OK!
PAKISTAN
FIRST FOR CELEBRITY NEWS
ISSUE 22, FEBRUARY 2016



NAMIRA SALIM
PAKISTAN'S FIRST ASTRONAUT ON LIFE IN OUTER SPACE

DREW BARRYMORE
ON *MISS YOU ALREADY*

SADAF KANWAL
"LIMITS ARE EXTREMELY IMPORTANT"

CINDY CRAWFORD
FORMER SUPERMODEL TURNS 50

ON THE LIST
THE WORLD'S MOST ELIGIBLE BACHELORS & BACHELORETTES

NILOFER SHAHID
COUTURIER PAR EXCELLENCE

LEONARDO DICAPRIO
THE GOLDEN GLOBE WINNING ACTOR TALKS ABOUT *THE REVENANT*, A MOVIE WHICH MIGHT FINALLY EARN HIM HIS FIRST OSCAR


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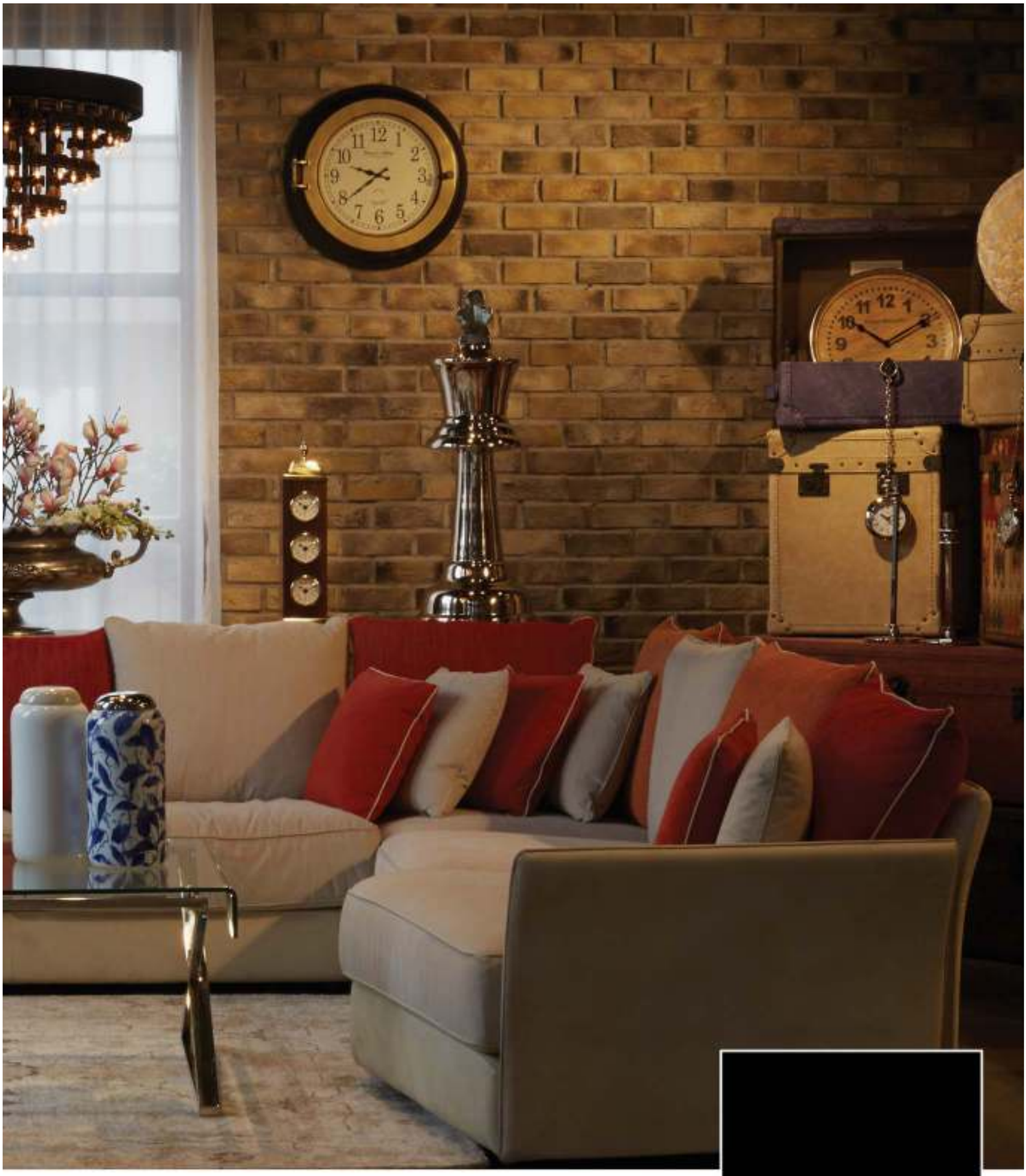




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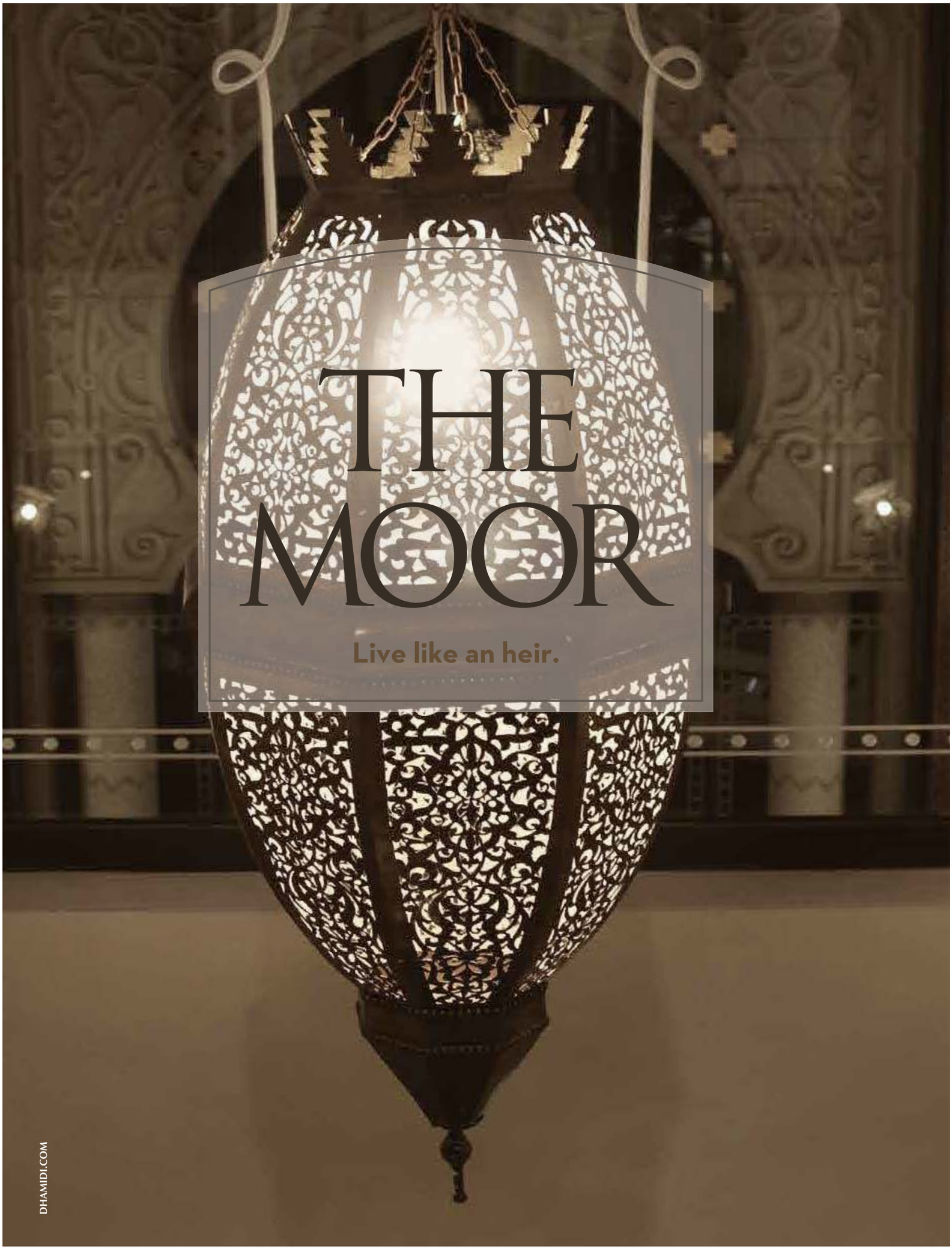
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*N°1 of sales in unit and value on the Skin care market, 40 countries reported, accounting for 84% of the World Wide Gross National Incomes, YTD August 2014, Nielsen, IRI and GfK databases. Mass Market Face Care databases.

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OK! PAKISTAN

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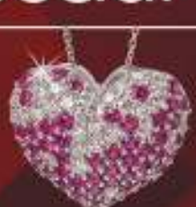
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If there's one person in the world who's single and loving it, it's got to be Leonardo DiCaprio! Undoubtedly one of the world's most eligible bachelors, this Hollywood heartthrob has stolen hearts of millions and despite dating some of the most gorgeous women on the planet, he doesn't seem to have any plans of settling down. *OK*! catches up with the charming superstar as he talks about the monumental challenges of making his latest film *The Revenant* which looks all set to earn him his first Oscar!

Pakistan's first astronaut and space tourist Namira Salim shares her thoughts on global warming, life in outer space and the Virgin Galactic expedition. Industry veteran Nilofer Shahid discusses her dedication to her craft and what inspires her, and model of the moment Sadaf Kanwal talks fashion, love and everything in between!

The stunning Cindy Crawford is turning fifty this month; the former supermodel tells us about how it all started, the hardships she faced and what beauty means to her.

In case you're still single, don't miss *OK*!'s list of the world's most eligible bachelors and bachelorettes, and find out which Pakistanis made the cut! All this plus the hottest events of the season and much more!

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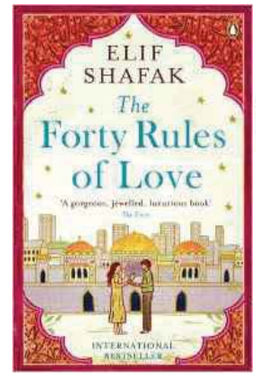
Red Peonies



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Editor's Note



With the 88th Academy Awards just around the corner, we thought it fitting to feature the man of the moment, Leonardo DiCaprio as our cover star for the month. The Hollywood actor is the recipient of four Golden Globe awards and is widely being tipped to win his first Oscar for his riveting performance in *The Revenant*. Few actors have enjoyed a career as rich and diverse as DiCaprio, and he has some excellent films to his credit: *Titanic*, *The Great Gatsby*, *Romeo & Juliet* and *The Aviator*, among many others. And while he has previously been nominated four times for an Academy Award (and dubbed 'the best actor to never win an Oscar'), he definitely seems to be the hot favourite this time around and fans are rooting for him to finally take the coveted Oscar home. We are huge fans of his acting prowess but more importantly, we respect him for having his priorities in the right place and taking the initiative to support projects that protect vulnerable wildlife from extinction. "Historically, if we look back at human nature and see what we've done to other races and to the natural world, we say: 'God, how ignorant we must have been and how short-sighted'", he says in this exclusive interview with *OK*!

We are excited to bring you a conversation with Cindy Crawford, one of the most popular supermodels of the '80s and '90s! Today Crawford is regarded as a global cultural icon, and is admired for her huge repertoire of work as well as for building a massive business empire over the span of three decades, all the while retaining her wholesome and clean image. On the eve of her 50th birthday this month, she looks back on her life's journey and shares some sage advice: "I am a great believer of fairy tales and making your dreams become reality. Half the battle in life is just believing in yourself and not giving up even when things don't work out. You never know which moment or event is going to help you succeed..."

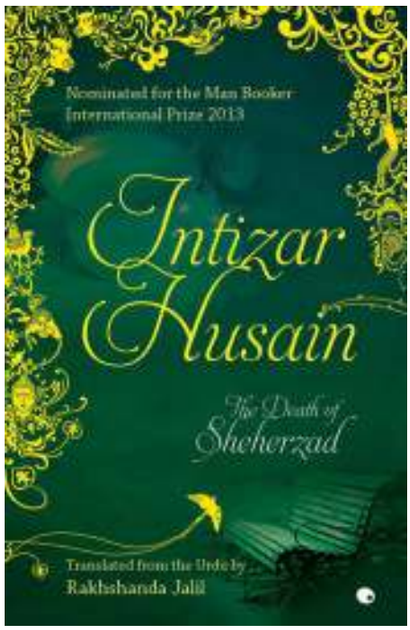
We are sure you will enjoy reading our feature on the immensely talented couturier, Nilofer Shahid. In these commercially driven times, it is not often that you will come across a designer who is as dedicated to her craft, or one who is so very particular about every minute detail of her work. From the impeccable cuts to the intricate embellishments that adorn her creations, Nilofer Shahid is the quintessential perfectionist and has received countless accolades and standing ovations at fashion shows all over the globe.

All this and so much more. Enjoy the issue!

Sara

Sara Amir Turab Ali
EDITOR-IN-CHIEF

Editor's Picks



The Death Of Sheherzad

Lahore Sightseeing Bus



The Tanners are back! Fuller House, the sequel series to the American sitcom Full House, is set to debut this month



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Sarmad Khoosat's *Manto* wins at Jaipur Film Festival



Sarmad Khoosat's *Manto* is making waves in Pakistan as well as India. The biopic on the short story writer Saadat Hasan Manto won Khoosat the award for Best Actor as well as the prize for Best Sound and Editing at the Jaipur Film Festival.

While Sarmad Khoosat also played the role of Manto, it was Jamal Rehman who looked after the sound and editing of the film. Upon winning the award, Khoosat thanked everyone for their best wishes and prayers at the festival, and was congratulated by many including Sharmeen Obaid-Chinoy, Samina Peerzada, and Savera Nadeem among others.

Manto was the opening film at the festival that kicked off on January 2, 2016 along with Bollywood hit *Piku* starring Amitabh Bachchan and Deepika Padukone.

The film has been making rounds all over the globe and has also seen a sold-out show at Washington DC South Asian Film Festival. Not only that, it was also screened at Harvard, Yale, Columbia, University of California, Berkeley, Georgetown University and University of Texas, Austin.



Ainy Jaffri and Osman Khalid Butt to star in Haissam Hussain's film



Ainy Jaffri and Osman Khalid Butt have been finalised as the sizzling hot lead stars in the upcoming rom-com feature film, *Balu Mahi* to be directed by director Haissam Hussain of *Dastaan*, *Dureshawar* and hit comedy *Aunn Zara* fame. The movie will be produced by Sadia Jabbar of the successful TV serial *Mera Naam Yousuf Hai*.

Ainy, who is the much-loved voice of the revolutionary animated TV serial character, *Burka Avenger*, will fly in especially from London to begin shooting later this month. Osman has become hugely popular and resonates with the masses after his appearance as Wali in *Diyar-e-Dil*.

Other leading industry names associated with the project include Directors of Photography (DOP) Saleem Daad of *Jawani Phir Nahi Ani* fame and music composer Sahir Ali Bagga.

2015 proved to be a stellar year for Pakistani cinema, with the highest number of releases since its "revival" in 2007 and *Balu Mahi* added to the fray with the visually stunning pairing of Ainy Jaffri and Osman Khalid will no doubt also lend to the amazing momentum.



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Sana Shahnawaz debuts as producer with TV serial *Mann Mayal*



Mann Mayal is a big-budget serial to look out for in 2016 owing to its fabulous star cast and storyline. *Mann Mayal*, which has been directed by Haseeb Khan of *Diyar-e-Dil*, features a strong cast: Hamza Ali Abbasi, Ayesha Khan, Gohar Rasheed, Maya Ali, Saba Hameed, Ismat Zaidi, Talat Hussain , Aiman Khan, Laila Zuberi, Sheheryar Zaidi, Mehmood Aslam, and Lubna Aslam.

Visionary writer Samira Fazal has written the serial. The OST of *Mann Mayal* has been penned by veteran writer Khalil-ur-Rehman Qamar and crooned by singing powerhouse, Qurat-ul-Ain Baloch.

While *Mann Mayal* is Sana Shahnawaz's first project as a producer, she is no stranger to the industry. Being a part of the same family actor/producer Humayun Saeed and his wife Samina Humayun Saeed belong to, Sana has not only grown up seeing her family members successfully manage high profile productions but has also herself worked as the wardrobe stylist and style director on over 40 projects. Her most recent work includes the 2015 blockbuster *Jawani Phir Nahin Ani*. 2016 will see Sana Shahnawaz venturing into production with the serial *Mann Mayal*, which has been co-produced by Samina Humayun Saeed and Momina Duraid.

Speaking about her expectations from *Mann Mayal*, Sana Shahnawaz says, "I'm thrilled to get a chance to work with such an amazing team so early on in my career. I couldn't have found a better project than *Mann Mayal* to kick-start this new phase in my creative journey. It's always a blast working with a team who are not only talented artists but also very dear friends. I'm confident the audiences are going to love this serial".









Usman Riaz and Apple team up for iPad art demo

Apple has collaborated with talented 25-year-old musician and artist Usman Riaz to present a live demo of his art works. Not only do his fingers work magic on the guitar and piano, but he also has impeccable drawing skills.



The youngest TedGlobal Fellow from Karachi will be showing off his skills as an animator and a drawer at an Apple store event. He will give a live demo of his art work process for the upcoming animated film, *The Glassworker*, along with other works using the iPad Pro, Apple Pencil, and of course, the famous drawing app Paper by FiftyThree with Apple. Known for his a TED Talk titled *Usman Guitarist Meets His Hero* would better know him as incredible performance in *Riaz + Preston Reed: A Young* back in 2012, many Pakistanis the guy who was also featured on Coke Studio Season 7, dazzling music fans with his splendid performance.



Usman Riaz will be joined by Rachel Romano of the FiftyThree team who will also share tips on making the most of the app that allows artists to create art in a whole new way. Usman Riaz also shared a teaser of his forthcoming animated movie on social media, Mano Animation Studios, the special one-minute teaser of which will debut at TED 2016.

