, relatable side to even the most formal occasions.

“It has always been one of the biggest threats to the monarchy that young people don’t connect with the royals. Even with the selfies they take – a few years ago that was an absolute no-no but both Kate and William are absolutely OK with that now,” says royal expert Jennie Bond. “They’re moving with the times.”

Recent polls have shown that while an overwhelming 78% of over-65s backed the monarchy, 18 to 24-year-olds were the group least likely to be fans, with less than a third of them (32%) feeling the same way as the older generation. And of the entire royal family, William and Kate were only a point behind Anne, Princess Royal – often seen as the hardest working member – in the popularity stakes.

For this modern face of the monarchy, it’s about so much more than the traditional press calls and walkabouts. Anyone keeping an eye on the Wales’ socials will see recent content has been refreshingly on point.

This comes after what some critics called a “perfect storm” of misjudged photo opportunities and appearances during last year’s Platinum Jubilee tour of the Caribbean. After facing protests from disgruntled locals in Belize, the royal couple were slammed for being “out of touch” as press photographers captured them trying to shake hands with children through a wire fence in Jamaica and waving from an old-fashioned Land Rover during a military parade. It was a controversial PR strategy that echoed an outdated style of colonial monarchy.

The bad publicity around this trip may have been ▶



“Kate looked absolutely the part of a Queen-in-Waiting at the ceremony.”



“Kate can instantly connect because of the way she dresses and the way she acts.”

the catalyst to change their way of working, with an updated behind-the-scenes team brought in to reshape the way this modern family should be presented to the world.

The shift in strategy we see today has largely been attributed to PR boss Lee Thompson, who was brought in last year and set about transforming the way William and Kate talk to the public.

He had previously made his mark on multinational media organisation CNBC, where he's believed to have helped grow its YouTube audience by 600% and was dubbed a “communications whizz”.

“Years ago, on a royal tour unit the likes of Charles and Diana would have a press cocktail party for journalists, so they got to meet you, you got to meet them and their press secretaries,” says Editor-in-Chief of *Majesty* magazine, Ingrid Seward. “These days, PRs are not relying on those relationships with individual journalists anymore because it's about films and reels and tweets. I think it's all quite choreographed now – it's about pushing a product.”

Agreeing that this new leadership has only been a positive thing in terms of public relations, she adds, “My daughter worked for Lee Thompson when he was Head of Communications for CNBC in London and, in her opinion, there is no better person for the job. He's sympathetic, thoughtful and exceedingly switched on.”

So now we're also likely to see Kate, William and family act in an ever-more approachable way under Thompson's expert guidance. Think Prince Louis munching on a toasted marshmallow at a Scouts campfire or William and Kate hopping on the Tube to Soho with a Girls Aloud soundtrack.

Even as the pomp of Coronation Day ramped up, the Wales' 15 million Instagram followers were treated to candid, behind-the-scenes shots of the family leaving for Westminster Abbey with the simple “real talk” caption “What. A. Day.”

But the star of this particular “reality show” is undoubtedly Kate. “As the days go by and the weeks go by and the engagements go by, she seems to grow more and more regal. She looked absolutely the part of a Queen-in-Waiting at the ceremony,” notes Jennie Bond.

“She can instantly connect because of the way she dresses and the way she acts, even just by wearing jeans or her trousers to engagements – she just makes it chic and relatable,” she says. “Kate doesn't set herself apart in her style to her own generation, or those younger.”

Royal fashion historian and author of *The Royal Wardrobe*, Rosie Harte, agrees that fashion plays a huge part in how this very modern princess communicates with people in a bid to move the monarchy forward.

“From 2011 when Kate wore high-street brand Reiss and their website subsequently crashed, to her appearance at the Anna Freud Centre last week wearing Accessorize earrings, she is always making sure she is grounded in the trends of the moment,” comments Rosie. “She's also giving signals. When she appeared at last week's engagement at The Dame Kelly Holmes Trust in Bath, she was wearing her favourite Veja sneakers – I call them her ‘getting hands-on’ shoes, as she's giving a sign she's ready

to get involved.

“Kate has really latched on to this idea of being relatable, and that's been her huge punching power,” she adds. “In Princess Diana's day, her team would have maintained that high-street brands were absolutely off the table. The idea of the Princess of Wales was that she should be a fairy tale, wearing something unattainable to the average person.

“Social media has changed our understanding of what it means to be a celebrity or someone in the public eye,” continues Rosie. “The prince and princess live such a unique, almost detached life, but what Kate has done is to use fashion to bridge that huge gap between ‘us’ and ‘them’. Yes, she will wear incredible Sarah Burton McQueen gowns, but Kate's stylist Natasha Archer will literally go off to Zara and hunt out the perfect blazer when needed. “The ‘Kate effect’ goes so much further than just what she wears – it also involves what she dresses the children in. John Lewis and Cath Kidston, for example, have benefited massively from times when she's dressed George, Charlotte and Louis in their clothes. So it's a huge, huge superpower of Kate's, an incredible tool that's not only been valuable for Brand Wales but for the royal family as a whole.”

With recent social reels and stories shot by videographer Will Warr of Detail Films – who's also used to working with companies such as Tesco and Red Bull, Brand Wales can almost be seen as a brand commodity, and one that needs careful handling to win over the hearts and minds of the public.

Detail's glossy company showreel urges potential new corporate clients to “get people talking, get people feeling, get people doing” and “create a world of your own”. It asks, “Where have you come from? But more importantly, where are you going?” That's a question the royal PR strategy machine may well consider. Having reportedly also expanded the team who look after their social content from one to three, William and Kate are said to have hired a new digital content creator and head of digital and social media to put their public duties front and centre.

Although “sneak peeks” occasionally feature, so far their content has remained firmly “official” but with occasional “out-takes” of previous shoots, such as the couple posting a casual anniversary photograph recently. Hugging as they stopped on their mountain bikes and in jeans and shades, it came with the caption “12 years” followed by a red heart emoji. It's a far cry from the formal portraits we may have expected from the old guard. So will we now get to see an insight into the Wales' private lives too?

Don't expect a Wales Tik-Tok or a Kardashians-style show any time soon, says media boss Jaine Sykes. “Every parent has to decide how much or little they want to show their children's lives across social media, and how that is exploited. The Waleses are no different. It would also be a risk, for security reasons.” **OK!**

FEATURE: LESLEY JONES / OK! MAGAZINE
PHOTOGRAPHS: GETTY, SHUTTERSTOCK







**“My craft has taught
me how to live in the
present”**

SAJAL ALI

*In conversation with OK!
Pakistan, Sajal speaks
candidly about how her
career and the path it
has taken thus far are
being driven solely by a
combination of fate and
hard work*



Born and brought-up in Lahore, this talented young actor today calls Karachi home. As someone who was always interested in acting but hadn't ever thought of making it a profession, Sajal Ali began her acclaimed on-screen career in 2009 when she was not even 16-years-old and there has since been no looking back. Today, almost a decade and half later, Sajal is recognized across borders as one of Pakistan's finest young talents with her diverse and acclaimed repertoire boasting 39 internationally popular television serials, 14 telefilms, one international web-series and four films including *Mom* – a Bollywood hit with the iconic Sri Devi – and the recently released British romantic comedy *What's Love Got to Do With It?* written by Jemima Khan and directed by Shekhar Kapoor. The film features a large ensemble cast including Lily James, Shabana Azmi and Emma Thompson.

Over a decade into your acting career, how, in your view, has Sajal Ali the person and the professional grown? Are you, today in 2023, a different person from when it all began?

SAJAL ALI: Each journey is unique – both personally and professionally, I believe the path to growth is powered by passion, dedication and persistence. My career started with an idea – I wanted to pursue a profession doing what I loved. I wasn't sure if I would succeed or not, there were no assurances, no guarantees, but I

knew I had to give it a try. Not many people get such an opportunity.

As an actor, over the past decade I have explored multiple genres, styles, and mediums of my craft to expand and diversify my repertoire, seeking roles that not only challenge me but also make

“Being part of an international film is a transformative experience.”

for me to push boundaries and showcase my versatility. My craft has taught me not only how to explore different emotions but also how to live in the present.

As an individual, I try to learn, to learn every moment, to learn every day – from people, from places and from experiences. I am forever a student of life as I believe there is beauty in evolution and change is the only constant.

2023 saw your big international debut with *What's Love Got to Do with It?*. Tell us about how you landed the role of Maimoona and what does the experience that came with it mean to you personally and professionally?

SA: Being part of an international film is a learning and transformative experience, one that has made for me to step out of my comfort zone, learn to adapt to new environments, and navigate unfamiliar territories with ease. *What's Love Got to Do with It?* has so far been one of the exciting projects of my career because it gave me a chance to make a lasting impact globally. Working on an international film collaborating with artists, crew members, and talents from diverse backgrounds was a great experience as it helped me gain a deeper understanding of different perspectives. It has been a journey that has not only boosted my self-confidence but has also made for a broader worldview.

***What's Love Got to Do With It?* gave you the opportunity to share screen space with the legendary Emma Thompson and Shabana Azmi and work with Shekhar Kapoor and Jemima Khan – do you feel this kind of exposure has opened up a whole new world for you?**

SA: Being part of an international ensemble cast has undoubtedly opened up a whole new world of experiences to me, helping me grow both professionally and personally. For an ►









“I am forever a student of life.”

actor, there are always two sides to any project, what you see on screen and the other the journey behind it. For two years working with and sharing screen space with the likes of stalwarts like Emma Thompson and Shabana Azmi, working with esteemed directors like Shekhar Kapoor on a project written by Jemima Khan, has been an incredible learning opportunity for me. My close interaction with fellow actors like Lily James and Shazad Khan among a host of others has provided me a window seat to their expertise, insights, and work ethics – absolutely invaluable, an experience I will carry with me for the rest of my life.

The characters you've essayed in *Sinf-e-Ahan*, *Kuch Ankahi* and even *What's Love Got to Do with It*? discuss and promote women empowerment and independence. How important for you personally, and audiences at large, has such narrative building in the public realm been?

SA: Narratives that promote women empowerment and independence in the public realm play a crucial role in fostering societal progress. I am a firm believer in and a strong advocate of gender equality and financial empowerment for women; that lays the groundwork for an equitable society. Therefore, through my work I do my best to showcase women as leaders, decision-makers, and agents of change. These narratives not only help break down barriers but also realign and expand society's perceptions of what women can achieve, and provide women with inspiring role models to look up to. When women see other women succeeding and making a positive impact in the public realm, it boosts their self-confidence, encourages them to pursue their goals, and validates their aspirations for leadership and independence. By amplifying the stories of empowered women, we can build a more inclusive and equitable society for all.

Henceforth, how do you as an individual and a professional, wish to see Sajal Ali evolve and grow?

SA: As an actor I understand the importance of continuously evolving, hence I seek out new challenges, take risks, and embrace opportunities to expand my repertoire. Looking ahead, I hope and endeavour to explore different mediums of my craft apart from film and television. Maybe stage, maybe something else – the possibilities are endless. I have always pushed myself, and never shy away from trying my hand at something difficult or different. This has enabled me to open up a whole new world for myself. In the future, I will endeavour to strive against odds, and persevere in a bid to succeed. I hope to continue to strive to give audiences the best content I can and do more for my industry. Many exciting projects in the pipeline – stay tuned. **OK!**

FEATURE: YUSRA ASKARI
DESIGNER: RASHMI KUMARI AHMAD
JEWELLERY: SHEREZAD FINE JEWELLERY
PHOTOGRAPHY: NADIR FIROZ KHAN
STYLING: TABESH KHOJA
HAIR & MAKE-UP: NABILA'S SALON







**"I grew up in this industry and
I've never felt out of place or
intimidated at any time"**

ELLE FANNING

*Elle Fanning on starring in
the critically-acclaimed TV
series, **The Great**, and the
highly-anticipated film about
the making of Coppola's **The
Godfather***



Elle Fanning wants to keep pushing herself with every performance. As the star of the TV series, *The Great* she's also had the luxury of having spent much of the past five years inhabiting the world of an extraordinary real-life historical figure, Catherine the Great, who ruled over Russia from 1762 to 1796. During the first two seasons, audiences have seen Fanning not only grow up with the character, but also grow into the role.

Elle Fanning's appearance in the upcoming film about the making of Coppola's *The Godfather* follows her starring role in his 2011 movie, *Twixt*, and her work (at age 12) in his filmmaker daughter Sofia Coppola's 2010 film *Somewhere*, co-starring Stephen Dorff.

Now 25, Fanning's abundant talent is on full display as she takes her game to the next level over the course of 12 episodes in Season 3. The critically-acclaimed series begins streaming on Lionsgate+ in the UK on July 14th.

"I feel like I always knew that it was a trajectory," said Fanning. "To rule a country, you're going to have to toughen up at some point. Catherine, in this season, really does shed that naiveté that she had. She still retains that hope and destiny that is always pulsing throughout her, which can bring out that childlike quality and sparkle in her. But that dims a bit this season, which was fun to play. And she's seen so many things now, living in this court and ruling this country. She's had to get violent herself. She's toughened up at this point. Not a lot

can faze her."

Season 3 of "The Great" picks up in the aftermath of the wild events of Season 2 which saw Catherine attempting to murder Peter (Nicholas Hoult) — again — only to inadvertently stab his lookalike Pugachev multiple times in the back. Season 3 will further plumb the toxic aspects of Catherine and Peter's relationship and how she fares with respect to her ambitious plans to turn Russia into a more modern and prosperous society.