Karachi Grammar School wins Best International Delegation award!

Three cheers for Karachi Grammar School (KGS) for winning the Best International Delegation award at the Harvard Model United Nations (MUN) 2016 held in Boston, United States.

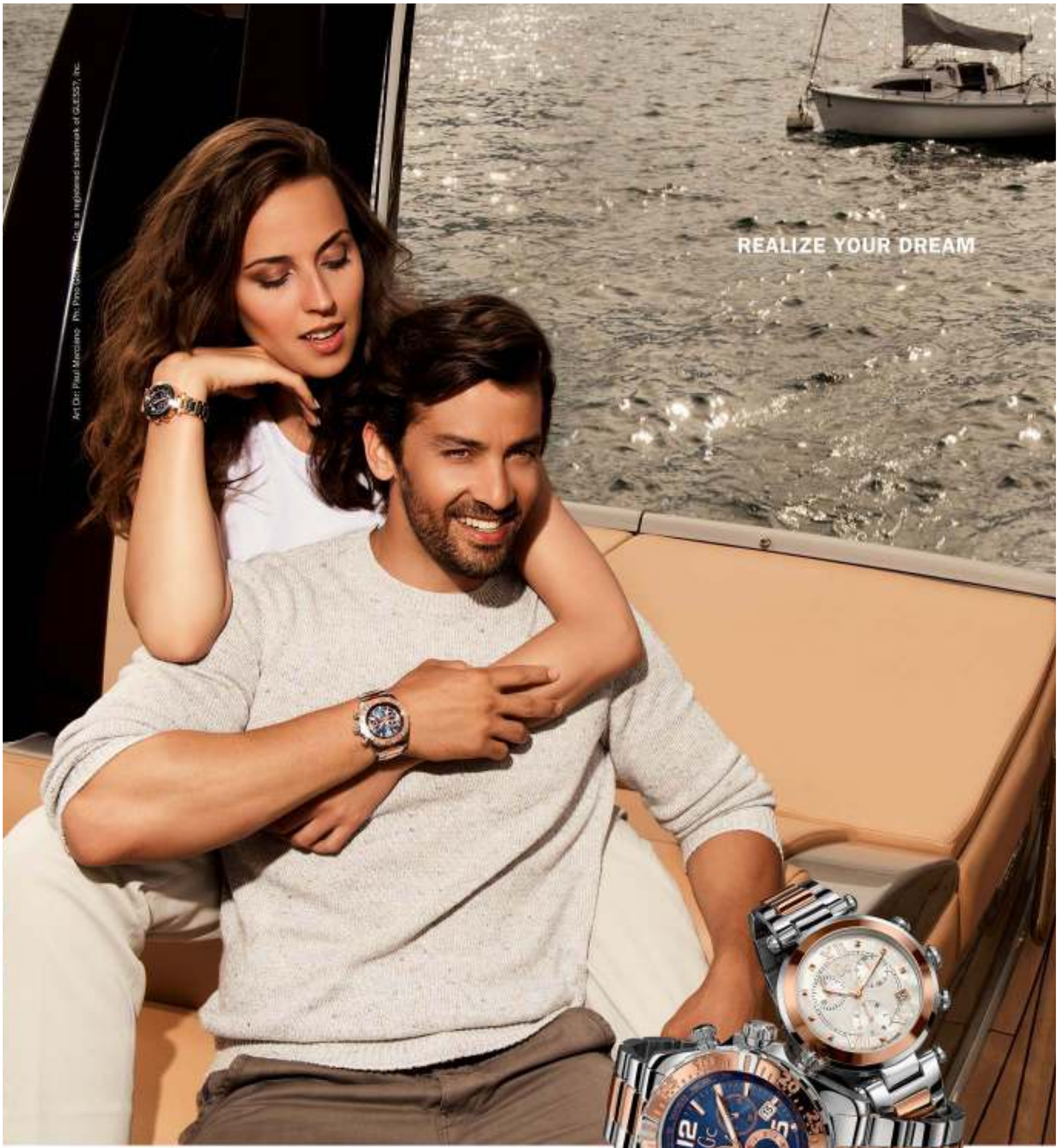


Over 3,000 delegates representing more than 199 countries participated to debate issues of international importance out of which a 14-member KGS team participated at the MUN in Boston for the first time. The winning team also won all debate competitions in Karachi before heading for Boston. The team secured the best delegation award at ZABMUN-VIII, MUNIK and BAYMUN. More than 300 faculty advisors from around the United States and every continent of the world assembled to debate issues of international importance.

The KGS delegation included Uzair Saqib, Zainab Saeed, Taimur Ahmed Mian, Ghasharib Shoukat, Suroor Rahimtoola, Nasha Kanga, Laleh Ahmed, Rahul Bherwani, Channan Hanif, Zarak Quraishi, Riva Effendi, Hakim Faiz, Shahzel Najam and Leila Khan.

Other schools from Pakistan, including Karachi's Lyceum, Lahore's Aitchison College and Roots Millennium from Islamabad, also participated in the event. Lyceum's eight-member team secured the Best Small Delegation award.

TEXT: FIZZA FURQAN



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HOLLYWOOD CONFIDENTIAL

The 73rd Golden Globe Winners

It was a fun-filled glamorous night – Leonardo DiCaprio, Jennifer Lawrence and Matt Damon led the winners at The 2016 Golden Globes. Here are the other frontrunners:

Best Drama Actor
Leonardo DiCaprio, *The Revenant*

Best Drama Actress
Brie Larson, *Room*

Best Musical or Comedy Actor
Matt Damon, *The Martian*

Best Musical or Comedy Actress
Jennifer Lawrence, *Joy*

Best Screenplay
Steve Jobs

Best Drama Movie
The Revenant

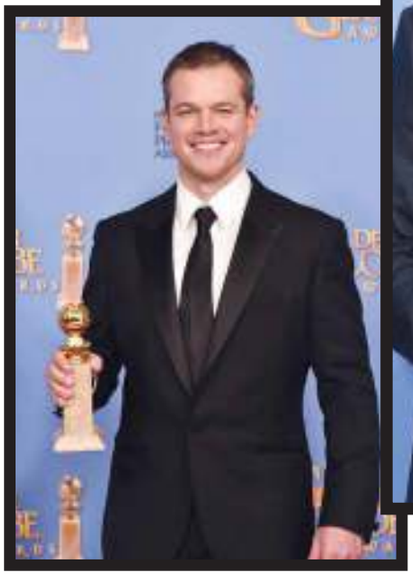
Best Musical or Comedy Movie
The Martian

Best Animated Movie
Inside Out

Best Supporting Actor
Sylvester Stallone, *Creed*

Best Supporting Actress
Kate Winslet, *Steve Jobs*

Best Director
Alejandro G. Iñárritu, *The Revenant*















People's Choice Awards 2016

Where else would you find Vin Diesel rubbing shoulders with *All About That Bass* singer, Meghan Trainor, or A-list Oscar winner Sandra Bullock hanging out with Vanessa Hudgens and Lea Michele? The 2016 People's Choice Awards saw the stars of *Game of Thrones*, *Grease* and *Modern Family* walk away with fan favourite gongs, while the hotness factor was upped by the likes of Ed Westwick, Taylor Kinney and Tyler Posey. Here are the winners:

Favourite TV show
The Big Bang Theory

Favourite sci-fi/fantasy TV actor
Jensen Ackles

Favourite competition TV show
The Voice

Favourite actress in a new TV series
Priyanka Chopra

Favourite movie
Furious 7

Favourite movie actress
Sandra Bullock

Favourite action movie actor
Chris Hemsworth

Favourite dramatic movie actor
Johnny Depp

Favourite dramatic movie actress
Dakota Johnson

Favourite male artist
Ed Sheeran

Favourite female artist
Taylor Swift




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Ryan Gosling I'm Ready To Marry Eva

While he's undoubtedly one of the most-loved actors on the planet, Ryan Gosling has remained down-to-earth and low-key. But after a couple of years out of the spotlight, he's making a big return this year with a string of hit flicks including *The Nice Guys* with Russell Crowe and *La La Land* with Emma Stone. But first, he's starring in *The Big Short* alongside Christian Bale and Brad Pitt. Then there's Ryan's biggest role yet – raising his 16-month-old baby daughter Esmeralda with his long-time partner Eva Mendes. "[It's] not rocket science," says Ryan, who's become a pro at changing nappies. And while Ryan's always been famously guarded about his romance with Eva, he's recently changed his tune, confirming the 41-year-old beauty is the one he wants 'to be with,' prompting whispers that another big announcement could be on the way! With marriage and movies on the cards, it looks like 2016 is going to be Ryan's biggest year yet. Ryan's always been guarded about his private life, but with wedding rumours swirling, now it seems as though he can't stop gushing about his lady love! "I know that I'm with the person I'm supposed to be with," he says. And the quality he looks for in a woman? "That she's Eva Mendes," Ryan replies simply. However, he admits that one thing about Eva that's questionable is her taste in music. "She's obsessed with the Hanson Christmas album!" he recently joked. "No disrespect to Hanson, they're very talented kids, but I think I've heard that record enough."



Little Prince George Off To School



Backpack on? Check! Cute smile? Done! Gorgeous Prince George was ready for his first day of pre-school – and he couldn't have looked more scrumptious! It's hard to believe George, now two and a half, is already old enough for Westacre Montessori School nursery, but that's where the tyke was bound recently. Like any proud mum, Kate took sweet snaps before she and Wills dropped him off for his big first day. "He's going to be attending part time for a handful of hours per day," a palace insider says. "It seems [the first day] went well."

It's Official: Miley Cyrus And Liam Hemsworth Are Engaged!

Just days after they were spotted rekindling their romance in Australia over the New Year period, Miley Cyrus and Liam Hemsworth have decided to head straight to the altar! The *Wrecking Ball* singer has wasted no time in locking down her true love, with the 23-year-old happily flaunting an engagement ring as she exited JFK airport in New York on January 17. And yes it's the same 3.5-carat cushion-cut diamond sparkler Liam proposed with back in 2012! Clearly not afraid of hiding their union anymore, Miley took several snaps of the ring and posted it on Instagram. "'Liam put a ring on it," one excited fan pointed out. "Miley always said Liam is the love of her life...it seemed she was always hoping and dreaming that they one day could get back together again," a friend revealed. After briefly dipping her toe into the dating scene during their time apart, including a short-lived romance with actor Patrick Schwarzenegger, 22,

Miley realised her one true love was Liam, 26, the whole time. "Miley's always had a special place in his heart," says a pal. "Life is too short not to be with the person you want to be with," Miley explains. And for Liam, the reunion was a no-brainer, with *The Hunger Games* star putting it simply, "She makes me really happy."



TEXT: GEMMA WHITE, FARAH ANDREWS, AMBER BRAMBLE & AMBER GILES ; PHOTOGRAPHS: GETTY

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Fresh Hai 7UP KA LOVE











7UP launched it's new logo and was joined by
7 young celebrities who took part in the celebrations
by refreshing their own looks!

#refreshyourlook


DR MAHNAZ, DR MARIE & DR ZEHRA


SHAMAMA ARBAB


AMBER QAISER, SARA RAZA & NIGHAT LONE


DR FARHANA MAQBOOL

KARACHI

PMJ 2016

The second Pond's Miracle Journey gala was a celebration of miraculous stories of one hundred inspirational Pakistani women. The event was held at the beautiful Mohatta Palace, where the efforts of the country's unsung heroes were recognised and applauded.


HADIQA & RABIA


AAMNA TASEER


ASIFA IMRAN


MUNIBA MAZARI


NADIA HUSSAIN


MOMINA DURAID


ALI TARIQ, FRIEHA & RAHEEL


SHARMILA FARUQI


IMRAN ASLAM & FARESHTEH ASLAM


SHEHLA & SALIM CHATOOR

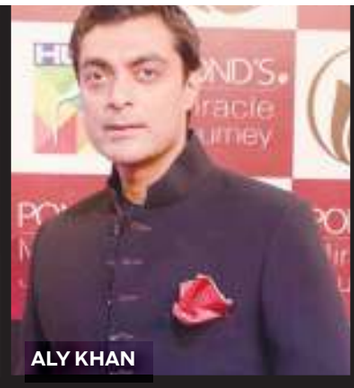

SHAMAIN FARUQUE


SANIA MASKATIYA


SADAF JALIL & NAIMA DADABHOY


AMNA TAUQEER


ANISA RASHID KHAN


ALY KHAN


MUNEEZA KHAN


NAAZ FANCY


SABA HAMID


ALIYA SUFIYAN, TAHERA HASAN & HUMA MAHMUD


UZAIR JASWAL


NINA KASHIF


YUMNA IMTIAZ


TAHERA HASAN


NAZLI AKBER


SALIMA FEERASTA


SAEEDA LAGHARI


FAIZA RANGOONWALA


LUBNA LAKHANI


MONEEZA BUTT


AINIE SHAHZAD


SHEHRNAZ HUSAIN


LAILA ODHO PREMJEE


LAIQA HASAN


UMAIMA, TANIYA, HAMIDAH & FARIYA SUBHANI


BILAL ASHRAF & ALY MUSTANSIR


AMIR & HUMA ADNAN


SADAF MUNEER JALIL & TANYA SHAFI


MARIANA KARIM & RAMEEZ SATTAR


NAFEESA SHEHZAD & SOPHIA WAHAB

KARACHI

Kidney Centre Brunch

The annual Kidney Centre brunch took place in Karachi recently, and was inspired by Alexander McQueen's *Savage Beauty*. The event was managed by the organisation's Youth Initiative team and was attended by socialites and celebrities from across Pakistan.


SABA GILLANI & SANA RAZA


SADAF MALLATERRE, MAHEEN KHAN & TAPU JAVERI


FAIZA RANGOONWALA


SAMIRA DADA


ERUM MOWJEE & SAIRA LAKHANI


MAIRA PAGGANWALA & SHEHRBANO TASEER


SARA & MEHR BANO QURESHI


PREHA K BUGTI & SHEHRNAZ


NIGHAT TEHSEEN, NINA KASHIF


RAHEEN, SEHR & MAYA


SARA TARIQ


SALAHUDDIN & SEVEEN BAWANY


SANAH SARFARAZ


AINEE SHEHZAD & ZAHIDA HABIB


ANUSHEH IRFAN & NAILA QASIM


SEEMI TAPAL & AFSHAN SOORTY


ABID NISAR


ZOHRA & SEHAR


UMAR SAYEED


IMAN & UMAIR BAIG


HIRA TAREEN, ALI SAFINA & SHAKIR ABEDEEN


TALYA JALIL


MOHSIN ALI


SAHERA AMIN, ADIBA PESHIMAM & MAYA ISMAIL


ZAHRA ABBAS & ALI JAMIL


FAHEEM JAFFER & UMAIMA MUSTAFA


NATASHA FAROOQ & SHAHRUKH PARACHA


FRIEHA ALTAF


SAMYA BAIG & IZDEYAR SETNA


SANA & ARSALAN BILGRAMI


SAMAN ZUBAIR & RABEEA ISHTIYAQ


KIRAN MALIK & SHERRY REHMAN


SAMEERA RAJA


SABA PERVEZ & NIDA AZWER


JEHANZEB & MAHIN


DEENAZ MUGHAL & SANA ZEHRA


SARA SAIGOL


SEHR KAZMI, FARAH MIRZA, ZARA JAMEEL & UZMA ABBASI


QASSIM SHAH & MUSTAFA MUMTAZ


SOMAYA ADNAN & FARNAZ


RAHEEN KHURRAM


TANVIR & ABID OMER


ZARMINA GHANI, AYESHA SALMAN & SHAZEYA GHANI


ZAINAB SALAHUDDIN & AARIJ HASHIMI


SHANIERA & WASIM AKRAM


NADIR, MOMAL & BAREEHA


TOOBA, SABA & AYESHA


FATEMA ZUBERI, SAMIRA FAISAL KHAN & AYESHA


FAHAD, SARWAT & BILAL


UZMA & ATIF BOKHARI


ZARINA ALI


AMJAD SABRI & NADIA HUSSAIN


ALI HAIDER


TASNEEN & MEENAKSHI


AAMIR AWAN & ASMA BANGASH


FAISAL & SANA QUERESHI

KARACHI

Men's Fashion

Men's Fashion Week was recently held in Karachi at the Mohatta Palace. It was a welcome addition to the city's fashion scene and proved to be a great success.


HUSSAIN ZAIDI & MARZI


AMIN GULGEE


GHAZALLA HUMAYUN


ANUSHEY ASHRAF


ASMA BANGASH


IQRA SAQIB


WAJEEHA SHAHID & HASSAN FAWAD


ANUM ATIF, TURAB RAMZI & ANUM KASIN


WAQAR BUTT, RIJA ALI & AMBREEN AZHAR


RAMSHA PERVEZ & UMAR YUSUF


KAUKAB JAHAN


NAZNEEN TARIQ


MRS.SUHAIL MIRZA & AHMED FARAZ


DEEPAK & AAMNA


ALI MUFTI, MIRZA ISHTIAQ BAIG & HAIDER KHAN


BEENA HASAN & OMAIR LEGHARI


MARZI & JAVERIA SAUD

KARACHI

Har Rang Apna

J. launched their new collection *Har Rang Apna* at Karachi's Dolmen Mall in Clifton. The event was attended by prominent Pakistanis from the fashion and entertainment industry.