Next up for Fanning is *Francis and the Godfather*, a film about the making of *The Godfather* directed by Barry Levinson in which she plays Ali MacGraw, the star of *Love Story* whose break-up with Paramount studio boss Robert Evans (Jake Gyllenhaal) sent him into a tailspin while Francis Ford Coppola (Oscar Isaac) was trying to finish his legendary movie, *The Godfather*.

Elle Fanning shares a home with her sister, actress Dakota Fanning, in a Cape Cod-style house in Toluca Lake, a neighbourhood located in the San Fernando Valley region of Los Angeles.

She is currently single, having split from her boyfriend of the last five years, actor Max Minghella. Fanning is best known for her work in *Mary Shelley*, *The Beguiled*, the two *Maleficent* films, *Neon Demon*, and *Teen Spirit*.

What's different about Catherine in Season 3?

ELLE FANNING: She's going to have to deal with a lot more obstacles and difficult moments than in the previous season. We've seen Catherine rise to

challenges before and seen her triumphs and now she's forced to come back down to earth. That made it very interesting to play her and I love how Tony McNamara (series showrunner) has created this dramatic arc that is such an important aspect of her story. She goes through so much and I've been growing and learning with her.

How does Catherine deal with Peter after having attempted and failed to kill him in the previous season?

EF: They're trying to patch things up, as strange as that may seem. (Laughs) But they're going through marriage counselling and underlying everything is the fact that they do love each other despite everything they've been through.

Another thing that gives them reason to stay together is that they're parents to their boy, Paul, and they want to create a happy family life,

What are the biggest obstacles standing in their way?

EF: Peter is not really happy in his role as the stay-at-home father while Catherine is ruling Russia and carrying out the responsibilities of being head of state. It's crushing to his ego and he may not be able to handle that.

Do you feel that a character like Catherine empowers and inspires you?

EF: Oh, sure. I started playing her about five years ago and during that time I feel I've grown so ►



“I was always fearless and anxious to challenge myself.”

much during that time. I'm much more confident of myself and confident of my work and the creative choices I'm making. When you're younger there are always things that you doubt about yourself, even though I was always pretty fearless and anxious to challenge myself.

But the more you learn about the business and are given the chance to grow into roles like this one, the more secure you feel on so many different levels. And I'm very lucky to have had someone like Nicolas working with me and always being so pleasant to work with and so supportive. I've been very lucky.

How have you adjusted to playing an historical figure and trying to escape the kind of restrictions that come with that?

EF: At this point, it's not a concern. We've taken so much liberty at this point – especially this season – and have created our own versions of these characters...They could be put in the modern world, in the '50s, in whatever country, and it would still be a relatable romance and rise to power, and all of those dynamics are the same. Some things we definitely add in, but we do honour her in the sense of the progressive ideas that she pushed forward and did – all of that stuff was true.

What are the qualities about Catherine that you most love?

EF: I admire her arrogance and almost outrageous sense of self-belief and willpower. She has this crazy sense of what she can accomplish and she's pretty fearless.

Is Catherine *the Great* a role model for young women?

EF: Catherine is synonymous with female affirmation and female empowerment. She fought to bring education to Russia and modernise a country that was very poor and mediaeval in many respects. Catherine was responsible for introducing the ideas of the Enlightenment that came from France. She was a highly cultured, vital, curious, and forward-thinking woman. I think every woman can take inspiration from her.

Catherine read Voltaire, Rousseau, the Encyclopaedists. Did you also study the seminal texts of 18th century philosophers?

EF: No, and I didn't even study them in school because they're not part of the curriculum here in America. I really didn't know much about Catherine, only that she was also famous and according to almost certainly false rumours planted by jealous male enemies, that she had sex with a horse.

I learned a lot, however, playing a woman who absorbed everything like a sponge – she was a very intelligent observer of everything in life. I would very much like to be like her, someone who knew how to be inspired by great ideas and was able to think into the future and face reality without fear..

How should women who watch this series



understand her thirst for power?

EF: Young women in particular should be taught how to manage their power. I have believed in this deeply since I was very young. My parents have always given me the freedom to decide on my own, and pushed me to believe in my own strength. Catherine wasn't always perfect, she wasn't always fearless, and she made a lot of mistakes. But she accomplished so much and was so far ahead of her time in terms of a woman wielding power in society. That's why I find it so exciting to play her.

Have you had a lot of strong female role models in your life?

EF: Yes. My sister, my mother, my aunts, my grandmother – they're all women who have imparted a sense of determination and self-belief to me. My mother, in particular, has always been a great example of a very straightforward and clear-headed individual who has always said what she thinks in life and treats people with kindness and respect. She's probably the woman that has most influenced me and whom I've tried to emulate in many respects.

You come from a family of professional athletes. Do you share their competitive spirit?

EF: I've always wanted to win and be successful. I don't think there's anything wrong about being competitive – it makes you want to keep exceeding your limits.

My (maternal) grandfather was pro-football quarterback Rick Arrington, who played with Philadelphia Eagles from 1970-72, and my aunt is a sports reporter. And when my sister started working a lot in TV and film, that was also an

“I feel I've grown so much during this time.”

inspiration and example for me. There's a big part of me that feels like I have a legacy to uphold.

Did you ever feel adrift or experience any anxiety from pursuing acting at such a young age?

EF: Dakota paved the way for me. I shot my first film at the age of one and a half. I played Dakota as a baby, during a flashback in “*I Am Sam*.” So I can say that I grew up in this industry and I've never felt out of place or intimidated at any time. I've always felt the security that comes with that and although some people might think I've missed out on my childhood I've never felt that way.

I've always felt that I've had a very normal and also a very interesting life that has allowed me to travel and experience things most people my age never have the chance to.

You've become known for your fashion sense. Where do you get that from?

EF: I've always been into clothes and reading *Vogue* magazine and getting to know all the top designers. I especially love vintage and I've been shopping at boutiques on Magnolia Boulevard in L.A. for years and years.

I'm not a big online shopper, so I prefer shopping in person. I also like to see what's new on the catwalks and it gives me ideas of what to wear



on red carpets. Some people hate that, but I really enjoy getting to spend time choosing outfits for premieres and big events like that. It's fun!

Do you have any favourite vintage dresses?

EF: I have a ball gown from my grandmother which dates back to the fifties. It's turquoise and strapless and she wore it to the prom at the age

of 16. I should actually try to wear it sometime, for some reason I've never done that. **OK!**

The above comments by Elle Fanning were made on May 6th via Zoom while she was promoting Season 3 of “*The Great*” available in the UK on Lionsgate+. Her comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN/WENN
PHOTOGRAPHS: WENN, SHUTTERSTOCK

**“WORKING TOWARDS THE
BETTERMENT OF SOCIETY AND
HUMANKIND MOTIVATES ME”**

SANAM SAEED

**With over a decade
of experience behind
her and a diverse and
extensive portfolio of
countless local and
international productions
under her belt, Sanam
speaks exclusively to OK!
Pakistan about her journey**







Having begun her career as a model, Sanam Saeed is today one of Pakistan's most recognized and celebrated actors. A film and theatre studies graduate, Sanam made her on-screen debut in 2010 with *Daam* and soon rose to international acclaim with her iconic portrayal of Kashaf Murtaza in Momina Duraid's blockbuster *Zindagi Gulzar Hai*.

What thus far has been your favourite and your most challenging role both on and off screen and why?

SANAM SAEED: There are a couple of projects that are yet to be released and in the pipelines. I found all three roles challenging in their own way. One is Shehrazad in *Barzakh*, a web series directed by Asim Abbasi. It is a very understated character that has to hold back a lot of emotion and expressions. So without being too blank and deadpan, I had to still evoke a sense of strength, love and care from her. Then there is a character I play in the yet to be released film *Ummro Ayyar*. It was extremely strenuous, very VFX heavy. It was

my first time performing stunts and doing action sequences, hanging from cables against a green screen. So I'm really looking forward to that too. And I'm about to embark on another journey which will challenge my accent mimicking skills. All three characters I'd consider roles I've dreamt of doing at some point in my life, and all three happen to be the most challenging so far.

“Women are all-encompassing super heroes.”

What powers you to preserve against the odds and why?

SS: Knowing that nothing or no one else but me and my intentions have the power to come in my way. Once there is a deep understanding of who you are and what you want, the power to persist

and move forward against all odds naturally drives you. Patience is another virtue I learned to value very early in my career. An overall sense of peace, calmness and kindness towards others makes dealing with all kinds of obstacles less stressful and intimidating.

What inspires you and why?

SS: People's passion to create, to work towards a personal or collective dream inspires me. Working towards the betterment of society and humankind motivates me. Making some sort of an impact or bringing about change through our respective efforts and crafts drives me to partake in such endeavours.

International projects have opened up a whole new market for Pakistani talent – tell us about your experience of being part of many such productions. How in your view do such collaborations change the narrative vis-a-vis art and boundaries?

SS: Pakistani artists have been recognized and praised internationally in different fields over the decades. It was only a matter of time before ►





“Women’s empowerment and independence is of utmost importance.”

that number increased from a handful of talented individuals to the collective industry of music, film and television. As an artist it’s an incredible experience to collaborate with international markets. It’s a proud feeling to see how taken aback people are by our talent and vision. It’s extremely important for a country’s image that the world is privy to their art and culture. That, then, opens up doors for further collaborations. This exposure and the exchange of ideas, knowledge and craft is essential to the growth and value of our creative industries.

Scripts today discuss and promote women empowerment and independence – how important for you personally, and audiences at large – has such narrative building in the public realm been?

SS: Women’s empowerment and independence is of utmost importance and most definitely needs to be highlighted in our dramas. Throughout history women have been valued for their ability to impart wisdom to their children, to give the right advice at the right time to their warrior husbands or husbands in a position of power who needed sound advice from their partner. Women have been respected for their ability to run the house, manage expenses and raise men and women of the future generations. Women are the all-encompassing super heroes, and it is essential that they are celebrated and portrayed as strong capable human beings.

Empowered, educated women can do wonders for society. And just like behind every great man is a great woman, the same can be said for the woman. A father and a husband have the biggest role in empowering the women of their house. You empower a woman with education, financial and emotional support. A family of six in times of constant inflation and instability cannot run on one person’s salary alone. It is almost impossible to have good quality food on the table, an education for all children and sufficient funds for healthcare. Women should be encouraged to be independent, face the outside world so they can safely work and manoeuvre their way through the real world in order to contribute to the household as well.

For an unmarried woman it is even more important that she doesn’t spend the rest of her life waiting for someone else to take care of her. She must be equipped to take care of herself. The narrative in some of our dramas has had a positive impact in this regard on society. When shown sensitively and smartly, such content can bring about positive changes by acting as good examples for people to learn through and be inspired by. **OK!**

FEATURE: YUSRA ASKARI
DESIGNER: RASHMI KUMARI
JEWELLERY: SHEREZAD FINE JEWELLERY
PHOTOGRAPHY: NADIR FIROZ KHAN
STYLING: TABESH KHOJA
HAIR & MAKE-UP: NABILA’S SALON



"I ALWAYS HAD A CRAZY BLIND FAITH IN MYSELF. I KNEW THAT I WOULD ONE DAY HAVE A GREAT CAREER"

CHRIS PRATT

After being out of the spotlight for a few years, Chris Pratt is on the verge of the biggest year of his career with the release of two blockbuster movies, *Super Mario Bros.*, and *Guardians of the Galaxy 3*







Super Mario Bros., the animated adaptation of the Nintendo game that launched on April 7th in the UK, sees Pratt lending his voice to the lead character, Mario, alongside Anya Taylor-Joy in the guise of Princess Peach. *Guardians of the Galaxy 3* landed in theatres on May 5th and saw Pratt return to his familiar role as Peter Quill a.k.a. Star-Lord.

Both films are expected to top the \$1 billion mark at the box-office which would put Pratt in the top ten list of highest-grossing movie stars in history, adding to the staggering \$13 billion that his movies (including the *Jurassic World* franchise) have already earned.

That's quite an achievement for an actor who once struggled with his weight and thought his career would consist of sidekick roles such as the one he played in *Parks and Recreation*. Oddly, MCU has decided that this latest and third *Guardians* film will be the last one in the series. However, Pratt believes that the franchise is going out on a high note.

"It feels wonderful, I'm really proud of the franchise and this movie," says Pratt. "I'm grateful that James Gunn got to do all three (*Guardians* films) not only because he's such a good friend but he's such an amazing storyteller and so we end on a really, really wonderful note.

"This is a beautiful story and it's probably the best movie of the trilogy. It's really special and what a way to go out!"

The 43-year-old Chris Pratt lives in his \$15 million

mansion in the Pacific Palisades neighbourhood of Los Angeles together with his wife Katherine Schwarzenegger, 33, and their two daughters, Lyla, who turns 3 in August, and toddler Eloise Christina, who turns 1 in May.

Pratt is also father to a 10-year-old son, Jack, from his previous marriage to Anna Faris. Father and son are ardent campers and fishermen. Said Pratt: "Teaching him how to fish has been one of the great joys of my life. He's getting good!"

This is likely to be a huge year for you with two big films coming out within a fairly short space of time. How does it feel?

CHRIS PRATT: I'm so grateful for everything that has happened to me in my career. This is obviously beyond my wildest expectations but it's also a lesson that it pays to believe in yourself and work hard to achieve your dreams.

Obviously being part of two big franchises like *Jurassic World* and *Guardians* and the MCU movies has just been an amazing chapter in my life. And I'm looking forward to what the future holds in store.

Now you're about to launch a new franchise in Super Mario Bros. What were the biggest challenges of bringing Super Mario Bros. to life as a feature film as opposed to a game?