AREEBA & MUNAF


RUBAB


HUMAIRA ASGHAR


NADIA HUSSAIN


DR SHEHLA RAZA (DEPUTY SPEAKER SINDH ASSEMBLY)


LAMIYA TAJ & FAIZAN HAQUE


SANA FAKHAR


SAADIA IMAM


MOHSIN FEROZ


NAZIA MALIK

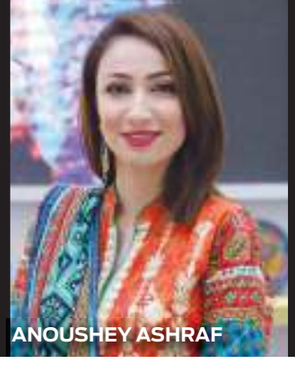

ROHAIL PIRZADA


JUNAID KHAN


SHAMS & NADIA MYSTRY


AMIR OF JOHN ALLAN SALON


SHAMOON ABBASI


ANOUSHEY ASHRAF


ABBAS JAFFRI

SOULLY EAST

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PERVEZ MUSHARRAF


ZIA MEHMOOD


MIRRETT MUMTAZ & SHAKIL SAIGOL


ZAKI MUNEER


LAILA SARFARAZ & DINAR SETNA

KARACHI

Lady Dufferin Bridge Tournament

The friends of Lady Dufferin Hospital, Karachi, recently hosted a bridge tournament to raise funds for the country's oldest mother & child hospital. Guests in attendance included Chief Guest Zia Mehmood, former president of Pakistan, General Pervez Musharraf, and Pakistan's top bridge players, all of whom came to support the worthy cause.


DR. FARIDOON SETNA


ABDUL REHMAN ALLANA, ALI MAHMOUD, KHURSHID HADI & ZAKIR MAHMOUD


IZDEYAR SETNA & DR. ZERYAB WITH HIS WIFE RASHNA


HUSSAIN JAFFER


YOUSUF TALPUR


GULZAR BILAL


ALI RAZA & FATIMA RAZA


JEEVA HAROON & CHICKY HAROON


SHAMAEEL ANSARI


REHANA SAIGOL


NUCCHI

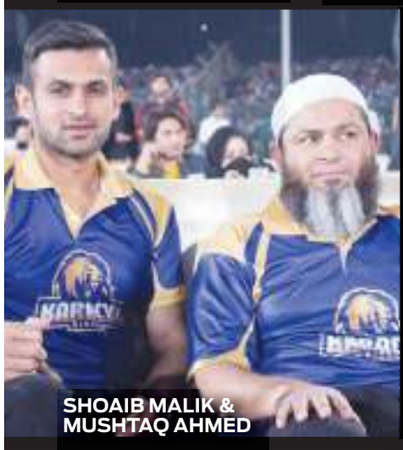

KAMAL SHOAIB


DR. ISHRAT UL EBAD KHAN


SALMAN IQBAL & FAHAD MUSTUFA


WASEEM AKHTER


UMER SHARIF


SHOAIB MALIK & MUSHTAQ AHMED

KARACHI

Karachi Kings Launch

The Karachi Kings launch concert was held at the National Stadium in Karachi, with the team captain Shoaib Malik & thousands of supporters in attendance. Ali Azmat sang the team's anthem while Governor Sindh, Ishrat-ul-Ibad played Pakistan's national anthem live on the guitar.


MASOOD HABIB & RABAB MASOOD


KHURRAM IQBAL & SHALLUM ASHER XAVIER


MOHAMMAD AAMIR


SHAZIA KHUSHK


WASEEM BADAMI


KOMAL RIZVI


MEHBOOB ABDUL RAUF


FAISAL VAWDA


FAAKHIR


IQRAR UL HASSAN


SOHAIL ANWAR SIYAL


SALIM JAVED


ALI HAIDER


ALI AZMAT


BILAWAL BHATTI, SOHAIL KHAN & SOHAIL TANVEER

KARACHI

Birthday Celebration

Saba Pervez Dada hosted her birthday by the poolside where guests enjoyed massages by Oxygen Spa and delicious hors-d'oeuvres in the fabulous weather.


AMIRAH MUNEER & AALE MOWJEE


SAMEER & SABA PERVEZ DADA


FIZA BAWEJA


MALIHA AZIZ


MAIRA & QASSIM SHAH


JEHANZEB & RABEEA ISHTIAQ


SAMIRAH & SAMIHAH GHANI


MARIAM BILWANI


SHEHRYAR KHAWAJA, ZAID HIDAYATULLAH, IMRAN BAIG & SHAHZAD FURQAN


FAHAD MUNSHI


KIRAN MIAN & MAHA AHMAD HUSSAIN


IRAJ TARIQ & MINHAL MALIK


ZOYAA BAIG & SNEHA SHAH


SAMYA BAIG & AALYA ISANI


ANNIE BILWANI & UMAIR


ALIZEH PASHA


SHAHZAD DADA


SHAHROZ SABZWARI, MUSTAFA JAMSHED, PALWASHA



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ABEER ADIL & NAZNEEN TARIQ KHAN


SAUD & JAVERIA


ZHALAY SARHADI

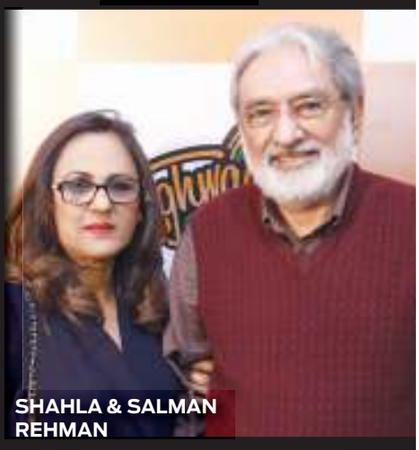

NAZIA MALIK


TEHMINA KHALED & SHAISTA LODHI

KARACHI

Highway Café Opens

Highway Café is Karachi's latest eatery, located at Khayaban-e-Seher in Phase 6. The opening featured a dramatic food presentation by fashion models wearing eclectic truck art themed clothes by couturier Rizwan Beyg.


SHAHLA & SALMAN REHMAN


TAYYAB BOMBHAL & GHAZALA


YILDRIM BUTT


SADIA IMAM


SAHER & SAAD


MATHIRA & ROSE


MUNAF & SABEEN


WAQAR ZAKA


MERZI


KHURSHEED HAIDER & ALIA


SIDRA SAJID


SAIM ALI


MADIHA & HASSAN NOMAN


MASARRAT MISBAH



RAFIQUE, TARA & HAMIDA DAWOOD


LAILA SARFRAZ HAROON


SHARMILA FARUQI & ZEBA BAKHTIAR

KARACHI

Speednetworking Luncheon

The British Deputy High Commission Karachi and Dawood Global Foundation co-hosted the 4th Ladiesfund Star Speednetworking Luncheon in Karachi. This annual affair drew 150 of the most dynamic women professionals and corporates, and celebrated ten women of inspiration.


SHANAZ RAMZI & NAVEEDA MEHMOOD


SARWAT GILANI & MOHSIN FEROZE


AYAZ DAWOOD


BANGLADESH'S CONSUL GENERAL, NOOR-E-HELAL RAHMAN


JOHN & NAZNEEN TARIQ


STEVE CROSSMAN


SPENTA KANDAWALLA


MARZI


SANIA MASKATIYA


AMNA AQEEL


AYESHA KHAN


RUKHSANA ASGHAR


FRANCOIS DALL ORZO


KAMAL AZFAR


NIGHAT TEHSEEN


NIGHAT MISBAH


MASARRAT MISBAH & NAZNEEN TARIQ



BATOOL & AMNA



JAVARIA SAUD

KARACHI

Masarrat Make-up at DMC

A two-day make-up activity was held by Masarrat Misbah Makeup at Karachi's Dolmen Mall in Clifton. Customers not only got to meet the make-up maestro but also received a free makeover from Masarrat and her team of beauty consultants.



KHUSHBAKHT SHUJAAT



ISRA, MAHNOOR & HAFSA



NUSRAT ZEHRA



ASMA & AJIAZ


MARIAM SALEEM


QURATULAIN


MARZI


MOHSIN FEROZE


TEHMINA KHALID


MRS. MISBAH & ISRA


SULTANA SIDDIQUI


RANA ASIF


MAHNOOR


HAFSA HASEEB

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DERMATOLOGIST | LASER SKIN SPECIALIST

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HUMA DAWOOD


TARA UZRA DAWOOD WITH FORMER GOVERNOR KARACHI, KAMAL AZFAR


SYEDA AFIFFA BATOOL


ZAFAR MOTI


EAG WINNER FATIMA & IARA LEE

KARACHI

Documentary Screening

PACC and Cultures of Resistance invited the Educate a Girl community to a special screening of Lara Lee's award-winning documentary, *K2 & The Invisible Footmen*, which chronicles the lives of the porters at K2. A total of 10 girls will be educated from funds raised through this event.


NARGIS & ANAM SOORTY


UZMA MAZHAR


USMAN SIDDIQUI & USMAN PARACHA


SHUMAILA BOKHARI


SHANAZ RAMZI


SHERRY AHMED & ARSHAD NADEEM


SPENTA KANDAWALLA


SHUMAILA KHAN


RIZWAN UL HAQ


IQRA MUJAHID


JAWWAD SHARIF


NAVEEDA MAHMUD


BATOOL & ANITA

PHOTOGRAPHS COURTESY OF TUD PR


IMRAN ABBAS, TEHMINA KHALED,AZFAR REHMAN & ANUSHEY ASHRAF


AHSAN KHAN


LAIQA HASAN & MONEEZA BUTT


SABEEN & MUNAF

KARACHI

Caterpillar's Spring/ Summer Collection

Caterpillar Lifestyle showcased its new collection, which is inspired by the brand's heritage of hard work and urban utility. The successful event was attended by members of the press, sports stars, actors and actresses, fashion bloggers, and socialites.


HUMA ADNAN & NUSRAT KHAN


HUMAYUN ALAMGIR


SADAF KANWAL


NAZNEEN TARIQ


TAPU JAVERI


MUZNA IBRAHIM


ZURAIN IMAM & DANISH WAKEEL


WAJID KHAN & IQRA


AMNA ILLYAS


SHAISTA LODHI


MUNEERA & AAMIR LAKHANI


YILDRIM BUTT


HASAN RIZVI


SAAD & SAHER YOUSUF


MONA & SAM


MARYAM PAGGANWALA


UZMA JAMIL, SABA BABAR & FARHAT OSMAN

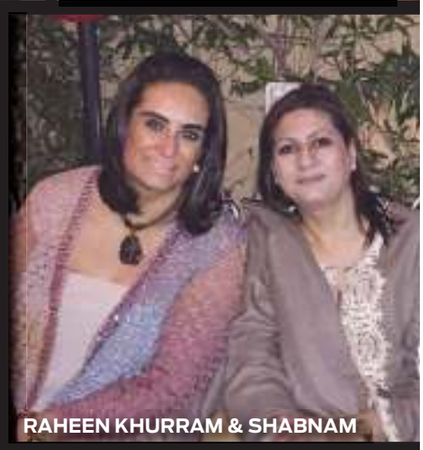

ZAHIDA HABIB & SARA SAIGOL


UZMA JAMIL & TOOBA SIDDIQUI

KARACHI

Birthday Surprise

Friends and relatives of Farhat Osman hosted a surprise tea to celebrate her birthday at birthday at Karachi's Café Flo.


RAHEEN KHURRAM & SHABNAM


MAHA


SAIMA ROOMI


KULSOOM, MARIAM & FARHAT


SAIMA


MONA RAMEEZ


SHAHNAM & AFROZ

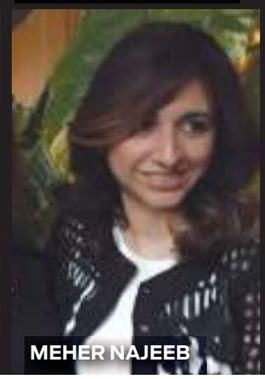

FARHAT & MAHNAZ

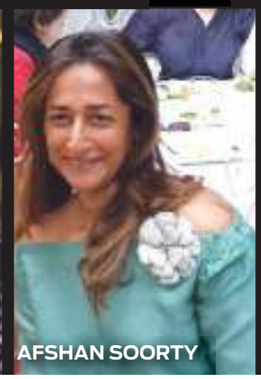

ZARA


SANOBER AHSAN


ATIQA MERCHANT


SABI


MEHER NAJEEB


AFSHAN SOORTY


KAUSAR, AMRAH & BEENA


NAZNEEN TARIQ


ASIF MIRZA & UZMA MIRZA


NADIA HUSSAIN


ABDULLAH KIDWANI


SAIRA SHAH & SAIRA SHAFI

KARACHI

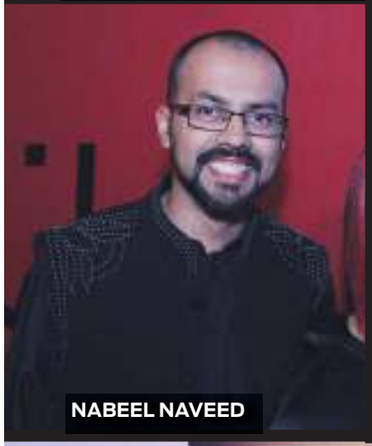
Zunn Launch

House of Zunn has been in existence for over two decades and is renowned for its inspired design philosophy and impeccable attention to detail. The brand recently unveiled its latest collections, including luxury couture, signature luxury pret and fusion party wear.


ADIL & SITWAT


MR & MRS FARRUKH ANSARI & XENAB


SHAYAN SAEED, AYESHA HAROON & SAMEE SIDDIQUI


NABEEL NAVEED


NIGHAT MISBAH


HAFSA


OMAR & HASAN ANSARI

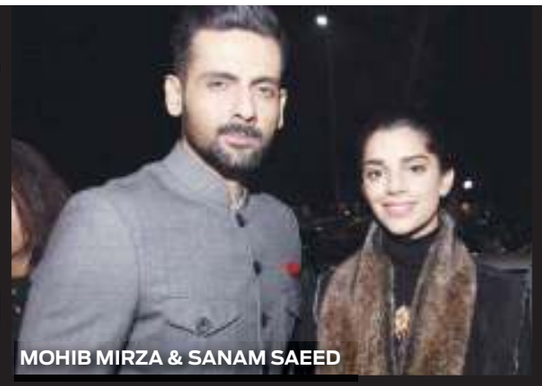

MARYAM & SHAYAN


SHEHRBANO


HIRA HUSSAIN


NAZ & AYESHA


NASIR KHAN


MOHIB MIRZA & SANAM SAEED


RIZWAN SAEED


SHAHPARA SALIM


RIZWANA & KOMAL GHAZANFAR

LAHORE

Bachaana Soundtrack

Big Film Entertainment and Hum Films launched the original soundtrack for *Bachaana*, a Nasir Khan film, at Hardees in Lahore. The film featuring Sanam Saeed, Mohib Mirza and Adeel Hasmi is set to release later this month.


ALI SHER


MARIAM, SAIF & FATIMA


ADEN REHAN & REHAN BABAR


AMBER & SANIA

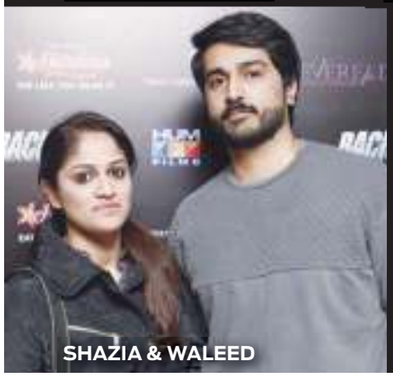

COL(R)KHURRAM


SAAD AZHAR


RAMMA


RUBIA MOGHEES


MEHEK SAEED


SHAZIA & WALEED


HIRA MELA


MARIAM AMJAD


HIRA TARIQ

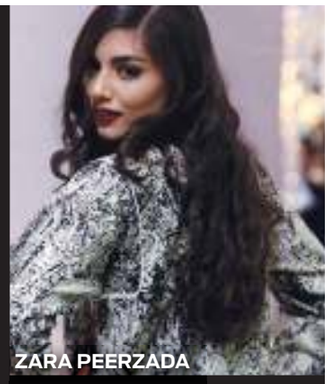

AMEENA QAYYUM

PHOTOGRAPHS: BASHARAT


AAMIR


XILLE & BILAL MUKHTAR


FARWA


ZARA PEERZADA


MAHA & ABDULLAH

LAHORE

Ideas Launch

Ideas by Gul Ahmed launched its store on Lahore's fashion street, MM Alam Road.


ONAZA BUTT & ALI MOEN


IMAN & MOMIN


RUBEA MUGHEES


IRAM & FATIMA


SUDAF KHAN


FAISAL BABRI & SAM DADA


NAUREEN & MAHAM


SARAH GANDAPUR


YOUSAF & SADAF


SARAH, MARIAM & NIMRA KHOKHAR


MARIAM MAMDOT


HINA MINHAS , AYESHA & ZARA MURAD


ALI XEESHAN


MOHAMMAD H MUGGO (CEO), AMINA MUGGO & (COO) WALEED MUGGO


ALEE HASSAN & SAIMA BARGFREDE


MOMINA SIBTAIN & GAUHARBANO QURESHI

LAHORE

Oye hoye

United Snacks, a dynamic Pakistani snacks manufacturing company, launched its flagship brand, 'Oye Hoye' potato chips. The launch in Lahore was a star studded event, and the night was headlined by musical performances by Sara Haider, Jimmy Khan & Zoe Viccaji.


AMIN ELLAHI & SHEHRBANO ELLAHI SHEIKH


RIZWAN & SELINA RASHID


FOHA RAZA & JUNAID KHAN


ZOE VICCAJI, JIMMY KHAN & SARA HAIDER


ALI SETHI & NAZIA EJAZ


BILAL LASHARI


ZARA KHALID


YOUSAF SALLAHUDIN


AMNA BABAR


AMBER LIAQAT


NATASHA SAIGOL


TAIMOOR SAIGOL & FIZZA ASLAM


DANIYAL LASHARI & MAHAM


AABROO & MARAM


ADEN REHAN & REHAN BABAR


MARIAM MUSHTAQ & AASIM ZAFAR KHAN


HAJRA MAZARI


SAIRA SHEIKH, SHAMAIL BUTT & SHIREEN REHMAN


AAMIR MAZHAR


SHAHZAD KHALID & AMINA SHAHZAD


MARIAM MUSHTAQ


ZARMISHA DAR & HASSAAN KHALID


XILLE HUMA, SAADIA & ERUM KHAN


HASNAIN LEHRI


ZOHRA RAHMAN


ZAHRA AMER


ZAHRA & JAFFER ALI


NATASHA MONNOO


SARA HAIDER


NIMRAH KHOKHAR


MUJTABA KHAN


TEHMINA AKBAR MUGGO


SAAD HAROON


AMNA NIAZI

ISLAMABAD

INGLOT in Isloo

Mrs. Naz Mansha, CEO Nishat Linen, launched a flagship Inglot studio in Islamabad recently.