CP: This is a 90-minute narrative film by the amazing Illumination Animation Studio which did *Despicable Me*, *The Minions*, *Secret Life of Pets*, and we've got to tell a story about these characters. When you're

playing the game, the story is the game and you yourself are the main character as an avatar.

But when you're doing the movie version, the directors need to come up with a complete story. You need to fill in the details of who these characters are, what their home life is like, where they work, the details of their work as plumbers – all the tiny details that you don't know from the game but which you're going to find out in the movie.

What was your reaction when you first saw a finished version of the movie?

CP: I loved it. I cried actually, I literally cried seeing this movie, I was so proud of it. It's fantastic, it has a lot of heart, it touches on nostalgia. It's beautifully shot and animated and it's a masterpiece – I'm very excited by it.

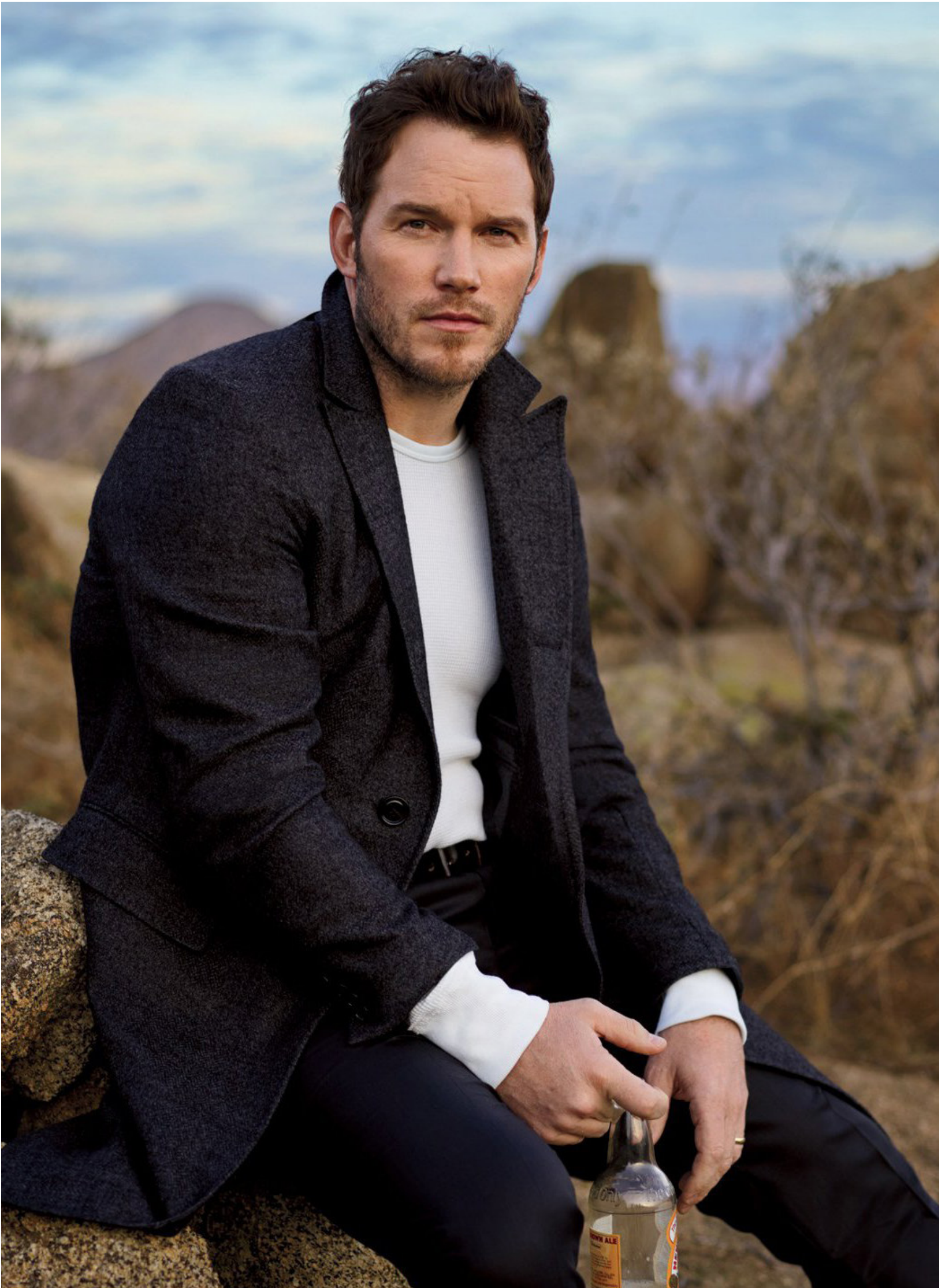
How familiar were you with the Super Mario Bros. game when you were offered the chance to do Mario's voice?

CP: Oh, I was a massive fan of the game...*Super Mario Bros.* is the best-selling video game in the world and I was one of the hundreds of millions of people who have played the game. I was nine years old in 1988 when my family got the Nintendo entertainment system in the house and it was magic for me. It was that nostalgic time in my childhood that they hold onto and I think Mario is that nostalgic moment for a lot of people across many generations.

How would you describe Mario?

A full-body portrait of actor Chris Pratt. He is standing against a light blue background, wearing a light blue short-sleeved polo shirt and grey jeans. He has his left hand on his hip and is looking directly at the camera with a slight smile. The lighting is soft and even.

**“I’m so grateful
for everything
that has
happened to me
in my career.”**



“I literally cried seeing this movie, I was so proud of it.”

CP: Mario is a wide-eyed dreamer who is devoted to his brother and to his family. Mario is a guy who has given up on an easy pay-day by going after his dream of starting his own plumbing business and saving Brooklyn through low prices and friendly service. And little does he know he's given an opportunity to do just that.

One of the most important new elements that have been added into the big screen version is how Princess Peach is a much more active presence ?

CP: The Princess is pretty tough in this movie. In the original game in the 80s, the Mario Bros. went out and saved the Princess who wasn't called Princess Peach until a few iterations later of the game. By that point, Peach was an avatar that players could use. So in our movie, rather than her being a damsel in distress it was more forward-thinking to make her a pretty cool, heroic character in her own right. So Mario and Peach end up teaming up to rescue Mario's brother Luigi (Charlie Day) who has been captured by Jack Black's Bowser.

What kinds of details do we learn about your character, Mario, beyond his catchphrases?

CP: There are only a handful of things we've ever really heard Mario say in the game. So we were trying to find a way to insert those catchphrases in the movie but would be congruent with these working class characters.

What else about the movie is going to excite fans of the *Super Mario Bros.* game?

CP: We get to see a lot about Donkey Kong's Kingdom. These hot-rodded karts rocket through these suspended highways in the jungle kingdom. It's really cool and serious, an amazing animated world-building and a chance to incorporate Mario Kart into the film.

Turning to your upcoming *Guardians of the Galaxy 3* film, where do we find Peter Quill where the film picks up at this point in his life?

CP: We find Quill is dealing with the loss of the love of his life who doesn't know him. That's had an impact on him and makes the Guardians vulnerable and this film is where you catch him.

What was the last day of filming like, given that this brings an end to the *Guardians* franchise in its current iteration?

CP: I gave a speech to our cast and crew, and to James (Gunn, the director). I was overcome with emotion and feelings of gratitude and the blessings of having had James as our director on this film and all three films.

He's an auteur and a visionary and we're so lucky that Disney brought him back for this last film. That last day on the set left me feeling a tsunami of gratitude. It meant everything to finish (*Guardians*) with him.

You have always said that one of the qualities that helped get you through the days when you were a struggling actor was your self-belief?



CP: At one point I had resigned myself to making a living as an actor playing the fat buddy type who makes people laugh. But then I just got sick of that image of myself and I remember after watching *Zero Dark Thirty*, which I again had to lose a lot of weight for, and telling myself I'm going to get in shape and stay in shape for the rest of my life. And I did.

I always had a crazy blind faith in myself. I knew that I would one day be playing big parts and have a great career. I didn't know how I was going to do it and I didn't even have much of a career plan until much

later.

But there was always something inside me that gave me hope and confidence that I was going to achieve something greater in life than anyone would ever have expected me to achieve. **OK!**

The above comments by Chris Pratt were made during the course of a March 20 Zoom interview while he was promoting his new movie *Super Mario Bros.* With additional comments from his July 23rd appearance at the 2022 San Diego Comic Con where he was promoting *Guardians of the Galaxy 3*. His comments have been condensed and edited for length and clarity.

INTERVIEW: JAN JANSSEN
PHOTOGRAPHS: WENN, SHUTTERSTOCK





**"I COMBINE SOME OF THE WORLD'S
BEST TECHNIQUES FROM MIND
SCIENCES WITH SPIRITUALITY"**

ERAM SAEED

**OK! Pakistan sat down with
renowned transformational
coach Eram Saeed for a candid
conversation about spirituality,
motivational speaking, and how
she helps people heal from their
misery, trauma and depression**



Eram Saeed, a transformational coach, went viral a few years ago with her motivational videos that struck a chord with the average Pakistani woman (and a small percentage of males). The end goal for Eram was not to earn through storytelling, but to genuinely touch lives with her impactful words. What makes Eram a good motivational speaker is her ability to merge mind sciences with Islamic teachings. Most of her content centres on spiritualism and issues affecting Pakistan's dysfunctional society.

Eram, what pulled you towards motivational speaking?

ES: I wish I could say that it was a very well-planned endeavour but it was more incidental. After living in Texas for 27 years, I moved to Lahore to live close to my family. Then COVID-19 hit and during this time, I noticed that there were some very disturbing trends taking shape in Pakistan, especially with regard to the rights of women. This was disconcerting to me because having lived in the US, I saw the side effects of the feminist movement in Pakistan. One might say that in my 27 years in the US, I had lived a life that could be the poster child of the western feminism movement. I ticked all the boxes. I was an independent woman, had financial freedom without the help of a man, a single mom who raised two kids, and had made my mark in the online business industry that was mostly male-dominated. I had a life that you would call the American dream.

However, I realised that living such a life comes with a heavy price in a sense that you have to do it all alone. The process ultimately becomes exhausting. In my years of research, I discovered

that Islam offers, in the empowerment of women, a much more balanced and much more sustainable system than what the western society set out to accomplish.

In 2019, I came across jargons like *mera jism meri marzi* (my body, my choice) by women, who I felt were hurt and angry and trying to fight for their true rights as Muslim women. They didn't know what role model to follow. They were leaning more and more towards the existing western model, which the West already knew was broken and resulted in increased stress and anxiety rates among women. Because I was a motivational speaker for entrepreneurs in America, I decided that I would make some videos that may be of help to Pakistani women. I was a speaker. I was an interviewer. However, most of my motivational speaking and coaching were meant for spiritual entrepreneurs. I didn't realise that I was going to connect with the hearts and minds of Pakistani women.

So, I conducted a few unplanned motivational talks just to see if maybe a few hundred people would watch. Within a couple of months, my team and I were shocked that our videos had received over 100 million views! I became a phenomenon and went viral. I then realised that the market was in dire need of such motivational talks.

You are a transformational coach. Can you please explain what that means?

ES: Yes, I am a transformational coach. I use motivational speaker as a term to describe myself because people relate to it more. So, understanding "transformational coach" may be more difficult. I am not interested in delivering motivational speeches that may sound great, make people clap in the end and then have them leave and forget everything. Those speeches are not life changing.

By the grace of God, I am blessed with a business that I have had for over a decade in the US that does fairly well financially so I don't need to make money off of speeches or speaking engagements. Hence, I routinely decline almost every request for a public appearance. What I am interested in is transformation. People come to see me because they are miserable in their lives and just can't figure out what their purpose is.

I want them to be able to turn their lives around. This is what my life journey has been about. By using and understanding certain tools and techniques and principles, I was able to completely change my life and that is what I would love to see happen in other people's lives. I want them to be able to get over trauma, depression or whatever is holding them back.

What themes do you grapple with when communicating with the audience?

ES: The themes my team and I draw on typically come from viewers' feedback. I am perhaps one of the few motivational speakers who actually pays a lot of attention to what the audience is saying. I read a lot of comments and engage with a lot of the viewers. If I don't engage, I usually ask my team to pull a bunch of comments for me to read so that I can get an idea how the audience is digesting the information I am sharing with them. That gives me insight into other areas where they may need my support. Majority of my themes are centred around women's issues, although 30 percent of our followers are men. They follow quietly. They typically don't speak up but we find them in our courses.

Who is your target audience?

ES: Well, that is a great question because I have ►



**“If what I am
saying is having
an impact, it is
only because of
Allah.”**

been trained as a marketer for over two decades and that is one of the first things a marketer does; identifies a target audience, which has taken me a while to recognize. You have to understand that my goal was never to become an influencer or to gain followers. Becoming famous has also never intrigued me that much. I am actually quite shy and a pretty private person. What really makes me happy is to see positive results in people's lives.

While I am happy to create free videos so that my knowledge and experiences could be of service to others, the people that I really want to work with are those who are ready to take major steps in transforming their lives. This is my sweet spot, and this is where I shine. I have the training, the experience and am a living example of my own teachings.

So, my target audience are intelligent, educated women who are deep thinkers; those who wish to transform their lives. They see the power imbalance, the injustice and confusion in the status quo, but they just can't seem to figure out how to rise above it all.

In other words, I am describing to you the Eram of about 36 to 38 years of age who felt all of these things but once she had direction, she took off! I call these women eagles who have been led to believe that they are ducks. They were born as eagles and they are meant to fly.

What platforms do you use to share your stories with the world?

ES: At the moment I use Facebook, Instagram and YouTube. You can visit my website EramSaeed.com for my social media pages. For the future, my team and I are planning to launch a podcast across various distribution platforms.