AMBER JAVED


AAMIR MAZHAR & SAMINA LAKHANI


SABEEN KHAN


AMIR & NATASHA KAZMI


SUNDAS RASOOL & SHUMAILA RAJPUT


MANI SALEEM & RAKSHI KAMAL


MALIHA WAQAS


USMAN SIDDIQUI & USMAN PARACHA


NADIA INAM


KIRAN BUTT


AYESHA & ONAIZA


BEGUM ALIYA & NATASHA HUSSAIN


SAMREEN BHATTI


SEHR ALI



SOFIA SYED & SAMINA LAKHANI


AMNA SALMAN


NOVEERA AZAD


NADIA TAHIR, ABIDA NAUMAN & SANIA SAMEER


HUZAIMA & SEHR


MONA BILOUR, RESHAM & ANAM


SANA IQBAL & NAVEEN


SARA WALID & NADIA TAHIR

ISLAMABAD

The Salon

Mona Bilour, Nadia Bilour and Nasreen Bilour recently launched 'The Salon' in Islamabad, the new hot spot for the capital's divas and socialites. The Salon offers an array of services such as latest hair trends, hot-oil massages and beautiful nail art.


UZMA & JUJU


ZARPASH & MICHELE


SHANDANA & NADIA


NADIA BILOUR, REZZ, QYT & ALIA


AMINA KASURI


AMARA & SAMINA


SANA


NAVEEN


PALWASHA FAISAL


SAMAR BILOUR & HUMAIRA



KAUKAB & AMRAH


AMINA MUGGO


SOBIA NAZIR


NASREEN BILOUR


SARWAR & ALIYA ADNAN


ZEHRA SALEEM & WAJIHA IMRAN


NAJWA JUMANI


SALEHA


RABIA HAYAT & AMINA SAMEER

DUBAI

Trunk Show

Zehra Saleem unveiled her new collection recently at a trunk show held at Dubai's Carnival Fashion House located on Al Wasl Road.


KAMRAN & SONIA


ANITA SACHAN & ROZY KHAN


ZUNAIRA TAIMUR & SADAF PATNI


ZOYA, ROMANA & RAJUL


SARAH TARIQ KHAN


SEHRU & HINA BUTT


MALIHA AZIZ & GUL ZEB


MISBAH MEHTA


AAMIR MAZHAR & HTIKSHA VOHRA


MOMINA, MAHAM & JENNA YASIR


WISHA KHURRAM


RANI MOULVI



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VPL-HW65ES

Full HD Home Theater

Full HD SXRD Home Cinema Projector with 1800 lumens brightness and white finish

Sony Professional Solutions Specialist

ES | 1920 x 1080 Full HD 3D | SXRD | Motionflow | 24P TRUE CINEMA | HDMI

Related Accessories



PSS-H10
Projector Ceiling Bracket for Home Cinema



LMP-H202
Replacement Lamp for Home Cinema projectors



IFU-WH1
Wireless HD Unit for home cinema projectors



TDG-PJ1
3D active shutter glasses (IR type) for home cinema projectors



TMR-PJ2
External 3D sync transmitter (IR type) for home cinema projectors

Technical Specifications

- 1,800 Lumens
- 120,000:1 (Dynamic Contrast)
- Full HD 6,220,800 (1920x1080)
- Screen size 40" to 300"
- SXRD panel, projection system

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Leonardo DICAPRIO

"The moments of silence are the most intriguing ones for me"

The Hollywood superstar on the monumental challenge of making his latest film *The Revenant*, which looks set to earn him his first Oscar....





TOM HARDY, GRACE DOVE, LEONARDO DICAPRIO & ALEJANDRO GONZALEZ INARRITU AT THE PREMIERE OF *THE REVENANT* AT THE TCL CHINESE THEATRE IN CALIFORNIA



Leonardo DiCaprio is being tipped to win his first Oscar for his latest performance in *The Revenant*. The Hollywood superstar has been nominated four times for an Academy Award and has been dubbed 'the best actor to never win an Oscar'.

It looks like *The Revenant* will land a hatful of nominations at this year's awards and Leo is most likely hoping that 2016 will be the year he finally picks up the Best Actor gong. Leo's previous Oscar nominations were for *What's Eating Gilbert* [1994], *The Aviator* [2005], *Blood Diamond* [2008], and *The Wolf of Wall Street* [2013].

In *The Revenant*, Leo plays legendary frontiersman Hugh Glass, who while exploring the uncharted wilderness in the 1800s sustains injuries from a brutal bear attack. When his hunting team leaves him for dead, Glass must utilise his survival skills to find a way back home to his beloved family. Grief-stricken and fuelled by vengeance, Glass treks through the wintry terrain to track down John Fitzgerald [played by Tom Hardy], the former confidant who betrayed and abandoned him. *The Revenant* is directed, produced and co-written by Alejandro Gonzalez Inarritu, and also stars Will Poulter and Forrest Goodluck.

Shortly before the film's release in the US, Leonardo took part in a series of Q & A screenings where he talked about the movie. Here are his best bits from the events...

So Leo, there had to have been days when you were shooting this where you were like, "What did I sign up for?"

Leonardo DiCaprio: There were so many monumental undertakings in this film. The truth is we could talk at great length about so many sequences - the bear sequence, the horse one, the bison one and even fighting Tom Hardy - but it was really the things that were most unpredictable [that made it interesting]. Most of the stuff was so meticulously planned out, and it was so unique to all of us as actors because this was probably the first film where we were rehearsing all day long. Every single department needed to work like a Swiss watch. It was like creating a small play every day and then doing live theatre for half an hour in natural light. And it was that extreme stress of having to accomplish that every day that led to so many crazy adventures, and we couldn't exactly plan everything out with those kind of sequences. For the bear sequence, for example, Alejandro [Gonzalez] watched a hundred different bear attacks and there were a hundred different departments working simultaneously to achieve some of those amazing sequences. But sometimes it was just like, 'Glass walks up a hill,' and all of a sudden, the bear fur weighs 120 pounds and it's wet – I'm freezing my butt off and it just became so difficult to pull off! So yeah, it was a constant surprise, too. But like I said, we were all there for an adventure. We worked hard, we worked together and every day was basically an exciting challenge.

What was the most challenging scene for you?

LD: There were just too many. There were so many things that were logistically so hard to pull off; and like I said, things that we had never expected to be difficult, were the hardest ones! But at the same time, that was part of the excitement of going on set every day wondering how we are going to execute the task. I wouldn't have given it up for the world. ►



"I think I learned a lot about being an actor through this movie [*The Revenant*]. It has a lot to do with trusting people you're working with, giving yourself over to a unique process and knowing that people you're working with are committed."

LEONARDO DICAPRIO AT THE OSCARS AT THE HOLLYWOOD & HIGHLAND CENTER IN CALIFORNIA



> “It’s one of those sequences that will go down in cinema history because you will literally be on the edge of your seat. And he gave so much life to this beast and all these creatures including myself.”

AT THE OSCARS HELD AT HOLLYWOOD & HIGHLAND CENTER IN CALIFORNIA

ROBERT DE NIRO, MARTIN SCORSESE (RECIPIENT OF THE CECIL B. DEMILLE AWARD) & LEONARDO DICAPRIO AT THE 67TH ANNUAL GOLDEN GLOBE AWARDS HELD AT THE BEVERLY HILTON HOTEL IN CALIFORNIA



ALEJANDRO GONZALEZ INARRITU, WINNER OF BEST MOTION PICTURE - DRAMA AND BEST DIRECTOR - MOTION PICTURE FOR *THE REVENANT*, & LEONARDO DICAPRIO, WINNER OF BEST PERFORMANCE BY AN ACTOR IN A MOTION PICTURE - DRAMA FOR *THE REVENANT*, IN THE PRESS ROOM DURING THE 73RD ANNUAL GOLDEN GLOBE AWARDS IN CALIFORNIA

Can you tell us about the bear sequence everyone seems to be talking about?

LD: The moments of silence are the most intriguing ones for me; the tension you feel as an audience member – not knowing what the hell is going to happen next. And the reason this sequence is so talked about is because it is quite revolutionary. We've seen so many action sequences before but this one has a heaviness to it. This is a type of reality I've never seen before; a man versus beast interaction or a fight of this magnitude. And Alejandro and Chivo achieved this; it's like virtual reality. Sometimes you feel voyeuristic like you shouldn't be watching the intimacy of these moments – the bear's breath, the sweat and the blood. It almost awakens other senses in you as well as an audience. I don't know how they managed to do what they did but being able to watch it for the first time was so visceral and tactile. It's one of those sequences that will go down in cinema history because you will literally be on the edge of your seat. And he gave so much life to this beast and all these creatures including myself. Everyone is just trying to survive and so is this animal. The realism that was given to the bear is just fantastic.

Were the challenges of this movie what attracted you to the project?

LD: If I'm being honest, it was more about being able to work with Alejandro on a film like this. The screenplay has been floating around for a while and was logistically hard to pull off from a cinematic perspective but there was something in Alejandro's eyes and the way he articulated this yearning for wanting to immerse himself in nature. It was more than just doing a movie; it was like submerging ourselves in the elements. And to me, that was the most enlightening and exciting part of making this movie. It was an endurance test for all of us – what this journey would be like for us and how that would ultimately shape the narrative of the story. It was a very difficult undertaking but it was incredibly exciting to be a part of this very unique creative process too.

We see what you go through physically in this film but for an actor whose voice is something they rely on to communicate and to have to do these scenes where you're conveying this anguish with no voice...it must have been difficult?

LD: Yeah, I knew that this was going to be ▶



THE CAST AND CREW OF *THE REVENANT* AT THE TCL CHINESE THEATRE IN CALIFORNIA

somewhat of a silent performance. That's what I think was exciting about the prospect of doing the movie and the challenge at the same time. But more than anything, I think I learned a lot about being an actor through this movie. It has a lot to do with trusting people you're working with, giving yourself over to a unique process and knowing that people you're working with are committed. Like Alejandro, for example; he's an incredibly committed director to the point where he creates a landscape for you and an environment that is so essential, believable and authentic that you just focus on being in the moment. You then just rely on your instincts and trust the journey. It was a beautiful experience for me as an actor because so much of what I've done in the last 15 years has been a product of developing projects, working on screenplays meticulously and playing incredibly articulate characters. So to be able to give yourself over to a process and trust a director who you really believe in - who has got great talent and is relentless - was a great experience. I would never want to do a movie like this with a director who wasn't as specific about things as Alejandro is; someone who wasn't aggressive in getting each and every single frame absolutely perfect in mind. So being able to work with someone like him, I learned a lot as an actor. It was a memorable experience for me; being able to translate an entire narrative without words and having that relationship based on trust.

Can you talk also about working with cinematographer Emmanuel 'Chivo' Lubezki?

LD: Being the isolationist that my character Hugh Glass was, I think much of the film for me was about a relationship with Chivo. [Laughs] From the onset, Hugh has always been the outsider; he has a Native American son but is trying to disappear in the context of this environment in order to survive, and those are also some of the things he is trying to instill in his son. So he is always within and without; he's there but he's an operative and a scout who is trying to remain detached from this whole wave of capitalism surging towards the wilderness. He's a survivor much like every character in the movie; from Tom Hardy to Arikara Chief to even the bear! [Laughs] So my relationship with Chivo in the movie was a very intimate one because for me, as an actor, this was predominantly pushing a narrative in almost complete silence which was part of the excitement about this whole journey; how to convey a narrative without words. And so much of that was through the work of Chivo.

> "If we look back at human nature and see what we've done to other races and to the natural world, we say: 'God, how ignorant we must have been and how short-sighted.'"

The locations you shot in look incredible...

LD: Nature not only gave us beauty but also savagery. The adaptability that we needed to have as an entire production was tremendous. We would come to the set one day and it would be filled with six feet of snow, and it would evaporate over night and we'd be left with a prairie for two solid weeks. [Laughs] So then we'd have to invent other stuff to shoot; we would get into dream sequences. Other times we would have a river flowing through and all of a sudden a storm would come through and the entire landscape would turn into a frozen icicle! These were situations we constantly needed to adapt to and logistically, I think it was incredibly difficult to keep up with. But all the things nature gave us are all on the screen. And then there are things we could have never predicted too. Our last day on set was insane. We had an aurora borealis up to the top of this mountain peak - this is when we were doing the last bit of the dialogue and I was set to go home - and Alejandro and Chivo suddenly were like, 'Look, an aurora borealis!' Then they went, grabbed some wine and shot there.

So there were some spontaneous moments despite the filming being highly structured?

LD: The most fun part of it for me was being able to watch Alejandro and Chivo when they did accomplish what they needed to at the end of the day. For example, they got a shot in 45 minutes or an hour then all of a sudden they'd

have half an hour of playtime. They really turned into like these young independent film-makers with an 8mm camera running around with 300 crew members behind them. It was fantastic to see that energy from them; it really charges you up and makes you realise why you're there.

This film brings up issues of man versus nature, the treatment of Native American people and the effect man has on the environment...are these still relevant today?

LD: Historically, if we look back at human nature and see what we've done to other races and to the natural world, we say: "God, how ignorant we must have been and how short-sighted." And here, we have this first wave or influx of capitalism out East and of course, there was genocide also of the Native American population. We took from the natural world – we carved up nature for our own comfort. But here, we're looking at the modern era and we think we've learned these lessons from the past. I was doing a climate change documentary simultaneously while working on this film and I got to go to places where the Canadian tar sands where swathes of forests the size of Florida were being cut down for what is one of the most destructive practices on planet Earth. And of course we also got to go visit First Nations relocation neighbourhoods where entire lands were poisoned, their culture was wiped out because they couldn't hunt; they couldn't eat the fish because it was causing cancer. They had to continually buy food from a government that was massively overpricing

> "My entire childhood and teenage years were just spent talking about these two men [Martin Scorsese and Robert De Niro] so to get the opportunity to even work with Robert De Niro was just amazing."

the goods. We're systematically doing this on a mechanised scale that has never been done in history. So these are obvious themes to me; this is the first wave of that in an American context.

You've spoken about how much you learnt about being an actor through making this movie. Which out of all your movies do you think you have grown the most on?

LD: What was the project where I grew the most? There were two films for me. Number one was *This Boy's Life* – my first major motion picture. Just coming from the world of television, watching Robert De Niro on set was just a whole different dynamic. It shaped me forever; watching him command the set, being able to improvise the way he did. His dedication to his craft was eye opening for me. The other film where I truly felt like an adult in the industry was *The Aviator*. That was a film that I had been developing for a decade and I was obsessed with playing Howard Hughes; and I got the opportunity after pressurising Martin Scorsese to direct it. It was the first time I actually felt like a legitimate producer, as well as being an actor and a pivotal part of the entire thing rather than just an actor for hire. So those were the two turning points for me.

Getting to share scenes with Robert De Niro must have been intimidating, and now, actors coming through must get quite intimidated acting alongside you? You're now like the new Robert De Niro?

LD: He is my acting God so there is no other Robert De Niro! [Laughs] He influenced my entire generation; him and Martin Scorsese. My entire childhood and teenage years were just spent talking about these two men so to get the opportunity to even work with Robert De Niro was just amazing. I remember it all like it was just yesterday. It's one of the most vivid memories locked in my mind – and they'll always remain that way. There are very few people who come along in a lifetime who have that kind of extraordinary talent and dedication. OK!

INTERVIEW: LUCY ALLEN/HOTFEATURES
PHOTOGRAPHS: GETTY, WENN



LEONARDO DICAPRIO RECEIVES A MENTION BY UNITED NATIONS SECRETARY GENERAL BAN KI-MOON AFTER BEING NAMED UN MESSENGER OF PEACE AT THE UNITED NATIONS IN NEW YORK

SADAF KANWAL

“DREAMS SHOULD NEVER BE TAKEN LIGHTLY OR IGNORED”

One of Pakistan’s favourite models talks to *OK!* Pakistan about fashion, love and everything in between



SADAF LOOKS ABSOLUTELY RAVISHING IN A DUSK FUR COAT AND TRENDY CUFF COURTESY MANTRA



STRIKING A SENSUAL POSE IN A COOL DENIM SHIRT PAIRED WITH AN INTRICATELY DESIGNED SILVER NECKLACE FROM MANTRA

There was a time when models with soft and delicate features were all the rage but then came an unconventional model called Sadaf Kanwal; her chiseled jaw, edgy features and super bold eyebrows took the camera lenses by surprise and blew everyone away! She has successfully changed the fashion industry's definition of what a supermodel is all about. With her hypnotising smile, captivating eyes and humble persona, Sadaf has become one of Pakistan's favourite models. It is safe to say that the distinctive beauty has made a mark for herself in a competitive industry where newcomers are not always welcome.

In just a short span of time, this tenacious model has proven that she not only possesses all the qualities a model should have but has also shown every person who doubted her ability that talent speaks for itself. She not only stands out as one of the few models who have the X-factor but also has a ferocity and attitude about her which compliments her irresistible appeal. Despite her success, she holds her seniors and mentors in high regard, and respects her colleagues and contemporaries, making her a well-grounded girl.

Did you always want to become a model? At what point did you feel like this was the career choice for you?
Sadaf Kanwal: Fashion always intrigued me but I would be lying if I said that I always wanted to be a model. In reality, it just happened before I could really get a grip of it. I actually chose this field as my future career when I was participating in the Veet Miss Super Model contest. It just felt so right!