Does a lot of preparation go into your videos or do you improvise for the most part?

ES: I almost never prepare for the videos. Usually my team prepares a list of questions, and when the camera starts rolling, they hit me with the questions and I start speaking. I hate to prepare. I like to be in a constant flow because with flow comes guidance.

Out of all conversations, which conversation with the audience have you felt most connected to, and why?

ES: Conversations that I feel most connected to are when anyone – be it a man or a woman – becomes very vulnerable and shares his or her trauma and pain. I feel connected to the confusion of not understanding what is going on or feeling disconnected from God. People going through all this leave the most lasting impact on me because their transformation is dramatic. Majority of their misery, disillusionment or their confusion is caused because of two things:

Their inability to understand their own thinking and to control their own thoughts.

Lack of a deep, loving and compassionate connection with Allah.

Once you have these two configured, a majority of people will find their life becomes easier than before.

What techniques do you use to transform or impart change in people's lives?

ES: That is a great question. You are asking me to basically give away the essence of two decades of learning and training, which I obviously can't do in this interview. But I can summarise it for you.

I basically combine some of the world's best techniques from mind sciences with spirituality. I have learnt thousands of tools and techniques over



my two decades in this field. I combine techniques of modern mind sciences with Islamic spirituality. I believe that without the spiritual component, no course that is solely based on mind intelligence will work.

When you include Islamic spirituality, healing takes effect at a level that is unfathomable in how we normally think. In order to have emotional intelligence and balance, you must first understand how you think. Then you will be able to control the way you think in a manner that is more useful and beneficial to you. A majority of us never evaluate our thinking. Many of the problems that we are facing in our lives are because of the way that we think. If you become familiar and intimate with the way that you think, you learn to control your thinking. Eventually you will become a master of your thoughts.

When you combine Islamic spirituality, for example, I teach deeply about some of the basic concepts in Islam such as *tawhid* (oneness of Allah):

How do you make Allah your best friend?

How *tawhid* is the end of all misery?

How faith in Allah is the antidote to all fears...

This combination takes away the fear of the future, the trauma of the past, and will build on a person's self-esteem.

One thing I can tell you is that you can't impart change in others without having done extensive work on yourself. When a person is vulnerable in sharing his or her deepest trauma or pain, it becomes sacred. You must treat it as sacred. What your client deserves at the time is your undivided attention and holding a space for them. You are there for them, 100 percent. You must take yourself completely out of the equation and that is not easy to do unless you have done a lot of work on yourself. You are there to serve a child of Allah who Allah loves very much and that is why He has brought that person in front of you. Whether that is a man or a woman, it does not matter. I am merely a facilitator who is holding the space for the client with zero judgement.

They are there to heal their heart and you have to be a vehicle for Allah's mercy. You also have to remember that whatever healing takes place, it is not yours to take credit for. You are not doing any of this work yourself; you are simply being used. The moment you start to take credit, you will become egotistical and that is when the whole process falls apart.

How have people responded to your motivational videos?

ES: Honestly, the response has been unbelievably overwhelming. I consistently, on a daily basis, get comments and messages from people who say that my videos have impacted their lives in a very big way. I used to think that my videos affected mostly women, but that is not true.

Just last week, my cousin told me a story that brought me to tears. He was part of a meeting where an older gentleman was being welcomed back after a very long hospitalisation because of cancer. He recovered from it. He shared with the staff how the illness actually helped him get closer to Allah. The illness became a blessing for him. Obviously, the entire office was inspired and wanted to know how he turned this adversity into a blessing. The gentleman then shared that he had regularly watched the videos of a lady that motivated him into re-evaluating the adversity and forced him to see the good in his disease.

My cousin asked the gentleman what the lady's name was. He said "Eram Saeed." This moved my cousin immensely and he told him, "She's my older sister." At this point, the older gentleman held my cousin's hands, gave him a hug, and said "Please

tell your sister that I am so grateful from the bottom of my heart because she literally saved my life. I was deep in depression and her videos helped me to see the blessing in this disease and also find a deep connection with Allah." Obviously, I cried when I heard this story!

Every time I make a video, I ask Allah, "Please use me as a vehicle to deliver whatever message your children, *makhloq*, need to hear in order to heal their heart." I can't take credit for the messages for the videos, or for the information that I share because there are books filled with words of wisdom, and compared to them I find myself to be nothing, not even a particle of dust. So, if what I am saying is having an impact, it is only because of Allah.

To conclude, any message you feel that is important for our readers?

ES: The most important thing you need to know is that number one, you are deeply loved by Allah. His love is unconditional. I know that we have been told that Allah only loves those who do good deeds and people who sin are not loved by Allah. This is not true. Only prophets were perfect and even they made mistakes.

We have a right to Allah's unconditional love. It is a right given by Allah. Yes, there are consequences for good deeds and bad deeds but that does not

stop Allah from loving us. We translate Allah's love through understanding of humans but Allah is not human. All it takes is a choice for a certain decision and *tauba* (repentance), and we are at Allah's mercy again.

Number two: if you are a woman, please know and understand that as far as your humanity is concerned, you are created equal to a man. If you have been told anything otherwise, it is not coming from Allah and his Prophet (Peace Be Upon Him). In Allah's eyes, in His book, and through His Prophet (PBUH), only one message is given, and that is that men and women are equal in Allah's eyes, as far as their humanity is concerned.

Muslim women's rights have been hijacked for over a thousand years now because of some deliberate and some not-so-deliberate hiding of the facts. It is upon us women now to take back what is rightfully ours. This is *jihad* (struggle) because we are fighting for our rights bestowed to us by God.

Remember a strong nation cannot be raised by weak mothers who see themselves as victims or as an inferior creation of Allah. Islam gives women a very high stature and sees women as the future. Islam is also a religion for people with high self-esteem. **OK!**

INTERVIEW: HAIDER RIFAAT
PHOTOGRAPHS: COURTESY OF ERAM SAEED



Loot Machao Shaadi Offer

Free Wedding Venue
Weekend Stay for the couple at any Avari Hotel in Karachi
Free Soft Drink per person in package and much more

Valid till 31st October, 2023
***Terms & Conditions apply**

For booking, please call 021 111 254 111
For detailed info: banqblh@avari.com

OK! FASHIONISTA

**OK! SPOTLIGHT
RASHMI
KUMARI**

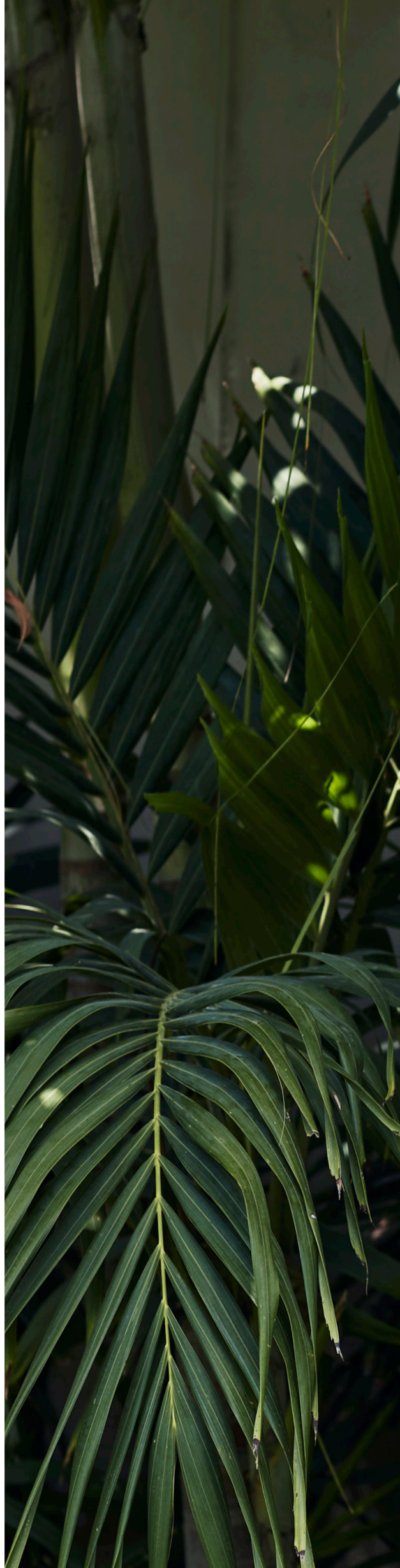
**BAKHTAWAR
KHAN**
TRAVELS TO
EUROPE

SUMMER STYLE

**KIRAN MALIK DAZZLES IN RASHMI
KUMARI & SHEREZAD FINE JEWELRY**

SUMMER STYLE

*Kiran Malik dazzles
in Rashmi Kumari
and Shereзад Fine
Jewellery in a brilliant
collaborative shoot
exclusively for
OK! Pakistan.*





DESIGNER: RASHMI KUMARI
JEWELLERY: SHEREZAD FINE JEWELLERY
PHOTOGRAPHY: NADIR FIROZ KHAN
STYLING: TABESH KHOJA
HAIR & MAKE-UP: NABILA'S SALON









OK! *Red* CARPET



Jessica Chastain
Tony Awards 2023
Dress Jessica
Chastain shines
in a radiant yellow
Gucci gown and
cape at the Tony
Awards



Elle Fanning
stunned in vintage
Oscar De La Renta
from Shrimpton
Couture to the
Cartier Le Voyage
Recommencé High
Jewellery Gala.



Kate Beckinsale
was the epitome
of glamour in
Zuhair Murad and
Chopard jewellery
at the Cannes
Film Festival.

ROCKSTARS



Naomi Campbell dazzled in a gorgeous sequin dress by Celine at the Cannes Film Festival.



Jennifer Lawrence in a red Christian Dior gown at the Cannes Film Festival.



Natalie Portman in a timeless vintage gown by Dior Couture.

PHOTOGRAPHS: GETTY, WENN



GARRARD
Blaze 18-karat
Rose Gold Multi-
stone Earrings



ALDO
Barbie Stiletto



**BALMAIN X
BARBIE**
Metallic Tweed
Crop Top



**BALMAIN X
BARBIE**
Tweed Pencil
Skirt



BARBIE CORE

Ever since images of Margot Robbie and Ryan Gosling on the Barbie movie set dropped, the latest fashion trend, Barbiecore has exploded. Barbiecore's pink and sparkly details have taken fashion by storm, inspiring A-Lister and influencer looks around the world. Come on Barbie, let's go party!

**VALENTINO
GARAVANI**
Silk Trousers



VERSACE
La Medusa Crystal
Mini Bag

AMINA MUADDI
Pink Dalida Satin
Sandal



GUCCI
PINK Crystal
Embellished Dress



SANDBAR
Gold & Pink Mirrored UV
Polarized Sunglasses



F.I.L.K.K.
Pink Feather Dress



VALENTINO
Embroidered
Laser-Cut Gown



MANOLO
Blahnik pink Satin
Hangisi Pumps



ZARA
Pink Ruffled Dress

TOM FORD
Pink Satin Blazer



SELF-PORTRAIT
Embellished Bow
Bag

VALENTINO
GARAVANI
V Logo Leather
Shoulder Bag in
Pink



CREED
Spring Flower

ZARA
Long Ruffled
Asymmetric
Dress



**MACH &
MACH**
Pink
Double-Bow
Platforms



**BALMAIN X
BARBIE**
Velvet
Sweatshirt



MACH & MACH
Samantha Glitter
Double Bow Top
Handle Bag



ANNE HATHAWAY

PHOTOGRAPH: WENN



ALICE + OLIVIA
Erna Dress,
PKR 120,000



BOTTEGA VENETA
Intrecciato
Shoulder Bag,
PKR 400,000



AMINA MUADDI
Rosie Slingback
Pumps,
PKR 300,000

QUIET LUXURY

The terms being going around ever since the HBO show Succession became popular. What it is - well-made investment pieces that lack bold logos, more tailored, minimalist fits rather than label-heavy apparel that has led to the “stealth wealth” look.



ALAÏA
Le Coeur Bag,
PKR 265,000



H&M
Linen Dress,
PKR 12,000



A.W.A.K.E. MODE
Laser-Cut Maxi
Dress,
PKR 380,000



COS
Wide-Leg Tailored
Pants,
PKR 35,000



BEAUFILLE ULLA
Trousers,
PKR 140,000



JIMMY CHOO
Indiya Mules,
PKR 198,000



COS
Pleated Midi Dress,
PKR 45,000



SKIMS
Soft Lounge Slip
Dress,
PKR 28,000



KHAITE
Lotus Tote,
PKR 450,000

MIU MIU
Ballet Flats,
PKR 265,000



THE FRANKIE SHOP
Arden Overshirt,
PKR 36,000



RENÉ CAOILLA
Crystal-
Embellished
Sandals,
PKR 300,000



THE ATTICO
Fern Cargo Pants,
PKR 300,000



ZARA
Linen Jumpsuit,
PKR 19,000



TOTEME
Ribbed Midi Dress,
PKR 100,000



ZARA
Cut-Out Jumpsuit,
PKR 13,000



THE ROW
N/S Park Tote,
PKR 450,000



GWYNETH PALTROW

PHOTOGRAPH: WENN

CHOPARD
Tsavorite,
Sapphire & Ruby
Necklace

DIOR
Sapphire, Ruby &
Diamond Earrings

ANNA HU
Ruby & Emerald
Lotus Necklace

BOTANIC WONDERS

*Make a statement with these
lush green and floral jewels.*

BVLGARI
Spinel, Emerald
& Diamond
Earrings

AVAKIAN
Pink Sapphire
& Diamond
Earrings

PIAGET
Rose Passion
Tassel Necklace

STENZHORN
Pink Sapphire &
Diamond Ring

**LYDIA
COURTEILLE**
Dragonfly
Earrings

MIRARI
Ruby & Sapphire
Necklace

PIAGET
Solstice Joyful
Sharing Watch

CHOPARD
Frog Necklace

GANJAM
Le Jardin Earrings

GRAFF
Butterfly Watch



LUCY HALE

Lucy Hale is an American singer, songwriter, actress and a fabulous fashionista through and through. Her effortless style lands her as our style crush this month.