> "I FEEL IT'S MY MINDSET AND ATTITUDE TOWARDS THE JOB WHICH MAKES ME DIFFERENT FROM OTHERS. I ONLY COMPETE WITH MYSELF AND STRIVE TO DO BETTER EVERY TIME."

You were a runner-up on the show; did you anticipate the success that was to follow in the coming days?
SK: Becoming a runner-up gave me the morale boost I needed to pursue this as my profession. For the first time, it wasn't only me who thought I had it in me. And the rest is now history!

Tell us about your first ever fashion show; how anxious were you?
SK: It was scary to say the least. I had no clue how to walk the ramp, what expressions to bring out and most importantly, being able to grasp the right attitude. I was fortunate enough to have Frieha Altaf there as the choreographer of the show and she passed on some of the most important lessons to me. And I still value them.

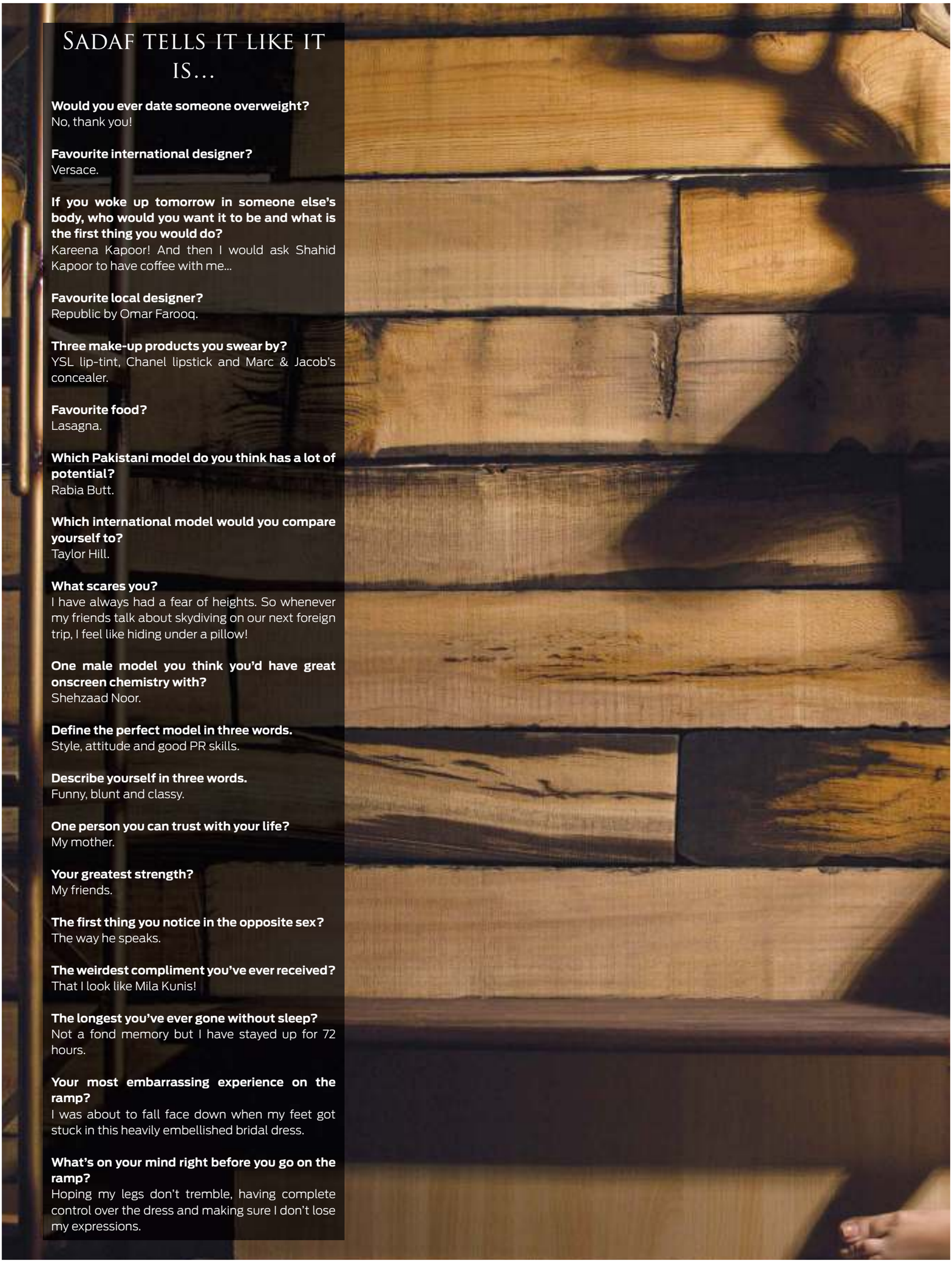
How supportive was your family about your career choice?
SK: It was an uphill battle for me if I'm being completely honest. Initially, no one supported me; it was expected though coming from a typical Pathan background. But soon things changed, and my family has had my back since.

Did you have a role model growing up?
SK: I didn't exactly have a role model but I have always admired Mehreen Syed and looked up to her as a senior [model], elder sister and she is probably the finest of the lot. I have learned a lot from her.

The trend of models stepping into acting is increasing. Do you also plan to jump on the bandwagon?
SK: Plans are a funny thing; I don't plan anything. I let things plan out for me with time. But yes, I do have a desire to step into acting and I have been offered many scripts. However, I don't like to be hasty and take these kind of decisions instantly. I am cautious about my choices and the opportunities I ultimately choose to avail. ►



CAUGHT DEEP IN THOUGHT IN A HIP MANTRA CROP TOP AND EARRINGS



Sadaf tells it like it is…

Would you ever date someone overweight?
No, thank you!

Favourite international designer?
Versace.

If you woke up tomorrow in someone else's body, who would you want it to be and what is the first thing you would do?
Kareena Kapoor! And then I would ask Shahid Kapoor to have coffee with me...

Favourite local designer?
Republic by Omar Farooq.

Three make-up products you swear by?
YSL lip-tint, Chanel lipstick and Marc & Jacob's concealer.

Favourite food?
Lasagna.

Which Pakistani model do you think has a lot of potential?
Rabia Butt.

Which international model would you compare yourself to?
Taylor Hill.

What scares you?
I have always had a fear of heights. So whenever my friends talk about skydiving on our next foreign trip, I feel like hiding under a pillow!

One male model you think you'd have great onscreen chemistry with?
Shehzaad Noor.

Define the perfect model in three words.
Style, attitude and good PR skills.

Describe yourself in three words.
Funny, blunt and classy.

One person you can trust with your life?
My mother.

Your greatest strength?
My friends.

The first thing you notice in the opposite sex?
The way he speaks.

The weirdest compliment you've ever received?
That I look like Mila Kunis!

The longest you've ever gone without sleep?
Not a fond memory but I have stayed up for 72 hours.

Your most embarrassing experience on the ramp?
I was about to fall face down when my feet got stuck in this heavily embellished bridal dress.

What's on your mind right before you go on the ramp?
Hoping my legs don't tremble, having complete control over the dress and making sure I don't lose my expressions.



THE GORGEOUS MODEL FLAUNTS HER PERFECT PHYSIQUE IN A CLASSY WHITE LACE CROP TOP AND GOLD BODY CHAIN

> “Plans are a funny thing; I don’t plan anything. I let things plan out for me with time. But yes, I do have a desire to step into acting and I have been offered many scripts.”

And this is coming from someone who actually wanted to be a doctor! [Laughs]

In the last decade, the fashion industry has evolved beyond anyone’s expectations. What are your views?
SK: One word – phenomenal! The gap between the general audience and the fashion fraternity has drastically decreased making us [models] more visible, exposed and well acknowledged compared to before. It is worth mentioning that people have become more fashion-oriented and trendy in their daily lives as well - working women, housewives, students, brides, etc - which is great.

In just a short span of time, you have taken the industry by storm; what advice would you give to other aspiring models?
SK: Dreams should never be taken lightly or ignored – you never know when they become a reality! But when they do materialise and you are where you have always wanted to be, then your attitude towards fellow colleagues and seniors should always be positive and nothing but respectful.

It is often said that fashion designers have their favourites (models) and they only work with them; how true is that?
SK: Yes, lobbying plays a major part in our industry when it comes to territories.

If you could change one thing about the fashion industry, what would it be and why?
SK: The one thing I would want to change about our industry is the negative energy and friction created between models at fashion week; who will open the show and who will be the showstopper.

Modeling is a competitive field; what sets you apart from the pack?
SK: Yes, there is competition in every field. Although I find it healthy most of the time, it can take an ugly twist when things get personal which is very unnecessary and does good to no one. I feel it’s my mindset and attitude towards the job which makes me different from others. I only compete with myself and strive to do better every time.

Have you ever been asked to cross a line to get



ROCKING AN ANIMAL SKIN STOLE BY DUSK ALONG WITH A PEACH TOP FROM SPLASH AND ACCESSORIES COURTESY MANTRA



somewhere in your professional life? If yes, how did you deal with it?
SK: Actually, there was this one time when this guy suggested something of the sort and it resulted in my handprint on his face!

What do you consider your biggest achievement in life?
SK: It has to be my recent win at the Lux Style Awards where I was handed the title of Best Emerging Talent.

Describe your ideal man. Have you found him yet?
SK: I have a list of things in fact. He needs to be sweet, caring and definitely good looking! But most importantly, he needs to be supportive of my dreams, my vision and career. And no, no one has been able to tick all the boxes on my list yet. I guess Cupid hasn't been so supportive either! [Laughs]

Do you believe in love? Would you like to settle down in the near future?
SK: Indeed! I think love is a wonderful feeling and I would want to experience it with the right man. And about marriage, as I said, plans have a funny way with me – I'll see when the time is right.

What has been your biggest regret in life – something you wish you could travel back in time and change?
SK: God has been very kind to me and I am delighted to say that I don't have any regrets in life. He has given me my dreams, and I am forever humbled.

> "When I started off, I was made to believe that models should not have any limits. But now I understand that limits are extremely important."

There is always a lot of pressure on models to remain a certain size. What do you do to stay fit?
SK: I have a healthy life routine. Although I'm a foodie, I follow a strict workout routine to cut all those carbs. Of course, there is pressure regarding fitness and I believe it is a good thing. Everyone should work hard to look his or her best. But at the same time, I do know the difference between staying fit and being malnutritioned.

As a model, do you feel boundaries and limits are important?
SK: I have come a long way in my career as a model. When I started off, I was made to believe that models should not have any limits. But now I understand that limits are extremely important. I run away from shoots that promote vulgarity and I try to follow the same routine on ramps. I am a girl before a super model after all!

Tell us about your craziest fan encounter?
SK: I ran into this super hyper fan this one time at the mall when I was picking out a pair of boots. She started telling me how her day starts off by stalking my Instagram account. I have never seen a fan go ballistic like that on me – it was frightening and wonderful at the same time! OK!

INTERVIEW: FIZZA FURQAN
COORDINATION AND STYLING: FIZZA FURQAN
PHOTOGRAPHS: SHAHBAZ SHAZI
HAIR & MAKE-UP: OMAYR WAQAR
LOCATION: ADDRESS

Cindy Crawford

"You have to be comfortable in your own skin and embrace everything that is distinctive and special about you"

Former supermodel Cindy Crawford talks to us about how her career began, the hardships she faced, what beauty is to her and her book, *Becoming*





CINDY CRAWFORD SIGNS COPIES OF HER NEW BOOK *BECOMING* AT BOOKS & BOOKS IN FLORIDA

Cindy Crawford never bought into the hype that came with being one of the original supermodels who dominated the fashion world in the eighties and nineties. She never overindulged in the partying and frenetic lifestyle of that era or tried to grab headlines with bad behaviour. Growing up in a Midwestern farming town 30 miles from Chicago, she arrived in New York as an aspiring teenage model armed with her looks, ambition, and good business sense. Crawford was the first top model to turn herself into the kind of brand that is now the ultimate goal of every aspiring supermodel. She was also the definition of the healthy, bodacious, all-American girl who was able to retain a good girl image throughout her career.

Apart from her failed marriage to Richard Gere, she kept her love life out of the press and for the past 17 years, she's enjoyed a happy home life with hotel and restaurant entrepreneur husband Rande Gerber and their two children. Along the way, she learned important life lessons that she is now sharing in her new book, *Becoming*, that serves as a highly spirited life manual that is part autobiography, part coffee-table book. It offers an inside account of the events that marked her rise as a global cultural icon fabled for her cosmetics and clothing campaigns as well as countless magazine covers and photo spreads, not to mention her Pepsi ads. She hosted MTV's House of Style, built a personal business empire and devoted herself to raising her son, Presley, 16, and Kaia, 14, both aspiring models.

"This book is my way of reflecting on the experiences that have informed my thinking and sharing some of the wisdom and life lessons I've learned along the way," Crawford says. "It's not an autobiography or tell-all book - I wouldn't have many dark secrets to reveal, anyway - it's really about my personal journey and becoming my adult self."

> **"The truth is I've never seen myself as beautiful. At the beginning of my career, I felt very uncomfortable and no one in the business went out of their way to say nice things to me."**

Crawford, who turns 50 on February 20, offers plenty of insight and anecdotes in the magnificent volume published by Rizzoli, including several of the iconic photos that were part of her trademark natural beauty. She not only discusses her work with some of the fashion industry's legendary photographers - Herb Ritts, Richard Avedon, Irving Penn, Steven Meisel, Helmut Newton et al - but also the era of the supermodel and how she became a highly successful businesswoman with multiple pursuits including fitness videos, swimsuit calendars and beauty lines.

In person, Crawford is still fabulously beautiful - she remains a size 2 - and looks at least ten years younger than her actual age. She and her husband Rande are best friends with George Clooney and his wife Amal and have taken several vacations together. Interestingly, when asked about her marriage to Gerber, Cindy confessed that she thought he was almost too good to be real at the beginning: "In my younger years, I was attracted to the more intense kind of relationships that are very draining. When I was first with Rande, I thought he was so solid, but then I wondered, 'Wait, where's all the drama? Maybe this isn't good. Maybe this isn't real!' But a husband is the guy who is solid, and you know you want to have children with him and you know he's going to be there."

Cindy, you're one of the world's most iconic and beautiful women. How did you see yourself when you first started out as a model?

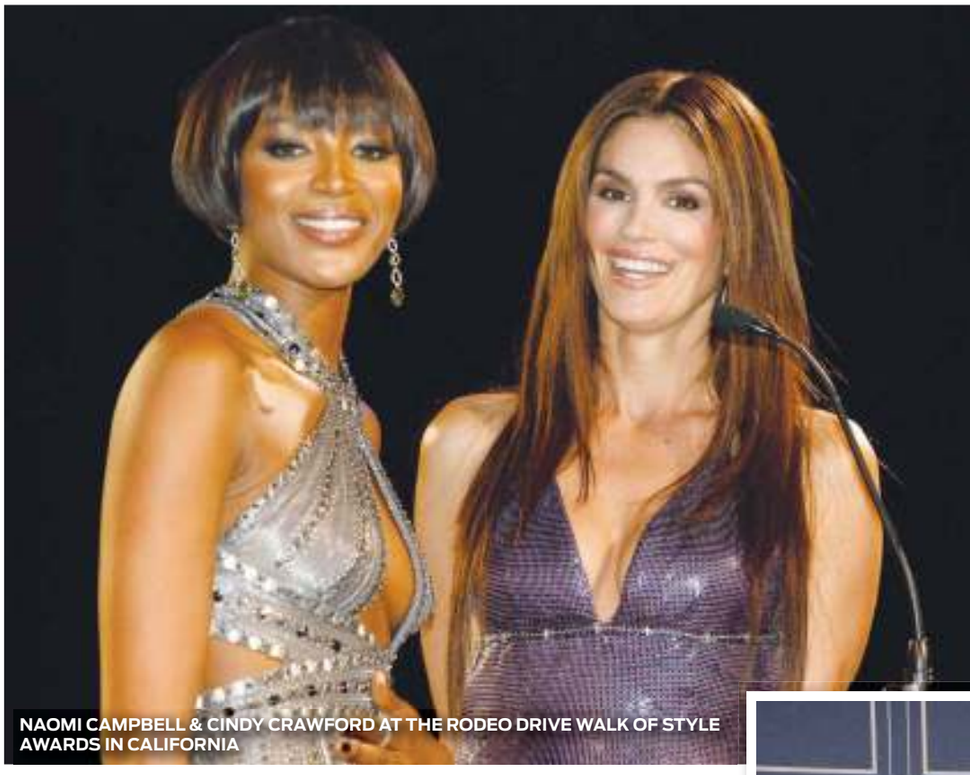
Cindy Crawford: The truth is I've never seen myself as beautiful. At the beginning of my career, I felt very uncomfortable and no one in the business went out of their way to say nice things to me. I had such a bad self-image; it took over a decade to really feel good about myself and become confident enough to the point where I could smile on command in front of the camera. But even now, when I look into the mirror, I see a face full of imperfections. I never see myself as having perfect features – not at all.

Was learning to embrace your mole what helped you advance your career?

CC: I was very conscious of my mole when I was growing up. As a girl, I wanted to remove it because I was embarrassed by it and constantly got teased about it too. But of course later that was the thing that set me apart and gave me my distinctive ▶



CINDY CRAWFORD AT THE 66TH CANNES FILM FESTIVAL IN FRANCE



NAOMI CAMPBELL & CINDY CRAWFORD AT THE RODEO DRIVE WALK OF STYLE AWARDS IN CALIFORNIA

> “I am a great believer of fairy tales and making your dreams become reality. Half the battle in life is just believing in yourself and not giving up even when things don’t work out.”

look as a model; it’s what people associated with me the most. But when it came to getting that recognition as a model, it was only thanks to some great photographers like Herb Ritts and others who took so many iconic photos of me and presented me in such an extraordinary manner. That’s really when I started to feel beautiful.

How do you account for your spectacular evolution as one of the original group of supermodels?
CC: I was lucky to arrive at a time when the fashion world was looking for a new image of women and a different look from the typical image of blonde and blue-eyed models. Christy Turlington, Naomi Campbell, Linda Evangelista and I all looked very different and each had a distinctive look that represented different ways of defining or representing beauty.