GET THE LOOK

GOOD AMERICAN
Denim Corset Top
PKR 15,804.29

JENNYBIRD
Toni Necklace
PKR 55,000

STAUD
Elliot Black
Vegan
Leather Pants
PKR 100,300

ROLEX
Datejust 31 Steel and
Yellow Gold
PKR 5,150,000

STAUD
Madden Back Vegan
Leather Blazer
PKR 113,200

GIUSEPPE ZANOTTI
Square-Toe Sandals
PKR 235,800

**"SEIZE THE MOMENT, THE
HOUR AND DAY AND LIVE IT
TO THE FULLEST AS IF IT WERE
YOUR LAST!"**

RASHMI KUMARI AHMAD

**In an exclusive
conversation with OK!
Pakistan, Rashmi talks
about her journey and her
return to fashion after a
hiatus**







Pakistan's vibrant fashion scene is all set to welcome its latest entrant: Rashmi Kumari Ahmad. Boasting a wealth of design experience across continents, from India to the US, to the UAE and now Pakistan, Rashmi's creative sensibilities are geared towards reinterpreting subcontinental tradition through the lens of contemporary silhouettes, drapes, motifs and embellishments. This, while emphasising ease and convenience without compromising materials or stun appeal – “think showstoppers at destination weddings”, as she puts. Rashmi's pieces exude romance, sensuality and sophistication, beautifully interlacing the bold, bright and delicate to create luxurious couture ensembles.

When and how did you begin your professional foray as a designer and how did it come about?

RASHMI KUMARI AHMAD: I started my fashion journey at a very young age when I moved to New York. I have worked with pretty much all the big

international brands including the likes of Alice Temperley, Mathew Williamson, Jenny Packam, Giorgio Armani and Pucci, among a host of others industry greats. Following my move to Dubai in 2005, I launched my own label by the

“I have worked with pretty much all the big international brands.”

name of C'est Moi Couture in 2007. My gowns and kaftans retailed internationally in stores such as Saks 5th Avenue, Bloomingdale's and Harvey Nichols. The brand saw huge success globally until I opted to take a sabbatical in 2017.

Born in India, having lived in New York and Dubai, you today call Pakistan home – tell us about your journey thus far.

RKA: I moved to Karachi in 2018 and have absolutely loved the experience so far. Aside from finding a new home and new friends, as a designer, the move has uniquely positioned me to merge and marry the best of Indian and Pakistani fashion, design and craftsmanship. It was an opportunity I simply couldn't give up. And after a six year hiatus, you're back with a big bang – tell us more. **RKA:** Earlier this year, I launched a new venture, my new label Rashmi Kumari Official. I saw a huge gap in the market with regard to saris. My specialty are modern and contemporary saris with beautiful hand embellishments – primarily stitched and easy to wear so that they can be worn by all.

What is your design ethos?

RKA: The ethos behind the label is to perfect an always-flattering, timeless aesthetic that caters to glamorous women, whatever their shape and size. My first collection is constructed using ►

“I am a creature of habit and strangely not too experimental.”

sheer chiffons, lux silks and stunning velvets in a gorgeous palette. We've aimed to highlight organic but nascent subcontinental capabilities – unsung women artisans whose creations are as romantic as their stories are.

What has thus far been your greatest learning?

RKA: To not hold on. I am a creature of habit and strangely, not too experimental. I've always hesitated thinking outside the box and pushing boundaries, often resulting in me getting comfortable and complacent. Time and time again, I need to keep reminding myself, I need to reassess, rethink and realign every so often.

What is your motto in life?

RKA: Carpe Diem – seize the moment, the hour and day and live it to the fullest as if it were your last!

What do you enjoy doing the most in your downtime?

RKA: I am an avid reader. There is nothing quite like settling down to a good book and I am someone who is forever on the hunt for a new read. My all-time favourite has to be The Forty Rules of Love by Elif Shafak – Rumi's journey of self-discovery, spirituality and love is simply compelling.

Which designer/design house inspires you and why?

RKA: I am greatly inspired by Coco Chanel. She was a visionary and trail blazer, way ahead for her times.

Is there any one person you one day wish to dress?

RKA: For me, each and every client is a celebrity, I therefore have no ambitions of dressing any one in particular. The ethos of my brand is that whoever wears my clothes should feel like a star – my designs are made to complement and flatter all body types.

Had you not been a designer, what might have been your alternate calling?

RKA: Let me tell you a secret, I am a closet singer. Had fashion design not been my professional calling, I would very definitely have been a struggling singer. Music influences me in a big way – it inspires and uplifts me, it spurs my creativity and gives me immense happiness. Like Plato said: “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” **OK!**

INTERVIEW: YUSRA ASKARI
PHOTOGRAPHS COURTESY OF RASHMI KUMARI AHMAD



**“MY MOTIVATION STEMS FROM
THE DESIRE TO CREATE SOMETHING
MEANINGFUL AND BEAUTIFUL”**

SHEREZAD RAHIMTOOLA

**Having begun her professional
foray in jewellery design 27
years ago, Sherezad Rahimtoola
and her brand have since been
synonymous with quality and
elegance**







For Sherezaad Rahimtoola, it all started with her passion for creativity and an interest in expressing herself through wearable art that led her to embark upon her now almost three decades in design, constantly honing her skills as an architect and exploring new techniques. Over the years, Sherezaad's brand has gained recognition and appreciation from clients and the industry alike, both at home and abroad. Speaking exclusively to OK! Pakistan, designer Sherezaad Rahimtoola talks about her journey.

What powers your creative and design sensibilities?

SHEREZAD RAHIMTOOLA: My creative and design sensibilities are fueled by various sources. Nature, architecture, art, and cultural influences are some of the key inspirations behind my work. I find beauty in organic forms, intricate details, and the harmony of different elements coming together. Additionally, I am also inspired by all the gemstones.

How would you define your design aesthetic?

SR: I would define my design aesthetic as a blend of contemporary elegance with a touch of timeless appeal. I strive to create pieces that are both classic and unique, and incorporate gemstones. My designs often emphasise clean lines, balanced proportions, and a sense of understated luxury.

For you as a designer, is less more, or are you someone who loves going all out and over the top?

SR: As a designer, I appreciate both minimalistic simplicity and extravagant opulence. I believe in the power of restraint, where every element is purposefully chosen and has significance. However, I also enjoy creating statement pieces that push boundaries and make a bold impact. It ultimately

“I find solace in creating designs that balance tradition and innovation.”

depends on the vision and concept behind each design.

Who has thus far been your most favourite person to bejewel and why?

SR: It's challenging to choose just one favourite person to bejewel, as I have had the privilege of

working with numerous incredible individuals. However, if I were to pick one, it would be an inspiring woman who embodies grace, strength, and a unique sense of style. Being able to create jewellery that complements her personality and enhances her beauty would be an absolute delight.

If there is one person who you would love to see one day wear your jewellery, who would it be and why?

SR: If there is one person I would love to see wear my jewellery, it would be a cultural icon or a visionary artist who appreciates the intricacy and artistry of jewellery design. Seeing them adorn my creations would be a testament to the craftsmanship and creativity that goes into each piece.

As a designer 1) What is your inspiration? 2) What is your motivation? 3) What is your comfort zone and why?

SR: As a designer: My inspiration comes from various sources, such as nature, art, and architecture. I find beauty in organic shapes and working around gemstones.

My motivation stems from the desire to create something meaningful and beautiful. I am driven by the joy and satisfaction that comes from translating ideas into tangible forms of self-expression.

My comfort zone lies in the realm of timeless elegance and refined craftsmanship. I find solace ►

“I strive to create pieces that are both classic and unique.”

in creating designs that balance tradition and innovation, ensuring that they resonate with both contemporary aesthetics and enduring appeal.

Your favourite jewellery designer and/or design house?

SR: It's difficult to pick just one favourite jewellery designer or design house, as there are many talented artists and brands that I admire. However, I appreciate the works of Bvlgari for their distinctive styles and artistic expressions.

How would you define your design ethos?

SR: My design ethos revolves around the principles of quality, craftsmanship, and individuality. I believe in creating pieces that transcend trends and speak to the unique essence of the wearer. Each design is meticulously crafted with attention to detail, using the finest materials and techniques to ensure exceptional quality and longevity.

What next for Sherezad Rahimtoola?

SR: The future for Sherezad Rahimtoola holds a multitude of exciting prospects. We are constantly striving to push the boundaries of design and innovation. We will continue to explore new avenues, and expand our offerings. Additionally, we aim to reach a wider audience and establish a stronger international presence while staying true to our brand's values of craftsmanship and individuality.

Over the decades, your brand has been synonymous with excellence of design and master craftsmanship, looking ahead how do you envision raising the bar?

SR: Over the decades, our brand has indeed become synonymous with excellence in design and master craftsmanship. Looking ahead, we envision raising the bar by embracing new technologies and techniques that enhance our creative process and the quality of our jewellery. We will continue to invest in our artisans' training and development, ensuring that our craftsmanship remains unparalleled. Moreover, we will focus on sustainability and ethical practices, incorporating responsible sourcing and production methods to align with the evolving values of our discerning clientele.

What is your favourite metal and favourite stone to work with and why?

SR: I have a fondness for working with yellow gold due to its timeless appeal and versatility and demand. It complements a wide range of gemstones and enhances their natural beauty. As for stones, I find myself drawn to the mesmerising allure of coloured gemstones, particularly emeralds. Their vibrant hues and inherent brilliance allow for endless exploration and the creation of captivating designs. **OK!**

INTERVIEW: YUSRA ASKARI
PHOTOGRAPHS: KASHIF RAFIQ



PRETTY IN PINK

LOOKING FOR MOTHER'S DAY INSPIRATION? THESE GORGEOUS FRAGRANCES ARE PACKED WITH DRESSING TABLE APPEAL



**1 Coach Dreams
PKR 25,100**

Inspired by a sunny US road trip way out west, with evocative notes of bitter orange, cactus flower and even a little Joshua tree in the mix.

**2 Jimmy Choo Blossom
Special Edition PKR 17,800**

Expect fashionable new season notes of exotic fruit, frangipani flower and sandalwood.

**3 Guerlain Mon Guerlain
Eau de Toilette Bloom Of
Rose PKR 23,700**

A radiant rose blended into a modern bouquet of jasmine, blackcurrant, sandalwood and neroli.

**4 Lancome La Vie Est
Belle Intense from
PKR 21,800**

A hot pink juice with iris and vanilla at the heart, surrounded by lively raspberry, pink pepper and bergamot.

**5 Chloé L'Eau from
PKR 16,400**

A new spin on the iconic Chloé rose, bringing creamy jasmine, tangy citrus and botanical oak moss into the scent.



PORE SHOW

Lines and wrinkles are one thing, but do pores really need to get in on the act? Sadly, yes. Pores expand as we get older and before you know it, they're part of a whole mean girl gang rudely pointing out your age. Charming. Throw the whole lot of them off the scent with Elizabeth Arden Advanced Light Ceramide Capsules, from PKR 17,300, which shrink pores with a single dose and reduce lines in a week. Stick with them for a whole month too, because 100% of testers saw glowy skin with a better overall texture.



BLURRED LINES

You can never have too much Pillow Talk in your life or on your lips, so pucker up for the latest iteration. Charlotte Tilbury's best-loved nude is one of eight lip colours getting a new filter-like finish, inspired by another of the make-up artist's icons: Airbrush Powder. Airbrush Flawless Lip Blur, PKR 9,700, gives flaw-free smoothness and can be worn dabbed on lightly for a subtle diffused finish or built up for boldness using the angled applicator. Either way, you'll love it, darlings.

BEAUTY *Essentials*



CRUNCH TIME

How do you like them apples? Very much, since you ask. DKNY's not-so-forbidden fruits have dropped down from the beauty tree as a Pool Party edition, with three cocktail-inspired Be Delicious fragrances, PKR 13,300 each. There's fresh Lime Mojito, floral Mai Tai and fruity Bay Breeze, so dive right in.



TARGET ZONE

Would you like to look less wrinkly in five minutes? Please proffer your crow's feet to Nivea Q10 Wrinkle Filler Serum, PKR 5,000, which has a nifty instant smoothing effect on fine lines but also long-term collagen-boosting benefits. That's down to Nivea's hero anti-ageing ingredient, coenzyme Q10, combined with some perky peptides to speed-plump crinkly bits. A huge 90% of testers saw their skin smoothed out in less time than it takes to hard-boil an egg.

PERFECT PAIRING

If holiday romance was a make-up palette, it would look like this. Benefit has taken its most iconic Hoola Bronzer shades and matchmade each with the perfect shade of Wonderful World Blush. With two quick whisks of a brush, you've got a sun-kissed glow topped with a pretty flush – like sitting outside SPF-free but with none of the sun damage. Hoola Bronzer and Blush Duos come in four versions, PKR 7,900 each, including Beach Vacay, which has the original Hoola shade with a shimmering seashell pink blusher.



TRÈS CHIC

Picture yourself in a café by the Seine, nibbling away on a plate of French fantasies. Your nails will surely be painted with one of these deliciously delicate shades from Nailberry's Macaron Collection, which is inspired by a Parisian bakery. The three shades are PKR 5,700 each, and do you want them all? Mais oui!



What's IN HER BAG?

The stylish model and blogger Sabrina Furqan reveals to OK! Pakistan what she totes around in her bag



Dior Lip Balm
I love Dior Balms and they have great colours too.



Tatcha Blotting Paper
This is my beauty secret. It's incredibly soft, strong and absorbent, and takes away traces of excess oil without disturbing my make-up or taking away moisture from my skin.

Jimmy Choo Floral Perfume
A favourite among chic women, it's brilliant for travelling, holidays and ever-day use. It's my go-to smell and it's so refreshing.



Chewing Gum
A mouth freshener is an essential.



Phone
I can't live without it. It keeps me organised, up-to-date, on time, and entertained. Enough said.



Prada Sunglasses
I've had these for years and don't see myself trading them in anytime soon. They're laid back and have a cool vibe.



L'Oréal Lipstick
Since I tend to focus make-up more on my eyes, the L'Oréal lipstick gives me just the right amount of colour without overwhelming my face.



House Keys
I literally cannot leave my house without these.



AirPods
It's the only way I can enjoy my podcasts.



Essence Mascara
Two coats of mascara is a must.



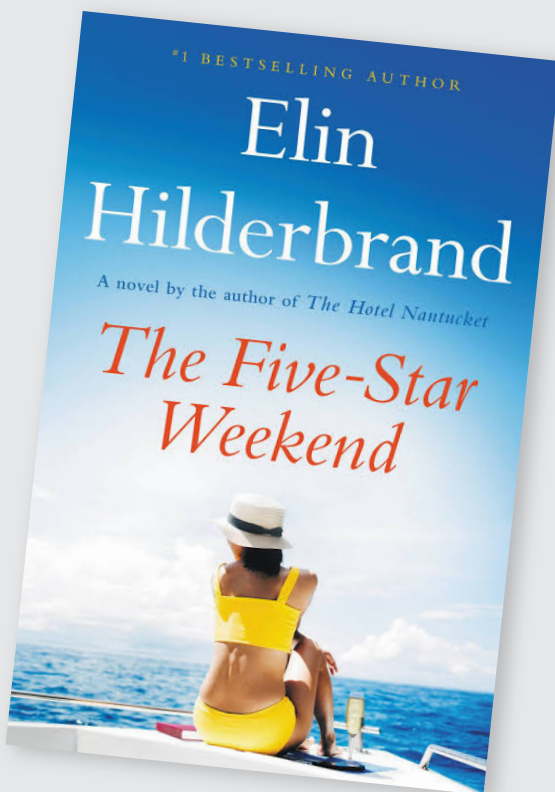
ENTERTAINMENT



MOVIE

BARBIE

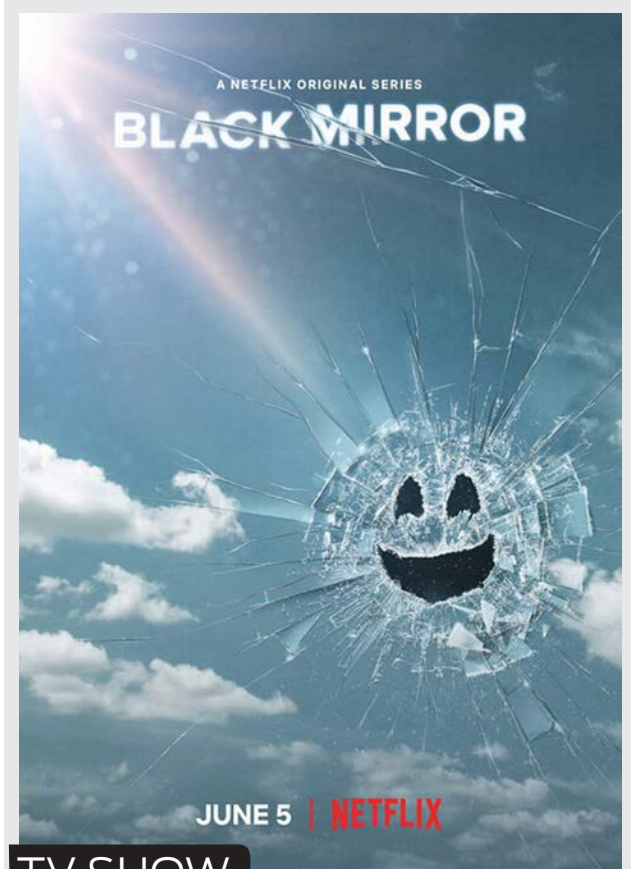
Barbie and Ken are having the time of their lives in the colourful and seemingly perfect world of Barbie Land, until Barbie suffers a crisis that leads her to question her world and her existence. When they get a chance to go to the real world, they soon discover the joys and perils of living among humans.



LITERATURE

THE FIVE-STAR WEEKEND BY ELIN HILDERBRAND

Summer is here and we can't wait to delve deep into our books while vacationing by the beach. This newly released book is definitely the perfect summer read, telling a surprising and highly captivating story about love, friendship and self-discovery. Be warned, the book will be difficult to put down!



TV SHOW

BLACK MIRROR

The highly awaited new season of the show is back! The latest episodes of everyone's favourite Netflix dystopian anthology have said to even surprise the creator, Charlie Brooker, himself. We can't wait to watch the latest season of this dark satirical show that highlights the negative affects of science and technology.

JAZZ UP THE SUMMER

A CRISPY CORE INGREDIENT ADDS CRUNCH TO SALADS AND SWEETS



Jazz apple courgetti salad with a tahini dressing

SERVES 2-3

INGREDIENTS

- 1 Jazz™ apple
- 1 courgette
- A generous handful of rocket
- 3 tbsp walnuts, roughly chopped
- Pomegranate seeds and edible flowers, to garnish (optional)

For the tahini dressing

- 2 tbsp tahini
- Juice of ½ lemon

- ½ tsp white miso paste
- ½ tsp maple syrup
- 1 tsp apple cider vinegar
- Salt and pepper to taste

1. To make the dressing, mix together all the ingredients using a small whisk to avoid lumps. Gradually add a splash of water until you reach the desired consistency.

2. Add the chopped walnuts to a frying pan and toast them on a medium heat for a few minutes until they start to turn golden brown.

3. Spiralize the apple and the courgette. Transfer them to a large bowl and pour over the dressing. Mix in the rocket. Serve with walnuts, flowers and pomegranate, if using.

Jazz apple & raspberry coconut parfaits

INGREDIENTS

For the compote

- 3 Jazz™ apples, deseeded and chopped into pieces, plus slices to serve
- ½ tbsp lemon juice
- 1 tsp coconut oil
- ½ tbsp maple syrup
- 170g frozen or fresh raspberries, plus extra for decoration

For the coconut cream

- 1 tin full-fat coconut cream, stored in the fridge overnight
- 1 tbsp maple syrup
- ½ tsp vanilla extract or powder

SERVES 2

1. Place the chopped apples, coconut oil, lemon juice and maple syrup into a pan with a dash of water. Cook on a low to medium heat with the lid on for about 10 to 15 minutes.

2. Add the raspberries and cook for another five minutes. Either use the compote as it is, or use a hand blender to make it smoother.

3. While the compote is cooling down, make the coconut cream.

4. Remove the coconut

cream from the fridge and scoop out the thick part, which should sit on top. Don't use any of the watery parts, otherwise the cream will turn out too runny.

5. Hand-whisk the cream before adding in the maple syrup and vanilla extract. Whip until you have a super creamy and smooth consistency.

6. When the fruit compote is completely cold, assemble the jars or glasses with half the compote and half the coconut cream. Serve with fresh raspberries and sliced apples. ▸





Caramelised grilled Jazz apples with coconut cream and granola

SERVES 2

INGREDIENTS

- 2 Jazz™ apples
- 1 tsp coconut oil
- A sprinkle of cinnamon
- 2 tbsp coconut sugar
- 2 tbsp water

For the coconut cream

- 50g creamed coconut (the solid one you buy in a packet)
- 50g plain coconut yoghurt

To serve

- Granola of your choice
- A generous sprinkle of flaked almonds

1. Melt the creamed coconut in a small pan on a very low heat then transfer to a pan and add the coconut yoghurt. Mix until you have a thick cream. Place it in the fridge while you are preparing the rest.
2. Core and slice each apple

into four pieces, removing the seeds. Place on a baking tray. Drizzle the coconut oil and sprinkle the cinnamon on top. Bake in the oven at 180°C for 10 minutes until slightly soft but not too squishy.

3. While the apples are baking, make caramel by placing the coconut sugar and water into a pan and bringing it to the boil. Let it bubble away for about

five minutes until it starts to thicken up and become a sticky caramel. Turn the heat off and leave the caramel to one side.

4. Remove the apples from the oven and place them on a hot griddle pan for about two to three minutes on each side.
5. Serve the apples with a generous drizzle of coconut caramel, the coconut cream, granola and flaked almonds.

SERVES 2-3

INGREDIENTS

- 1 Jazz™ apple
- 140-210g de-stemmed kale, roughly chopped
- 135g cooked buckwheat (you can also use quinoa)
- 1 pomegranate
- 1 courgette, cut into slices
- A handful of chopped walnuts

For the cashew cheese

- 350g cashews that have been soaked overnight
- 60ml water
- 2 tbsp nutritional yeast
- 1 tsp miso paste
- 2 tbsp lemon juice
- Powder from two capsules of probiotics
- 1 tsp onion powder
- 1 tsp salt
- 1 tbsp fresh chopped dill

For the dressing

- 2 tbsp extra virgin olive oil
- 1 tsp balsamic vinegar
- 1 tsp lemon juice
- ½ tsp maple syrup
- A pinch of sea salt and black pepper

1. To make the cashew cheese, drain the cashews and place in a food processor. Add the water, nutritional yeast, miso paste, lemon juice, probiotics, onion, dill and salt. Start blitzing, stopping from time to time to scrape the sides. Keep blitzing until you have a smooth and creamy consistency.

2. Pour the cheese mixture into a double cheese cloth. Tie the top of the cloth around a wooden spoon or something similar that will keep it suspended over a deep mixing bowl. Cover with a tea towel and leave in a warm, dark place for 16 hours.

3. Transfer the cashew cheese into the fridge and leave for another 24 hours. The longer you leave it, the more it will develop a "cheesy" flavour.

4. To make the salad, start by mixing together the dressing ingredients. Pour the dressing over the kale and, with your hands, massage the leaves until they start to wilt and soften.

5. Grill and cook the sliced courgette on a barbecue or hot griddle pan for a few minutes on each side. Add the grilled courgette to the kale with the chopped apple, cooked buckwheat and pomegranate seeds. Mix everything together. Top with the chopped walnuts and a dollop of the cashew cheese. Enjoy straight away. **OK!**

Kale, Jazz apple & cashew cheese salad



THE TRUE COST OF HEALTH TOURISM

THERE'S A GROWING APPETITE FOR OVERSEAS SURGERY AND DENTAL WORK, BUT ARE THE SAVINGS WORTH THE RISKS?

Did you know that pre-Covid around 144,000 UK citizens jetted overseas in just one year* for a medical procedure? And that figure is on the rise.

Long waiting lists are blamed for those seeking treatment that's available on the NHS, while the "Zoom boom", which has made us increasingly self-aware on screens, has triggered a tsunami of people desiring cosmetic work without the hefty price tag of a private practice in the UK.

But Bryan Mayou of the Cadogan Clinic urges caution, saying, "The health implications of procedures not carried out correctly and the cost of corrective surgery can far outweigh any savings made."

He's right. Who can forget this summer's "Turkey Teeth" headlines, featuring patients who sought cut-price crowns abroad and were left with a mouthful of filed-down pegs? Indeed, the number of Brits requiring urgent treatment on their return to the UK following botched surgery rose 44% in 2021.

Concerns about this rising figure have even sparked a controversial rethink by health chiefs recently. Four years after mum-of-three Leah Cambridge died following a risky £6,500 Brazilian butt lift in Turkey, UK-based clinics are being urged to offer a less invasive version to dissuade people who

are still travelling abroad for the "perfect" booty. The "lite" option – superficial gluteal lipofilling (SGL) – involves fat injected below the skin rather than into the muscles, to avoid accidental injection into the bloodstream.

But not everyone is averse to medical tourism. Dr Martina Hodgson, dentist and Invisalign doctor, says the risks, in her field at least, are exaggerated.

"There are many ethical and talented dentists across the world who care about their patients' best interests," she says. "It's the few clinics that put profit before patient welfare that give

the rest a bad name."

If you are thinking about an overseas op, do your homework, as each country has its own medical regulations.

"Speak to past patients, seek before and after photos and ask about aftercare procedures if complications occur," Mr

Mayou advises.

Use of the World Health Organisation surgical safety checklist is a good indication of a clinic's attitude to welfare.

Specialist travel insurance is a must as neither the European Health Insurance Card [EHIC] or the UK Global Health Insurance Card cover costs. An understanding of the language barrier is vital too, and consider how your own GP will communicate with foreign medics if required.