What was your look...how would you define it?
CC: My look was more accessible and relatable. In terms of labels, I was what you would call the sexy, all-American girl who lived next door. I had a more athletic body type which gave me an edge, and photographers and magazine were looking for that. It was perfect timing. I also knew I needed to take advantage of my visibility and I worked on some really good ad campaigns that just took everything to the next level.

You took a chance moving to New York while you were still studying in university. What was that time like?
CC: When you’re sitting in a college classroom and your professors don’t take you seriously; they don’t think you’re smart enough to be taking chemistry or any other serious science class because they’re busy making snap judgements about your intelligence based on your appearance. That’s one of the things that really helped me take my decision so early on. Our culture still judges people on appearance, and women are specifically subject to that. Even my own daughter Kaia is always worrying about her looks and eyebrows and all. It’s hard for girls. When I left college to pursue modelling, I saw right away that people assumed I was stupid; that was always a hard thing to handle. It makes you very conscious of yourself but eventually I was able to overcome it and put all those negative assumptions and attitudes in better perspective. I realised it was really saying more about the people who were making those judgements than it was about me.

Was it a culture shock for you when arrived in New York?
CC: I was very naïve at the beginning, yes. Coming from the mid-west, New York was a whole other world to me. I had to get used to living at a much faster pace where people are always busy and rushing everything; you can easily feel like an outsider. It was much more sophisticated than I was prepared for and it took me a long time before I really felt being comfortable in the company of famous and very accomplished people.

Why did you write *Becoming* and what do you hope people will take from it?
CC: I wanted to collect some life stories from my past and explore some key moments that might be helpful to the next generation that would inspire young people to pursue their dreams. I am a great believer of fairy tales and making your dreams become reality. Half the battle in life is just believing in yourself and not giving up even



KAIA JORDAN GERBER WITH HER MOTHER CINDY CRAWFORD AT THE BALMAIN X H&M VIP PRE-LAUNCH IN LOS ANGELES

> “I was what you would call the sexy, all-American girl who lived next door. I had a more athletic body type which gave me an edge, and photographers and magazine were looking for that. It was perfect timing.”

when things don't work out. You never know which moment or event is going to help you succeed but if you work hard and have faith in yourself, chances are that good things are going to happen to you.

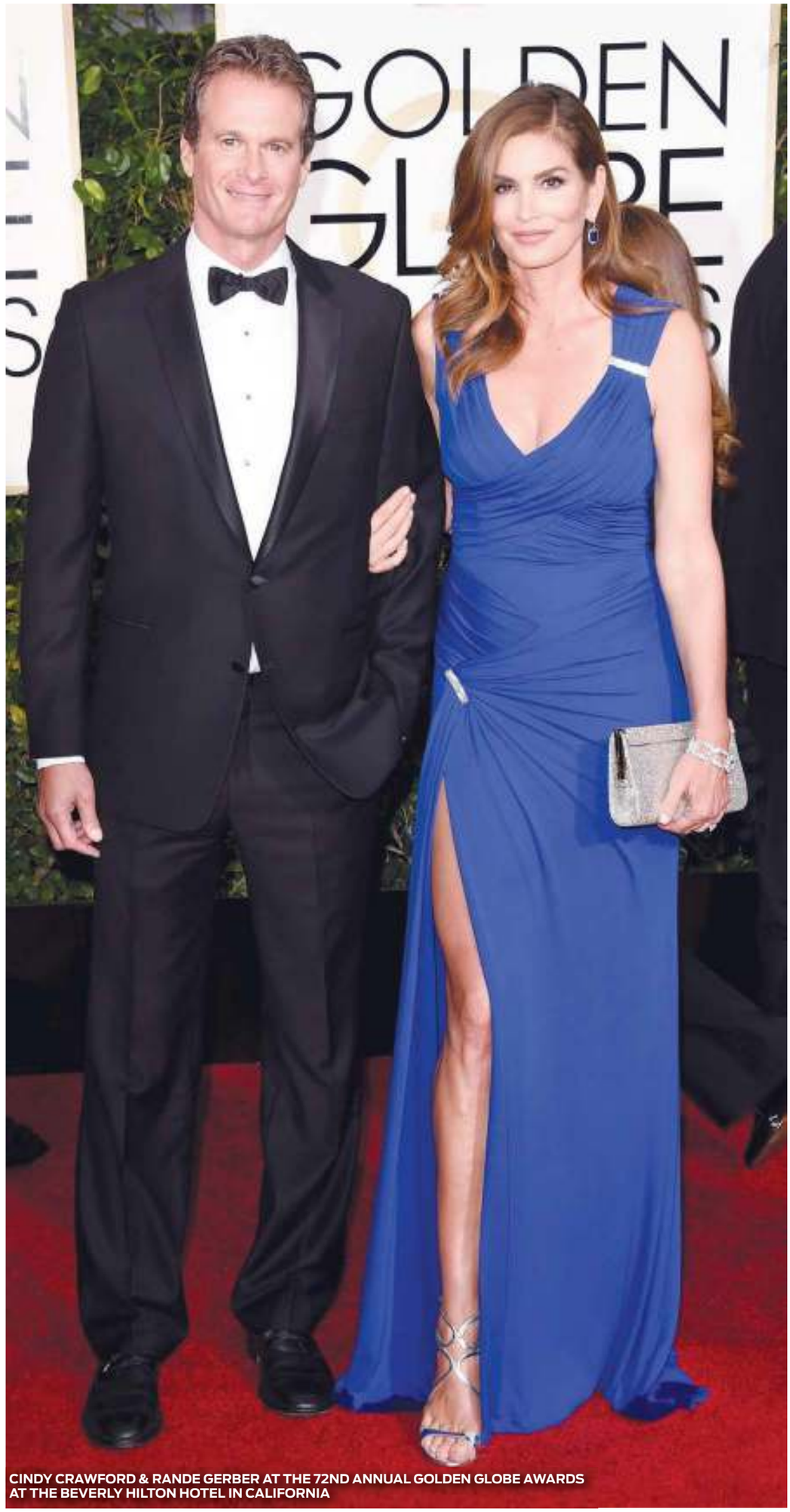
What's the most important lesson you can offer women when it comes to looking good and being fit?
CC: Nothing is better than working out on a regular basis. I still work out three times a week and I have a very healthy diet. I rarely drink wine anymore because it makes my face puffy.

Apart from your fashion shoots, what were some of the other keys to your success?
CC: The Pepsi commercial was very big; it gained massive recognition with a male audience. It was very different from the kind of attention you get from fashion magazines which are targeted towards women.

How did you come to develop the workout videos?
CC: Jane Fonda's exercise videos deeply inspired me. She started it all; however, I wanted to move away from aerobics and develop a more intensive, grittier workout like what I was doing on an almost daily basis with my trainer Radu. I wanted to come up with an exercise video for people of my generation who were looking to tone and strengthen their bodies.

What do you teach your daughter about image and how a young woman should deal with the pressures that come with that?
CC: The most important thing is to have a healthy self-image and healthy relationship with your own body. I try to teach that to my daughter Kaia and not have her worrying about her looks. I want her to eat properly and not feel self-conscious and not be thinking about diet and her weight all the time. You have to be comfortable in your own skin and embrace everything that is distinctive and special about you. As women, we need to understand that we are all different and unique.

INTERVIEW: VERONICA PARKER/FAMOUS
PHOTOGRAPHS: GETTY, WENN



CINDY CRAWFORD & RANDE GERBER AT THE 72ND ANNUAL GOLDEN GLOBE AWARDS AT THE BEVERLY HILTON HOTEL IN CALIFORNIA

NAMIRA SALIM

“As a child, instead of playing with toys, I cried to be sent to space”

Pakistan’s first astronaut and space tourist discusses her thoughts on global warming, life in outer space and the Virgin Galactic expedition

Pakistani-born adventurer and promoter of universal peace Namira Salim has called Monaco home since 1997. As the first Pakistani citizen to traverse both the North and South Poles, Namira has skydived over Mount Everest and is now preparing to be the first Pakistani in space aboard the very first commercial spaceflight, the Virgin Galactic. She has even served as the Honorary Consul of Pakistan to Monaco for three years, and Pakistan’s Honorary Ambassador for Tourism in 2007. Here, *OK*! Pakistan catches up with Namira where she discusses the seemingly impossible with ease, intellect and grace.

How did you end up becoming the adventurer and explorer that you are today?

Namira Saleem: When I was in secondary school, I looked myself straight in the mirror and said, “One day, you will touch the deepest depth of the ocean and reach the highest height of the sky.” This resolution drove me and inspired me. But deep down, I believe it is my faith in following my inner voice – which is the divine voice within and my guiding light; this ushered me beyond the poles and helped me test my own limits.

Has being a woman hindered you at all in what seems like a male-dominated field?

NS: Not at all! I am so pleased to note that being the first Pakistani at the North-South Poles and first Asian to skydive tandem over Mount Everest, I have been where no Pakistani man has ever been! And, not even after me! I am greatly honoured to become Pakistan’s first potential astronaut aboard Sir Richard Branson’s Virgin Galactic and that my story inspires women and the youth to break orbits. Therefore, as a Pakistani woman, I take immense pride in representing the nation as a pioneer, also in the space race.

Tell us a little about your childhood. Where did you grow up?

NS: I grew up in Pakistan until my high school/intermediate. I had a humble childhood and was not born with a golden spoon in my mouth. My beloved father, who is an ex-army man, first introduced me to the stars and space is what makes my DNA. As a child, I always felt enchanted by the mystery of the night sky and the beauty of the stars. There was this deep connection – as if something was calling out to me! As a child, instead of playing with toys, I cried to be sent to space. I bought my first telescope when I was 14 and during my teens, I declared to cousins and friends that I would grow up to become an astronaut.

SKYDIVING OVER MOUNT EVEREST



How did you get involved with the Virgin Galactic expedition?

NS: I heard about the $10 million Ansari X Prize winning flight, which was the first private manned spaceflight in October 2004. Media was abuzz with Richard Branson's plans to license this technology and create the first commercial space-liner of the world – Virgin Galactic. I first called Virgin Galactic in early 2005 when they had not even set up their offices. In January 2006, I was selected as Virgin Galactic's Founder Astronaut out of 44,000 candidates. In March 2006, I was fortunate to be launched personally by Sir Richard Branson in Dubai as one of the earliest founders of Virgin Galactic. A few months later, the Government of Pakistan formally launched me as the 'First Pakistani Astronaut'. This led to positive news for the country and encouraged women and children to excel in all sectors. ▶



SIR RICHARD BRANSON WITH NAMIRA SALIM & PILOT ALEX TAI WITH A MODEL OF SPACESHIP ONE AFTER A PRESS CONFERENCE FOR VIRGIN GALACTIC AT EMIRATES TOWERS IN DUBAI

> "As a child, I always felt enchanted by the mystery of the night sky and the beauty of the stars. There was this deep connection – as if something was calling out to me!"



How monumental is the project in opening up opportunities for space travel?

NS: We are actually laying the foundation of the future of space technology. This is not about the rich and famous going to space. But the truth is that Virgin Galactic will mark the advent of private spaceflight. In other words, we as founders have invested £128,000 each to make these flights affordable for every person in future. The first Trans-Atlantic flight cost $50,000 and today, anyone can afford to fly across the Atlantic for a few hundred dollars. The private space industry will be a consumer industry and will make way for researchers, scientists, satellites and payloads into space at a much more affordable price and in an environmentally friendly manner. NASA has signed several contracts with Virgin to accomplish this.

How has your preparation for your trip to space on the Virgin Galactic affected your views of how we as humans use earth?

NS: As the first Pakistani, I took immense pride in flying a peace flag to all three poles of the world and I look forward to soon breaking the orbit with a universal message of peace on behalf of the country. We are now living in the era of private spaceflight which is set to open space to all sectors. Therefore, sooner than we know, more and more people will have an opportunity to embrace an earth, as it is seen from space, i.e. as one world in a million and one, beyond political boundaries. Therefore, my involvement with Virgin Galactic and love for deep space, convinces me that space is indeed, the final frontier for peace. All wars and conflicts in the world seem so petty from space and those who have an opportunity to go there return only to rise above political, religious and cultural differences. This is how I view earth and being involved in the revolutionary private space industry. I have made it

my life mission to create a global perspective shift about the conflicts facing our planet.

In the future, do you think we will inhabit other planets?
NS: We are already on our way to Mars and I have no doubt that other worlds could just as well be our oyster in the near future.

Do you consider yourself an environmentalist? If yes, why?
NS: Yes, my polar exploits have taught me a lot about the threats of climate change. I am particularly passionate about bringing the world's attention to the largest mass of melting ice, after the North-South Poles, which lies at the third pole of the world i.e. in the Himalayas. Referred to as 'Water Towers of Asia', the melting ice from here is the main cause of the South Asian floods every monsoon season. It breaks my heart to see the resulting devastation in Pakistan and South Asia every year. It is scary to see the world's climate change so dramatically. To that end, I have recently seen the wildest of winds, storms, rains and even snow in warm countries in the South of France and the gloomiest of grey dust and hail storms in the Persian Gulf. Therefore, given the dangers of global warming, I believe, we all need to play a role in protecting our fragile environment.

I read that you believe human life on other planets doesn't need to reflect the way humans inhabit earth. Could you explain what you mean by this?
NS: Yes, that is my theory, which I postulated as a child. I can't comprehend why the scientific community keeps looking for water and oxygen all over the universe! Life forms can exist on any dimension and can take any dimension. Even on earth, we know that certain animals like cats and dogs possess sensory powers, which we as humans, lack. So, how can we shuttle across planets believing that all aliens must resemble human life forms yet they are made to look far uglier than humans. For all we know, life may already exist everywhere – on the moon and Mars and beyond, and we humans just don't possess the powers to see or sense it.

What environmental causes are you most passionate about and why?
NS: The global threat of climate change affecting the world in general, but particularly, the eminent one that affects the lives of millions in South Asia every year, due to the melting ice at the third pole of the world. The world's attention is far from it and I will soon be approaching some key influencers to mobilise support.

How do you stay in shape? Do you have a strict diet and exercise regime?
NS: I eat healthy; I believe in following as much of an organic diet as possible. I don't follow a strict exercise regime but I am motivated to soon embark on a new one. I believe in staying fit through yoga, deep breathing exercises and aqua fitness, which is healthier for the joints and heart keeping one's blood pressure stable. Water is 800 times denser than air, so you get a better work out with smaller risk of injury than on land-based physical activity.

What does the future hold for Namira Saleem?
NS: I am all set to promote universal peace in the era of private space flight for which I plan on engaging the world community and youth, alike. Promoting 'Space as the Final Frontier for Peace' will be my global movement for creating a 'perspective shift' for ending wars, conflicts, religious and political divides. OK!

INTERVIEW: CAROL KHAN
PHOTOGRAPHS: GETTY, COURTESY NAMIRA SALIM



NAMIRA SALIM, FORMER HONOURARY CONSUL OF PAKISTAN TO MONACO; HIS SERENE HIGHNESS PRINCE ALBERT II, SOVEREIGN PRINCE OF MONACO; HIS EXCELLENCY MR. MICHEL ROGER, PRIME MINISTER OF MONACO AT THE INAUGURATION OF THE CONSULATE OF PAKISTAN TO MONACO



Drew Barrymore

"I have been a 'do whatever it takes' kind of person my whole life"

The beautiful actress talks about her latest project *Miss You Already*, working with Toni Collette and her relationship with her childhood friends





DREW BARRYMORE WITH THE CAST AND CREW OF *MISS YOU ALREADY* AT THE MOVIE'S SCREENING IN NEW YORK

She is one of Hollywood's most endearing actresses, and with a wide array of box office hits under her belt, she has become a fan favourite. Her stints in *E.T.*, *Everyone Says I Love You*, *Scream* and of course, *Charlie's Angels* will always remain memorable. Her latest project *Miss You Already* seems like a promising script as well – it's about how an entire family is affected when a close one is diagnosed with a fatal disease like cancer.

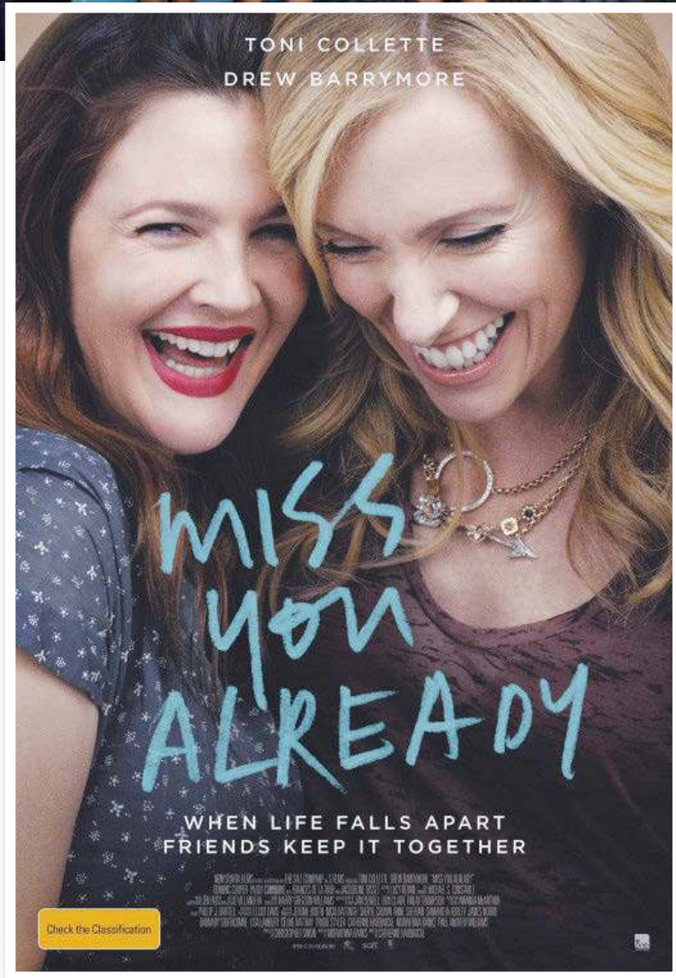
Is it true that Toni Collette convinced you to play the role (in *Miss You Already*) by writing you a love letter?
Drew Barrymore: Yes, she did and I went: "Oh no, now I have to go because I'm like the biggest Toni Collette fan! I can't refuse this great and brilliant woman."