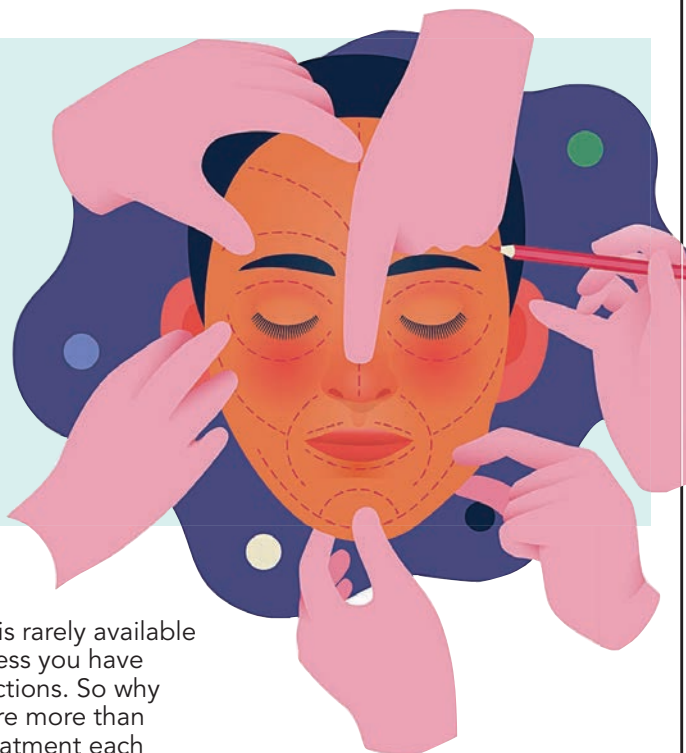
Here are the locations emerging as popular hot spots for medical tourism in 2023...





CZECH REPUBLIC

Whether state or privately operated, all Czech healthcare facilities are subject to strict accreditation requirements, making it a frontrunner among the newly emerging health tourism go-tos. While rhinoplasty could set you back around £4,500 in the UK, a Czech equivalent will cost £800, with travel and accommodation costs on top.



SPAIN

Bunion surgery is rarely available on the NHS unless you have severe pain or recurrent infections. So why not take a trip to Spain, where more than 6,000 Spaniards have the treatment each year? Procedures start at £4,400 in the UK, but in Spain cost around £1,360.



POLAND

In recent years, Poland has emerged as a leading destination for anything from plastic surgery to IVF for around a third of the price paid in the UK. But dentist Dr Manrina Rhode points out, "You must be prepared to delay your flight back should complications arise. When dealing with the human body nothing is 100% guaranteed."



LITHUANIA

A record 6.8 million people are currently waiting for hospital treatment in England alone. Perhaps that's why Lithuania is seeing more foreigners travelling there for treatments such as hip replacements. In the UK, a private hip op can set you back around £10,000, while Lithuania offers the same for just over £3,000.



TURKEY

Despite #turkeyteeth gaining 31.7 billion views on TikTok, the country is still one of the most popular choices for dental work. Seeking out multiple opinions is a must, as some dental clinics offer unnecessarily invasive treatments which can lead to complications costing more than £5,000 to fix. "A top cosmetic dental surgeon in Turkey charges similar to a top cosmetic dental surgeon in the UK. And cheap clinics have prices comparable to NHS clinics in the UK. The difference is the quality," warns Dr Rhode. Turkey, with its cheap flights, is a top choice for hair transplants, too, from £1,300.



HUNGARY

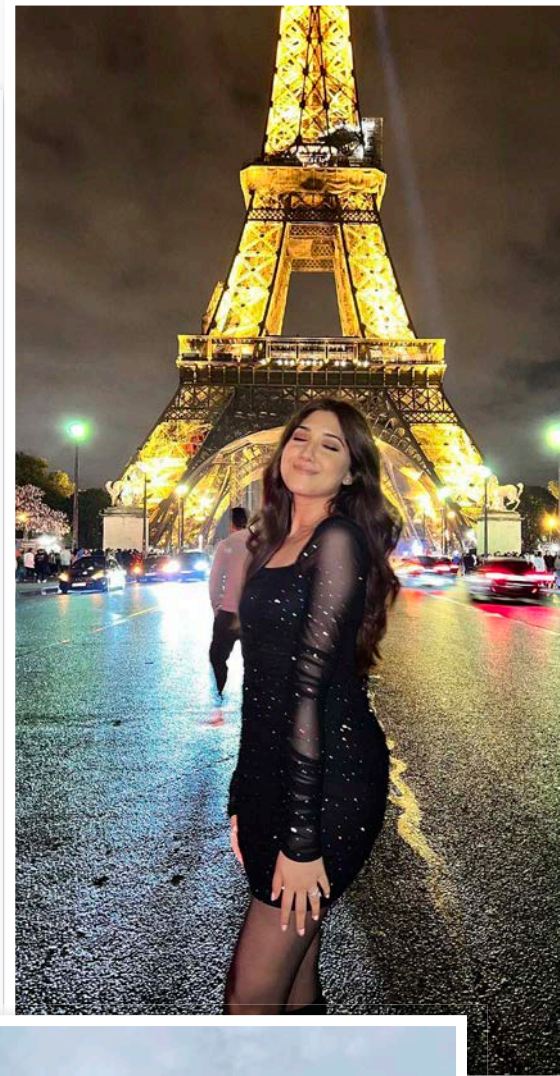
Given that the Budapest thermal baths famously once provided Roman settlers with medicinal remedies and cures, Hungary is no stranger to medical tourism. Although the baths remain a key tourist attraction, today with one of the highest global concentrations of dentists per capita, it rivals Turkey for high-quality dental treatments – although you can expect to pay £1,000 more for eight porcelain veneers. **OK!**

WORDS: LUCY ROBINSON
PHOTOS: GETTY

EUROPEAN ESCAPE

Bakhtawar Khan shares all the details of her recent trip to Europe





Where did you go?

BK: I started the trip from Rome, then Venice, Interlaken, Zurich and Paris.

Why Europe?

BK: It was my honeymoon and a trip to Europe seemed like the perfect fit.

What did you pack?

BK: I love taking pictures so I had planned a detailed wardrobe that would be relevant to the weather in the cities I visited and some special outfits for special places.

What was favourite restaurant?

BK: This cute little pizzeria in Rome called Il Vineto, which had the best pasta and pizza.

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

BK: The whole trip was memorable and one that I will cherish always. I travelled through water taxis, busses, trains and planes. It was a lot of fun travelling through Europe.

Favourite shopping destination?

BK: Paris, of course.

Some sights worth seeing?

BK: Europe is simply beautiful so every city we visited had something to offer, but my favourite was the Eiffel Tower. I have also fallen in love with the beauty

and serenity of Interlaken, Switzerland.

What are some spots for a night out?

BK: The city center everywhere offered

something for everyone and that's where I would head every night wherever we were.

Travel essentials?

BK: Comfortable shoes, medication and munchies.

Any travel tips you would like to share?

BK: Travel light when heading to Europe. **OK**

TEXT: MEHR KASSIM
PHOTOGRAPHS: COURTESY OF BAKHTAWAR KHAN

RIGHT TIME, RIGHT PLACE

PLAN THE MOST AMAZING HOLIDAY WITH THIS
EPIC LIST OF WHERE TO GO FOR EVERY MONTH
OF THE YEAR, COURTESY OF LONELY PLANET

JANUARY

Valais, Switzerland

Layer upon layer of fresh, powdery snow means January is the perfect time of year to experience Switzerland's enchanting ski valleys. Valais, in particular, is home to a string of mountain villages to suit all tastes.

From the glitz and buzz of the famous Zermatt Valley to the lesser-known resort towns of Goms and Leukerbad, the region offers visitors not only ski and snowboarding slopes, but winter wonderland hiking trails, mountain biking and sledging tracks. In family friendly Goms, over 50 miles of walking paths twist through the mountains for magical views.

Meanwhile, charming Leukerbad, with its 34 miles of slopes and 11 cross-country runs, sits among 65 thermal mountain springs. And the Matterhorn Gotthard Railway – a spectacular trainline that takes you to Zermatt to see the Matterhorn mountain – is easily accessible from the central hub of Brig, which also links to Geneva and Zurich airports.



Sunrise is the best time
to see the Moai statues
at Ahu Tongariki



FEBRUARY

Rapa Nui (Easter Island)

Located 2,300 miles west of the coast of Chile, the tiny volcanic island of Rapa Nui – also known as Easter Island – is one of the world's most remote inhabited islands. Yet each year, in February, its 8,000-strong population swells as visitors come to celebrate the flamboyant and fun Tapati Festival. For two weeks, traditional costumes, music, food and games become the island's focus.

There's much more to explore while you're here, including the Moai – the mysterious stone-carved figures created by Polynesian settlers from volcanic ash, some up to 10 metres tall, dotted across the island. Other unmissable sites include the Orongo Cultural Village to learn stories of tribal life, the Rano Raraku quarry where several Moai lie unfinished, and the main town of Hanga Roa, where street stalls serve delicious fresh fish.



The bay in Cabo San Lucas is known for its marine life



MARCH

Baja California, Mexico

If you love wildlife watching by the sea, Baja California is the place to be. In March, thousands of eastern gray whales congregate off the coast of this wild Mexican peninsula, and they are known for being curious, friendly, cute and relaxed with whale watchers. The whales are said to migrate here from Arctic waters, travelling nearly 13,000 miles along the west coast of the USA to the tropical bays and lagoons of Baja, to mate, calve and bring up their young.

San Ignacio Lagoon, Isla Cerralvo and Magdalena Bay are well-sheltered, nutrient-rich waters where the whales can feed. Whale watching operators here are experienced and responsible in their approach. When at ease, whales may surface next to the boats, spying to see what's going on above the water.

Baja attracts other marine creatures throughout the year, including humpback whales, several species of dolphins, sharks and large pelagic fish such as tuna.





APRIL

Coastal Way, Wales

Sprawling golden beaches, towering cliffs and incredible bird and marine life – the west coast of Wales is truly a sight to behold. The Coastal Way road trip has been engineered to showcase the best of this dramatic and diverse 180-mile stretch of coastline – from the smallest city in the United Kingdom, St Davids, in the south, to the picturesque fishing village of Aberdaron on the banks of Cardigan Bay in the north.

En route, you can see an array of sea birds, including puffins, off the coast of the Pembrokeshire Coast National Park. You may also spot dolphins and porpoise from the shores of Silio Beach. Other highlights include a night stop in an old stone farmhouse-turned-holiday villa in New Quay, a stroll around the pretty Georgian harbour of Aberaeron, watching the surfers at Porth Neigwl, aka Hell's Mouth, and the views in the fascinating little Italianate town of Portmeirion. Spend seven to 10 days driving the entire route – factoring in plenty of time for lazy fish and chips lunches, clifftop hikes and boat trips.

MAY

Eyre Peninsula, South Australia

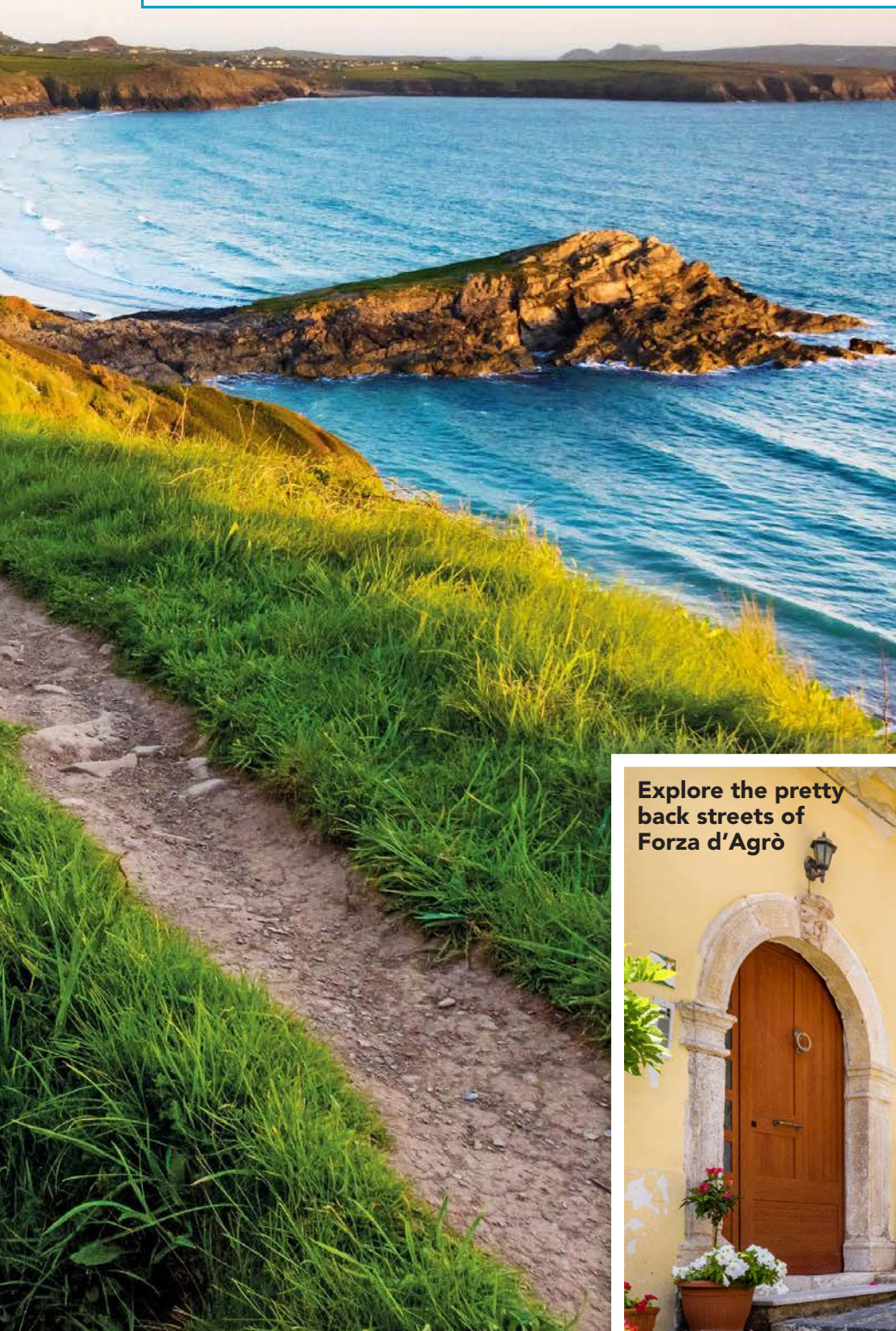
One of Australia's most wild and undisturbed regions, the Eyre Peninsula sits at the centre of South Australia state and is home to an incredible number of land and marine species. Here you can spot kangaroos and dingoes, wedge-tailed eagles, even rainbow lorikeets, fairy wrens and kookaburras. With several national parks, there are opportunities to see koalas, yellow-footed rock wallabies, sea lions, dolphins and southern right whales in the wild.

For an intimate whale-watching experience, take an expert-led tour into Baird Bay at the Head of the Bight. In the city of Port Lincoln, cage diving will bring you face to face with great white sharks. The unique marine habitat around the town of Whyalla sees giant cuttlefish gather en masse and you can snorkel to see them underwater.

And with fishing being a hobby for most locals, you can feast on affordable platters of fish, squid, lobster, blue swimmer crab and oysters at most pubs and cafés.



Get up close to a great white shark



JUNE

Sicily, Italy

Sicily's complex heritage, with Greek, Arab, Spanish, Norman and English influences, is evident not only in the island's ancient sites, but also in its mouthwatering cuisine. Tour the ancient Hellenic and Roman monuments of Agrigento, Siracusa and Taormina and marvel at the plumes of smoke gently pulsing from the crater of Mount Etna volcano.

Foodie highlights – to be enjoyed outside, under a sun umbrella in one of the countless stone piazzas around the island – include arancini (stuffed, fried rice balls), cazzilli (potato croquettes) and panelle (chickpea fritters), complemented with fresh tuna, sardines and anchovies, or a side of couscous with a squeeze of citrus. Ricotta cheese made from local sheep's milk is another favourite here – you'll find it stuffed into parcels, swirled into desserts and spread into pastry tubes to make sweet cannoli. Popular traditional wines include Corvo and Regaleali, but the sweet Malvasia and Marsala dessert wines shouldn't be missed.

June is a great time to visit this Mediterranean island because not only will you beat the summer holiday rush, but it's also delightfully balmy in the evenings. International flights arrive at Palermo, Catania, Trapani and Comiso airports.

Explore the pretty back streets of Forza d'Agrò



Check out George Washington's Mount Vernon home



JULY

East Coast, USA

In 1783, after a battle lasting more than eight years, the United States secured its independence from the British government. As a result, 4 July is now celebrated as America's Independence Day, which is why there is no better month to embark on an 850-mile east coast road trip from Virginia to Concord, stopping off at the diverse locations and paying homage to those who fought in the Revolutionary War.

Begin your trip at three valuable places of storytelling in Virginia – the Jamestown Settlement living history museum, Colonial Williamsburg and the interactive American Revolution Museum of Yorktown. Drop in on George Washington's Mount Vernon home in Washington DC to learn about America's first president – and perhaps most importantly the lives of the enslaved people of his time. Move onto Philadelphia to see the famously cracked Liberty Bell.

The Freedom Trail in Boston takes you on a journey past national landmarks such as The Old State House, where the Declaration of Independence was first read to a huge crowd from the balcony on the 8 July 1776.



Enjoy the nightlife in Dublin's Temple Bar



SEPTEMBER

Dublin, Ireland

With the rush of summer over, the early autumn is a wonderful time to explore Dublin's historical, arts and cultural districts.

Start at the EPIC Museum in the city centre, which takes you on a journey to uncover the stories of Irish emigrants who went on to impact the world. Then head to 14 Henrietta Street, a social history museum where you'll see Dublin life of old come alive. It tells the story of how the capital has evolved over time. The Chester Beatty Library in Dublin Castle holds Europe's most intricate artefacts collection.

South of the river, the Guinness Storehouse is a celebration of the national beverage. Needless to say this tour comes complete with a free sample at the end.

And of course, no trip to Dublin would be complete without enjoying the nightlife of Temple Bar, where you'll find music-filled pubs dedicated to a true Irish evening on the tiles.

If you are visiting in September, be sure to book some shows at the fortnight-long Fringe Festival – a highlight of Dublin's arts calendar.



AUGUST

Northeast Sri Lanka

August is the prime time to visit the beautiful palm-fringed north-eastern coastline of Sri Lanka because, unlike the southwest of the island which enters the western monsoon season, the northeast is blessed with cobalt blue skies and great surf at this time of year. This region was almost completely off limits to visitors until recently due to the Sri Lankan civil war, and as a result it is less developed than the flashy tourist hubs of the south – which makes it feel more special.

Here, the powdery soft sands of Nilaveli and Uppuveli beaches are often deserted, with just a few beach bars and hotels lining the shore. Nearby city Trincomalee is a hub for quaint guesthouses, local restaurants and fruit and vegetable markets. A little further south, the resort beach of Passekudah is a relaxed family friendly spot for those who want to simply put their feet up and enjoy the view.

To immerse yourself in local life, visit the colourful, bustling eastern city of Batticaloa. Enjoy a homemade curry at a lagoon-side café or watch fishermen bringing in their catch at Navalady beach.



OCTOBER

Fez, Morocco

In all its colourful and bustling glory, Fez is undeniably one of the most fascinating medieval cities in the Islamic world. Visit in October and you'll neatly pack in your holiday between the sweltering summer months and the chilly winter.

This is the perfect time to explore the 9,400 alleys of Fes el Bali, the oldest section of Fez's walled medina. Inside the medina you'll find intricate wall art combined with Moorish zellij tilework, ornately carved wooden doors and beautiful riads and dars (courtyard guesthouses).

At mealtimes, dine out on spicy tagines, pastilla (pigeon pie) and hydrating glasses of mint tea.

The most fun, however, comes from the noisy hullabaloo of the souks (markets), where delicately embroidered silk and cotton scarves drape across the walls, mountains of ochre, brown, red and purple spices spill over wooden tables, and traditional silverware sparkles in the sunlight.

Get ahead with your Christmas shopping



NOVEMBER

Manchester, England

With Christmas around the corner, November is a great time to visit this northern gem. Christmas markets and pop-up eateries begin appearing around the central squares, adding extra sparkle to the already cool aura of the city.

Start your visit at the People's History Museum – a fascinating look at Britain's 200-year journey towards democracy. Go for a browse in Chetham's Library, the oldest public library in the English-speaking world. And even if you're not a fan of the sport, it's worth taking a stroll through the National Football Museum, mainly to wrap your head around the sheer fandom associated with local Premier League clubs City and United.

If you are a football fan, book a Matchday VIP Experience to enjoy a Manchester United home game, or perhaps a behind-the-scenes Museum and Stadium tour for a more intimate look at the team.

Finally, Manchester Music Tours will take you on either a walking or bus tour to see where musical greats – from Oasis and The Stone Roses to The Smiths, Joy Division and other legendary British artists – began their careers.

Hear the lions roar in the Kalahari



DECEMBER

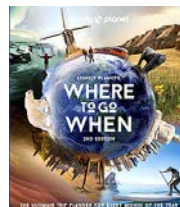
Central Kalahari, Botswana

Covering an incredible 19,305 square miles, Botswana's largest – and wildest – game reserve comes alive with animal sightings in December thanks to the start of the region's rainy season.

Rain, in these parts, means new growth – of wildflowers and grass mainly – which attracts grazing antelopes, which in turn attracts hyenas, cheetahs and the reserve's magnificent black-maned lions. There's nothing quite like hearing the ferocious roar of a lion – just one sighting of these amazing wild creatures will leave you hungry for more.

Leopards are hard to spot here, but this is the best time of year to look out for them. It's still too early in the season for there to be abundant foliage, which means there's less covering to camouflage the wild cats.

Another benefit of visiting in the rainy months is that camp rates are cheaper and visitor numbers are lower. What's most wonderful about the Central Kalahari, however, is that safari camps must be pre-booked, allowing visitor numbers to be limited and the human impact on the environment to be kept to a minimum. **OK!**



WORDS: KAREN EDWARDS PHOTOS: GETTY IMAGES, SHUTTERSTOCK, JONATHON STOKES/LONELY PLANET

LONELY PLANET'S WHERE TO GO WHEN IS OUT NOW, £19.99

OK! WORLD IN ACTION



OCEANGATE'S TITAN SUBMERSIBLE SUFFERED A CATASTROPHIC IMPLOSION KILLING ALL FIVE MEMBERS ON BOARD WHILE DESCENDING TO EXPLORE THE WRECKAGE OF THE TITANIC



A REVELLER STANDS AT THE GLASTONBURY FESTIVAL SITE IN SOMERSET, WHERE 200,000 FANS ARE EXPECTED TO TAKE IN SETS BY SIR ELTON JOHN, LANA DEL REY, GUNS N' ROSES, WIZKID, BLONDIE, ARCTIC MONKEYS, AND OTHERS



SPANISH TENNIS PRODIGY CARLOS ALCAZAR DETHRONES 4-TIME CONSECUTIVE WIMBLEDON CHAMPION NOVAK DJOKOVIC IN A THRILLING MEN'S SINGLES FINAL



NAILA KIANI BECAME A TRAILBLAZER FOR PAKISTANI WOMEN IN MOUNTAINEERING AS SHE SUCCESSFULLY SUMMITTED BROAD PEAK, THE 12TH HIGHEST PEAK IN THE WORLD AT 8,047 METRES, MAKING HER THE FIRST PAKISTANI WOMAN TO SUMMIT ALL 8,000-METRE PEAKS IN THE COUNTRY.

HOROSCOPE & TAROT

IT'S WRITTEN IN THE STARS!

CAPRICORN

Dec 22 – Jan 20



Check in with your wellness and make sure that you're not overworked and spread too thin. Get creative, lower walls, and freestyle with your emotions. You can be a perfectionist in your communication so be as direct as possible.

TAURUS

Apr 21 – May 21



If you're dating Taurus, the first week of June looks epic for your love life. And, if you're single, you'll have adventures with friends that bring you closer and more thankful than ever for your chosen family.

VIRGO

Aug 24 – Sep 23



Get honest with yourself regarding what you need to be your best self in all forms of love. You'll have adventures you'll remember for a lifetime, even if you finally see someone for their true colors.

SAGITTARIUS

Nov 23 – Dec 21



Not everyone can handle your energy, so, as a result, there may be bickering within your social circle. Look at how your work life could be affecting your mental health. Just don't forget to get enough sleep.

AQUARIUS

Jan 21 – Feb 19



You're known as a humanitarian but make sure that you're not taking advantage of anyone's time or emotional energy. But June also brings plenty of lighthearted fun, as long as you factor in time for sleeping.

GEMINI

May 22 – Jun 21



You may find a new best friend or reach new levels of intimacy in a romantic partnership. June asks you to look at your boundaries but remember, boundaries aren't walls. If you keep your emotional guard up too much, you may miss out on opportunities to develop your bonds.

LIBRA

Sep 24 – Oct 23



Get serious about allowing enough time for rest. You're more charming than ever. The next few weeks see you making new friends and even forging valuable professional contacts.

PISCES

Feb 20 – Mar 20



Ensure you're devoting enough time to your friends. Spend time with trusted friends who lift you up. Then, be prepared to say goodbye to fairweather friends and grow closer to new, cooler people.

CANCER

Jun 22 – Jul 23



Early June is ultra-glam and encourages you to experiment with beauty routines. The only question is, can you crawl out of your crab shell and let your friends shower you with love and attention?

SCORPIO

Oct 24 – Nov 22



Keep your eye on your inbox as you may receive that email you've been waiting for. June is an excellent month for networking or forging new social connections, as your confidence and charisma are sky-high.

ARIES

Mar 21 – Apr 20



Take it easy early in the month to avoid drama. You're eager to negotiate your boundaries, especially surrounding work and communication is on your side this month. The stars also offer up a confidence boost.

LEO

Jul 24 – Aug 23



All the Leos who are partnered or dating can expect a rush of intimacy. Those who are just focused on themselves right now can relax into a cloud of self-care. It's crucial that every Leo makes time for rest.



WASIM AKRAM
JUNE 3, 1966



ANGELINA JOLIE
JUNE 4, 1975

SOURCE: LAUREN E. TAYLOR WWW.THEEVERYGIRL.COM
PHOTOGRAPHS: SHUTTERSTOCK WEEEN



Now Available on iTunes & Google Play



DOWNLOAD YOUR DIGITAL ISSUE

*Go to the App Store and search for **OK!** Pakistan*



Follow us @OK_Pakistan



@OKPakistan



facebook.com/okmagazine.pk

EBEL
BEAUTY MARRIES FUNCTION

Featured below is the new
EBEL 1911 in 18k yellow gold/ stainless
steel and ocher mother-of pearl dial.
Inspired by the harmonious beauty
of function and form from the house
of EBEL, designed by Le Corbusier.

EBEL.COM



EBEL 1911

©2021 EBEL - Ref. 1216582

Collectibles
JEWELLERY & WATCHES

Karachi: Dolmen Mall Clifton - Tel +92 21 35297873-4. Islamabad: Serena Hotel - Tel +92 51 2600371-2.
Faisalabad: Lyallpur Galleria Mall - Tel +92 41 5211151. Quetta: Gold City Mall - Tel +92 81 2826636.
Lahore - Pavillion Mall PC Hotel - Tel +92 42 36306041

Visit our website : www.gharyal.com