What happened then?
DB: My agent insisted I read the script, and I was just so moved by it. I started crying but I hid my tears from my daughters because I didn't want to scare them. There is so much bravery that it explores and that appealed to me. It's really grounded in reality and it wasn't "movie-ish." I wanted to do this movie because I thought it was such a beautiful story of what it's like to love in this life. And that is the point of life. It really is a film about women by women. It spoke to me on every level. It was so emotional. It was about everything we go through in life somehow all in one swoop.

Can you describe your character Jess for us?
DB: Jess is a lovely person who has a good head on her shoulders but she's more artistic than she is business oriented; but at the same time, I think she's always known who she is. She's comfortable with herself and she's very good in being extremely direct with her friend Millie, the firecracker. I think I've always been the more exotic one in life and in film also, so it's kind of nice to play somebody who walks this fantastically un-boring straight line, which is weirdly ironic and true to my own life. I liked being Jess; she's a fundamentally good person.

Lately, there have been quite a few movies with empathies on women. What do you think about that?
DB: It's wonderful. I had just had my beautiful baby girl Frankie when I made this film. You can imagine it was the worst time to do a movie! But I am a mother raising two girls, and this is a story about lifelong friendship between two women. And the writer and the director are both women too. For the first time, I was so moved by the aspect of women, femininity, girls and the whole idea behind this film. It was really influential to me; that whole universe collided and it was all things women.

Is this a movie you wanted to make so you could use it as an educational tool for your daughters one day?
DB: No, I'd say it's a movie I want to show my daughters one day and they can decide what they want to walk away with.



Did this film make you think about the relationship you have with your best friends? Are you still in touch with your childhood friends?
DB: Yeah. What inspired me to do this movie was the friendships I had with my friends I still have from childhood. We've gone to hell and back. Most of my girlfriends are about 15 plus years old of friendship. I only have, Toni included, one or two girlfriends from the last few years. My best friend, Mel, I've know since I was seven years old. And we are still best friends! We knew each other mutually from a large group of these girls who had been friends for 15 years plus. So it helped us feel safe to dive right in with each other. Because we thought: They like her, so we are safe – good.

Do you get time to see your friends? Your plate must be full with two kids, a husband, a production company and a cosmetic line?
DB: I fight to carve out the time. My friends ▶



“If I were ever in a bind, no one on the planet would have my back more than my friends.”

DREW BARRYMORE ARRIVES AT THE 61ST PRIMETIME EMMY AWARDS IN CALIFORNIA



DREW BARRYMORE WITH HUSBAND WILL KOPELMAN ATTEND THE CHANEL CELEBRATION OF THE RELEASE OF DREW BARRYMORE'S PHOTO BOOK *FIND IT IN EVERYTHING* AT CHANEL BOUTIQUE IN CALIFORNIA

> **"For the first time, I was so moved by the aspect of women, femininity, girls and the whole idea behind this film [*Miss You Already*]."**

are such a priority because they were what I had for most of my life. We are really close. I wish we could meet more often but everyone is so busy it's insane. I stay in touch on the phone at least... we really try to be there for each other which is important. If I were ever in a bind, no one on the planet would have my back more than my friends.

Have your friends seen the movie already?
DB: Yes, a few have seen it and loved it. But I am so happy when people say, "I went and called my best friend after this movie." I recently heard that the definition of success is relief. And I am relieved every time I hear someone say that line.

Did you have experiences with women who have breast cancer before you started the movie?
DB: Yes. I have friends who have survived it and others who weren't able to. These are some of the people I love most in this world. I gave it to my mother-in-law and partner in business, Nancy Juvonen, who is my hero, both of whom have lost their mothers. And they both told me how real to life the movie is. It is a very long, drawn-out process. And there is humour, frustration and exhaustion, and there is a level of care and selflessness and giving of oneself to the other. To me, that was very important. In fact, it was everything. So there is a big combination of feelings there. It was very enlightening to make the movie, going to great detail to what the experience physically is and also learning more about the emotional landscape that this disease brings about. It was also very eye-opening in retrospect in terms of my relationships.

Anything you learned from exploring the emotional landscape of cancer?
DB: Yes – life does not last as long as you would like it to. You don't remember that until you let everything kind of linger; sometimes you need to get in there, be present and just love more. It is so difficult to speak about cancer and the thing that strikes me about this film is that I've seen so many people have to endure this journey. It is also important to speak of the people who love those people and how they have to go on that journey with them and how painful it is for them. It is important and powerful to include the world around the cancer patient.

Do you think women have arrived?
DB: Not thoroughly. There is still no equal pay. I love Patricia Arquette and her speech. Yes, and that is incredibly unfortunate and we have to do everything we can to get it there. We have to

make noise. Do whatever it takes. I have been a 'do whatever it takes' kind of person my whole life without screwing anyone over. That's what you have to do.

What's refreshing is the use of humour in this movie. Do you want to comment on that?
DB: In a situation like that, you need humour to survive! This story is such a celebration of life and it is complex. You're not always perfect and weepy. You're selfish, you're angry, and it's humorous as well – you make each other laugh. You're connected and you're distant. Lifelong friendship takes so many extraordinary things – it's birth, it's death, and that's what's all in this film somehow in the most unheavy-handed way. When I talked to breast cancer survivors, I got convinced that there are no victims. Everybody is fighting. And humour helps women a lot. If people are more palsy and funny about a tragedy, it can be more powerful than all the drama.



TONI COLLETTE & DREW BARRYMORE AT THE *MISS YOU ALREADY* SCREENING AT THE MUSEUM OF MODERN ART IN NEW YORK

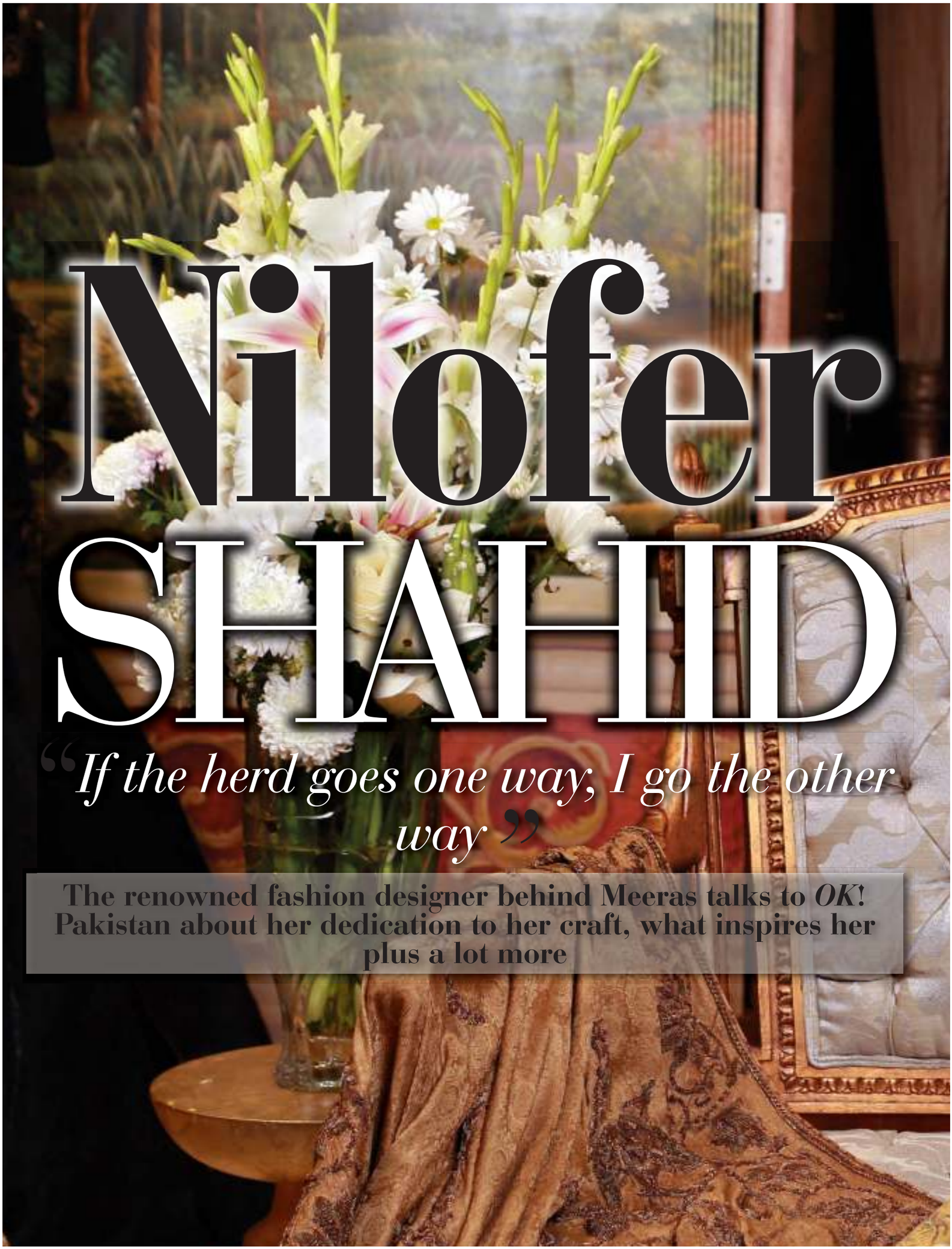
Was the *E.T.* joke in the script?
DB: Yes, and we kept it. And when the audience laughed, I was like: "Good, you are with us." To tell you the truth, I am surprised we kept it in, but at the same time I thought: "Alright, let's do this."

How much do you remember from *E.T.*?
DB: Everything. It's like it was yesterday.

Will there ever be a sequel to *E.T.*?
DB: [Director] Steven Spielberg does not ever want to make a sequel to that! He didn't at the time, and he doesn't now. That would be really weird. OK!

INTERVIEW: TERRY MALLOY/FAMOUS
PHOTOGRAPHS: GETTY


DREW BARRYMORE AT THE PREMIERE OF *MISS YOU ALREADY* IN ENGLAND



Nilofer SHAHID

"If the herd goes one way, I go the other way"

The renowned fashion designer behind Meeras talks to *OK*! Pakistan about her dedication to her craft, what inspires her plus a lot more



IN THE CLIENT ROOM. THE GREEN DRESS IS FROM 'A JOURNEY OF SELF REALIZATION' COLLECTION, AND A GLIMPSE OF THE 'TREE OF LIFE' DRESS CAN BE SEEN IN THE WARDROBE ROOM BEHIND NILOFER SHAHID



THE DESIGNER AT WORK IN HER OFFICE. THE SHELVES IN THE BACKGROUND WERE DESIGNED BY NILOFER SHAHID AND WERE MADE IN-HOUSE

Good dialogue advances a story. It doesn't matter if the storyteller has chosen to pause a while and consider the elements before returning to her craft. When she does return, as she left, "by choice," simple strokes of her pen fell away at the idea that she had ever fallen off the radar. And when she resurfaces it is to tell tales that belie the ordinary imagination. Dame Nilofer Shahid, as she is now titled, is not a conventional storyteller. However, to consider her as anything otherwise would be a mistake.

Her chosen medium is fashion design. Through the vocabulary of embroidery, pattern, cut, colour and silhouette, she makes history confront itself. A conversation is woven between Noor Jehan, the "world accomplished" Mughal Queen, and the colourful Empress Josephine. "These were two women who rose to be Empresses of their domain," Shahid begins. "Both were remarkable fashion icons. Josephine introduced cashmere and pashmina in Europe. Noor Jehan set the trend for the *peshwas* and *gharara* as well as embroideries and jewellery in Mughal India."

This resurrection of history was inspired by an invitation to Paris Couture Week. The year was 2007, and Shahid was enamoured by the stories of the Mughal Queen. Noor Jehan the marksman sitting on a howda on the back of an elephant, dropping four tigers in six shots. Noor Jehan the philanthropist unconsumed by her absolute power fretting over her subjects' dowries. Noor Jehan the battle strategist, leading armies of men unencumbered by her gender. When Paris beckoned, Shahid took Pakistan in all its glory to the Parisians, raising their Empress with her chosen Queen.

Years of small commercial feats followed. Albeit in pockets, there were standing ovations at a show in Vancouver that built on the previous Josephine-Noor Jehan collection; orders won at "a high-end" accessories exhibition at Paris Fashion Week in October 2009; and membership as a regular vendor at the Asia Society Museum Gift Shop in NYC. This market level allowed Shahid to incorporate semi-precious stones - another great love of the woman - into clothing, handbags and accessories. "I was the first in the early mid 80's to use semi-precious stones on clothing. When I was advised to foray into pret and accessories for a western market, it came naturally to me to further their use into these collections." The ethos of the designs preserved Shahid's love for creating meaning in objects. It also created revenue streams for a designer who was afraid to venture abroad in the first place "because I didn't know how to open an LC."

Nilofer Shahid's chosen medium is fashion design. Through the vocabulary of embroidery, pattern, cut, colour and silhouette, she makes history confront itself.

When Turkey beckoned, it tugged at her spiritual side. Shahid's interest was piqued to open a new dialogue, this time between Rumi and Iqbal. She explains, "I wanted to show the journey of the soul. How these two men looked at life, and how people should be. What they should strive for." She expressed this yearning for perfection in stages. Segments were separated by colour. Red depicted anger, distress and confusion; black represented darkness and "an imbalance of the elements;" the colours of earth stood for self-realisation, "to think about why we are here in life;" and the penultimate white, denoting spirituality, "a time for answers," she says this evenly.

The show did not stop there. The final stage was not of spirituality but elevation. The proverbial reward for achieving self-actualisation or nirvana – depending on the individual's quest. "There is a rose garden in every rose," Shahid quotes as she animatedly walks me through her studio ▶



THE DESIGNER OUTSIDE HER STUDIO



NILOFER LOOKS REGAL IN A BEAUTIFUL GREEN ENSEMBLE. THE INTRICATE EMBROIDERY ON THE DOOR TO THE CLIENT ROOM IS TILLA WORK AND TISSUE MATERIAL, AND HAS BEEN DESIGNED BY NILOFER SHAHID HERSELF. THE DRESS IN THE BACK IS FROM THE REMBRANDT COLLECTION



THE PIONEERING COUTURIER WAS AWARDED WITH LE GRADE DE CHEVALIER DAN L'ORDRE DES ARTS ET DES LETTRES BY THE FRENCH GOVERNMENT AT THE GOVERNOR HOUSE IN LAHORE

to view the finale garment she considers her absolute masterpiece. Along the way she speaks of the bridals and gowns that started powering the closing representing "how God would reward you in the other world." She opens a secret door, tucked cleverly between the panels of a renaissance mural that graces her bridal appointment room. The dramatic flourish is apt.

And then there was light. As she flips the switch the spotlight falls on "Kemal the Perfect." The dress cascades down a mannequin poised on a raised platform. Cherubs placed along the shoulder and neckline seem to lift it into the air, holding onto straps of chainmail – "it represents how everything is linked." As the eye follows the line of the teal blue garment, "the colour of the sky," one finds it hard to rest the gaze on any one point. The central motif is a Tree of Life. The animals, birds, and creatures that rest upon it have been chosen so as to represent all places all over the world. Colours merge from blue to brown, "sky to earth." Roots lie gnarled, expertly crafted at the hem, holding the weight of the heavily rendered embroidery on one level; holding the weight of the world on the other.

No one can fault Shahid's dedication to her craft. Her thought process has not jaded over the decades of her career. Her need for a team of craftspeople who share the pain of creating perfection has not dulled. Her deliberation at every element of every dress has not receded. So where does she stand today, with the influx of designer labels and clothing businesses which don't shy away from production shortcuts and aggressive advertising? Especially as she seems unmoved to push herself in this new wave of brands that stand to choke the local clothing market?

Shahid's focus shifted back home in 2010 with a presentation at a local Bridal Week. Sure enough it was a presentation that sought to rise above banal approaches to bridal looks. This time the conversation was between cultures and her exploration took her through nuances of stitch between Lucknow, Hyderabad, Bahawalpur, and Kashmir. Pathan culture was also visited through varying manifestations of weddings across the region. Lauded by another standing ovation and prolific press coverage by a media industry still learning how to get accustomed to fashion, Shahid reclaimed her rightful space at the helm of Pakistani fashion. But life has its own plans for us. 2012 brought difficulty and she chose to step back as her husband fell sick, and family matters took clear precedence.

> "I was the first in the early mid 80's to use semi-precious stones on clothing. When I was advised to foray into pret and accessories for a western market, it came naturally to me to further their use into these collections."

The landscape of consumer fashion changed by leaps and bounds in three years. And yet Shahid returned three years later to accept smashing success, almost effortlessly, "I have no regrets. By nature, if the herd goes one way, I go the other way. I wanted to showcase my new work and so I did it, and I fought the expectation to compromise for the sake of commercial success." Despite her disdain for local fashion weeks because of petty city politics in what is already a small pond, she embraced the invitation to show at PFW in Karachi last October. She recounts the event with a clear fondness for the organisers and a sense of comfort with the way fashion may go in Pakistan if one cultivates it with well-aligned priorities.

Her new work was based on a passion for Rembrandt. She recalls how, when visiting The Hague, she could not take her sight off the Grand Master's work. "I was simply arrested by the Burning of Jerusalem, and The Jewish Bride. Heading back to Paris on the train, I decided to do the collection." She is emphatic that this was a tribute to the artist, with no reference to her own art, but as she speaks of it, it seems as if his art has turned the conversation inwards between Rembrandt and the Dame. She calls the show her "defining moment." And it may well be as she stands her ground as a fashion force who is here to stay. OK!

INTERVIEW: KHADIJA A. MALIK
PHOTOGRAPHS: IRFAN AHSON

The World's Most Eligible BACHELORS & BACHELORETTES

Love is in the air this month! This Valentine's, *OK*! Pakistan lists down 100 of the most eligible bachelors and bachelorettes from across the globe. So if you're single, and ready to mingle, keep these hotties in mind!

INTERNATIONAL HEIRESSES



Georgina Bloomberg, 33, professional equestrian and daughter of former New York City Mayor Michael Bloomberg.



Pippa Middleton, 32, author, columnist, and sister of Kate Middleton, Duchess of Cambridge.



Pauline Ducruet, 21, Member of Princely House of Grimaldi and daughter of Princess Stéphanie of Monaco.



Delphine Arnault, 40, French businesswoman, Director and Executive Vice President of Louis Vuitton.



Paris Hilton, 34, model, actress, singer, businesswoman, author and great-granddaughter of Conrad Hilton, the founder of Hilton Hotels.



Zong Fuli, 30, daughter and heiress of beverage tycoon Zong Qinghou.



Sofia Barclay, 25, media and real estate tycoon Sir David Barclay's granddaughter, and Chairman of Telegraph Media Group Aidan Barclay's daughter.



Amanda Hearst, 32, fashion model and heiress to the Hearst Corporation, William Randolph Hearst's media conglomerate.



Maria Sharapova, 28, Russian professional tennis player, ranked sixth in the world by the Women's Tennis Association.



Anna Abramovich, 24, daughter of Roman Abramovich, owner of Chelsea football club.



Erin Heatherton, 26, American fashion model and actress. She is best known for her work for Victoria's Secret.

BILLIONAIRE BACHELORS



Drew Houston, 32, CEO and founder of Dropbox. Net worth: $1.2bn.



Jack Dorsey, 39, co-founder and CEO of Twitter and Square. Net worth: $2.2bn.



Eduardo Saverin, 33, economist and co-founder Facebook. Net worth: $4.1bn.



Jan Koum, 39, CEO and co-founder of WhatsApp. Net worth: $6.8bn.



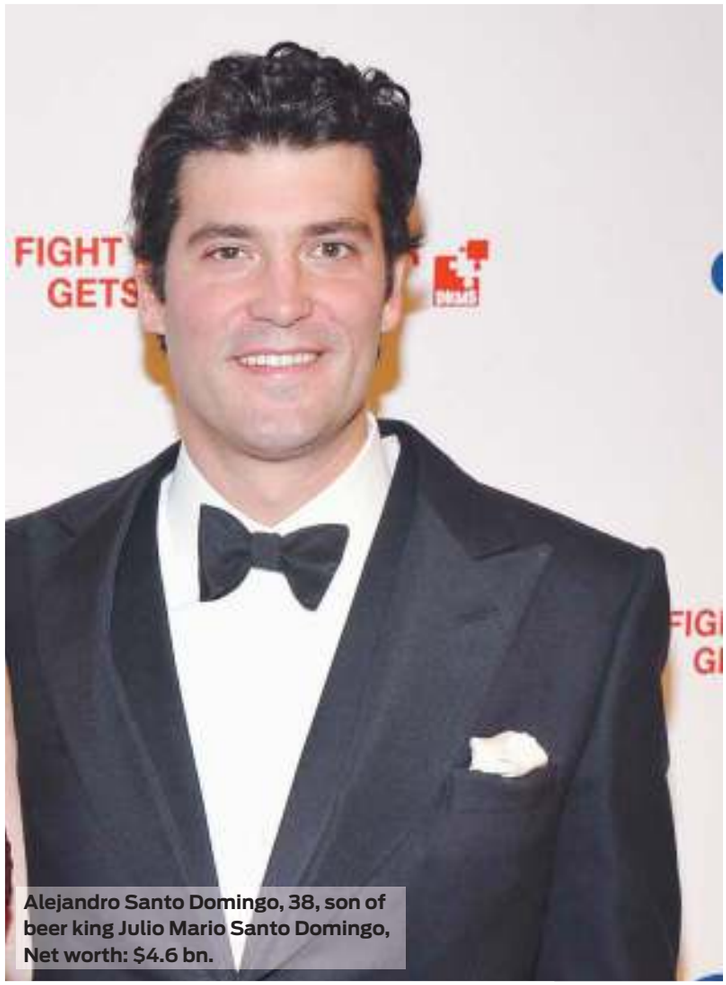
Fahd Hariri, 33, son of late Lebanese Prime Minister Rafic Hariri. Net worth: $1.3bn.



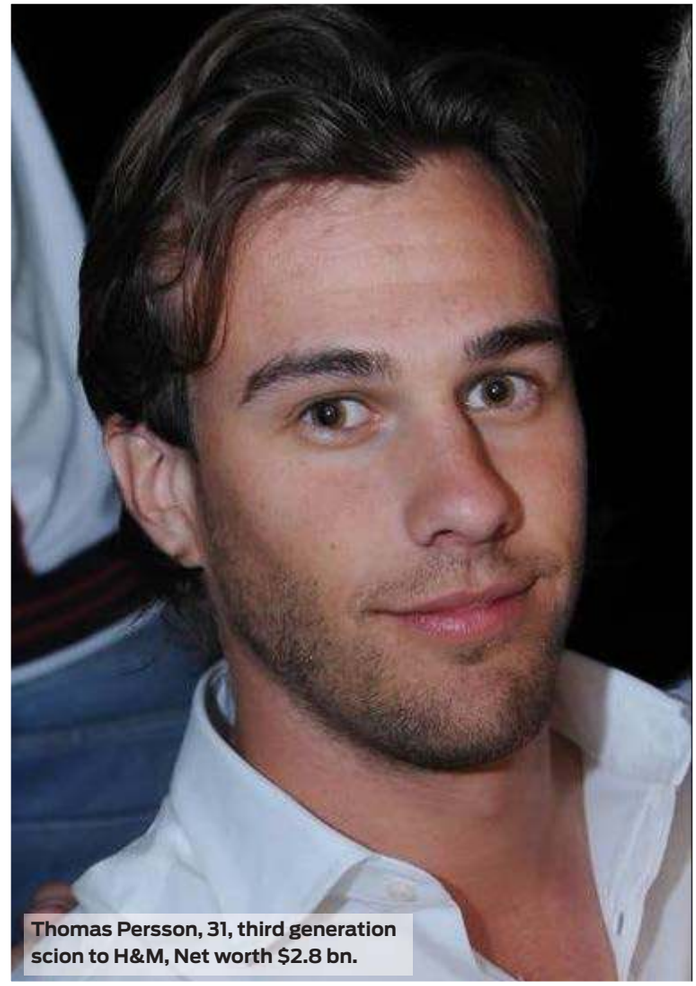
Sean Parker, 36, co-founded Napster and was the first President of Facebook. Net worth $ 3bn.



Barron Nicholas Hilton II, 26, great-grandson of Conrad Hilton, founder of Hilton Hotels.



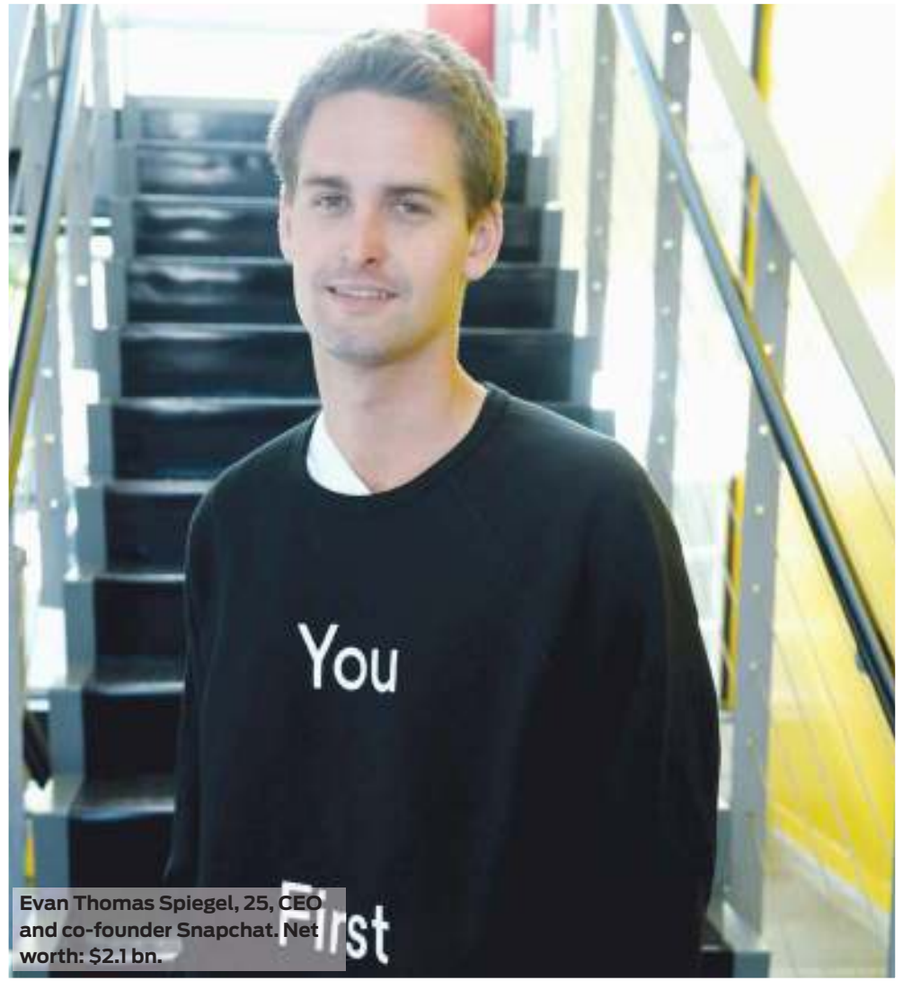
Alejandro Santo Domingo, 38, son of beer king Julio Mario Santo Domingo, Net worth: $4.6 bn.



Thomas Persson, 31, third generation scion to H&M, Net worth $2.8 bn.



Jean-Victor Meyers, 29, third generation heir to the L'Oréal fortune. Net worth: $20 bn



Evan Thomas Spiegel, 25, CEO and co-founder Snapchat. Net worth: $2.1 bn.



Pierre Casiraghi, 28, son of Caroline, Princess of Hanover, and late Stefano Casiraghi.



Maitha Bint Mohammed Bin Rashid Al Maktoum, 35. Karate and Taekwondo athlete and Sheikha of Dubai, daughter of Sheikh Mohammed bin Rashid Al Maktoum.



Charlotte Casiraghi, 29, daughter of Caroline, Princess of Hanover, Princess of Monaco, and the late Stefano Casiraghi.



Princess Madeleine of Halsingland and Gastrikland, 34. Enthusiastic equestrian, daughter of King Carl XVI Gustaf and Queen Silvia of Sweden.



Princess Eugenei, 25, Auctions manager, the second child and younger daughter of Prince Andrew, Duke of York, and Sarah, Duchess of York.



Prince Harry, 31, Younger son of Charles, Prince of Wales, and Diana, Princess of Wales.



Beatrice of York, 27, Daughter of Prince Andrew, Duke of York, and Sarah, Duchess of York.



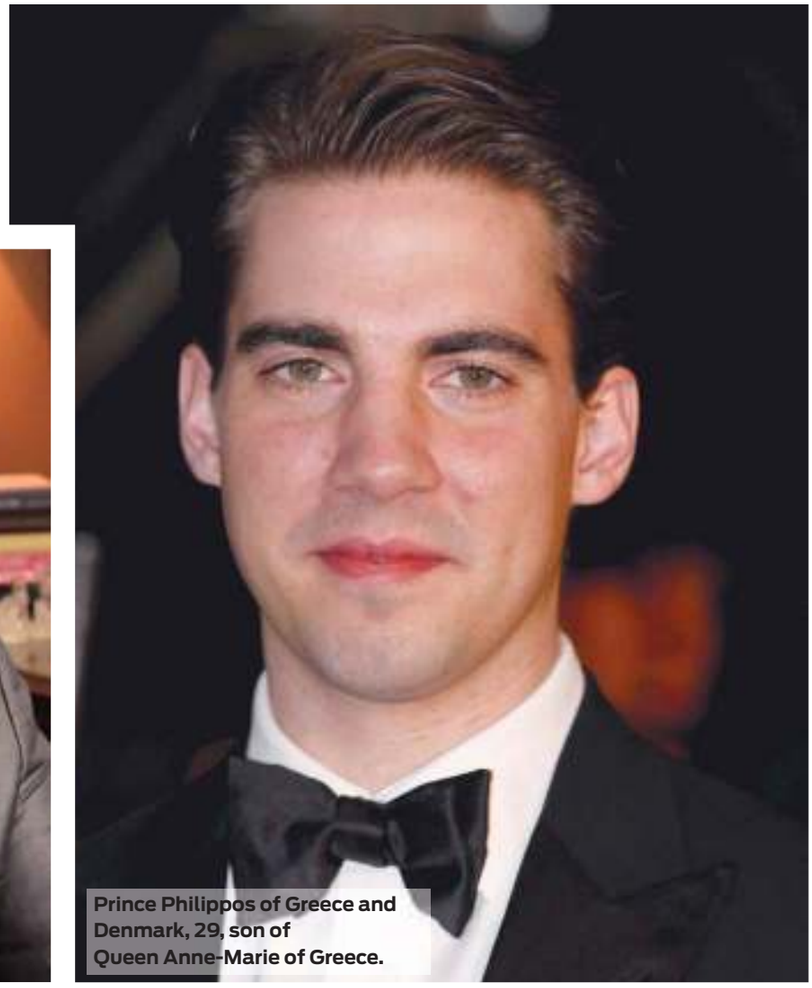
Prince Joachim of Belgium, 24, Son of Lorenz, Archduke of Austria-Este and Princess Astrid of Belgium.



Princess Elisabeth von Thurn und Taxis, 33, German journalist and member of the former German princely House of Thurn und Taxis, daughter of Johannes, 11th Prince of Thurn and Taxis and Gloria Princess of Thurn and Taxis.



Prince Sabastien, 23, son of Grand Duke Henri and Grand Duchess Maria Teresa.



Prince Philippos of Greece and Denmark, 29, son of Queen Anne-Marie of Greece.



Prince Haji Abdul Azim, 33, second born prince of His Majesty Sultan Hassanal Bolkia.



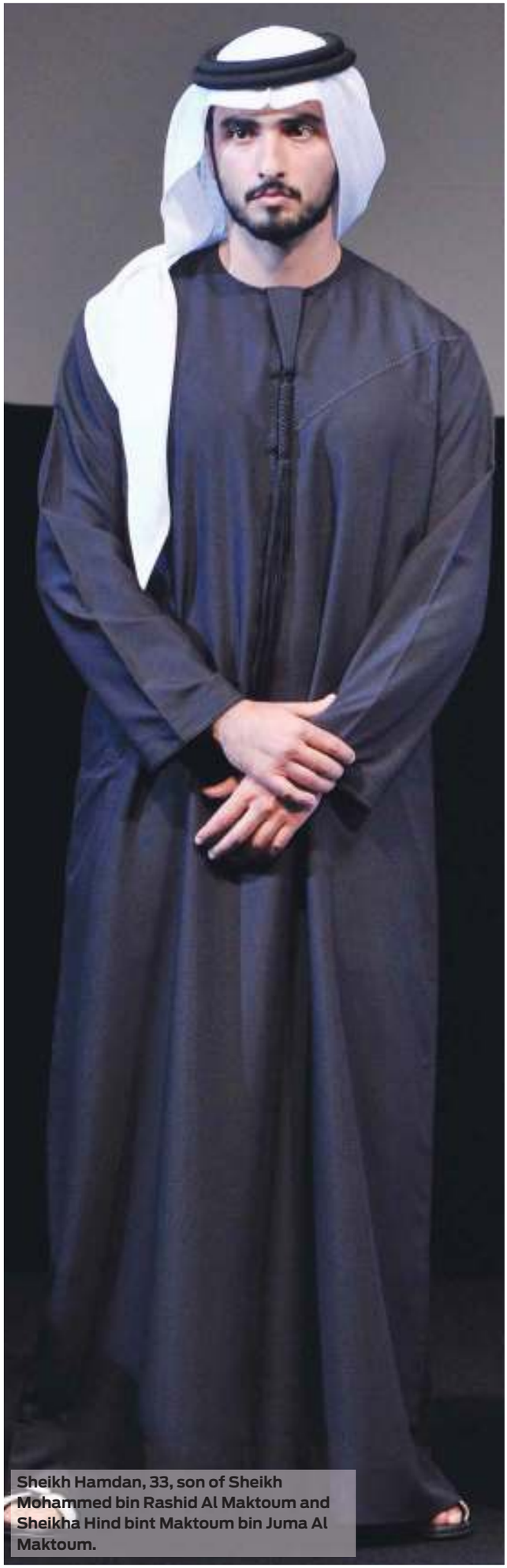
Prince Wenzeslaus of Liechtenstein, 41, son of HSH Prince Philip Erasmus of Liechtenstein and Isabelle de l'Arbre de Malander.



Prince Amadeo of Belgium, 29, son of Lorenz, Archduke of Austria-Este and Princess Astrid of Belgium.



Albert Von Thurn und Taxis, 32. German aristocrat, businessman and race car driver, son of Johannes, 11th Prince of Thurn and Taxis and Countess Gloria of Schönburgin Glauchau and Waldenburg.



Sheikh Hamdan, 33, son of Sheikh Mohammed bin Rashid Al Maktoum and Sheikha Hind bint Maktoum bin Juma Al Maktoum.



Tengku Amir Shah, 25, current Raja Muda (Crown Prince) of the Malaysian state of Selangor. He is the son of and heir to the current Sultan of Selangor, Sultan Sharafuddin Idris Shah.



Tunku Ismail Sultan Ismail, 31, eldest son of the current Sultan of Johor, Sultan Ibrahim Ismail and his consort Raja Zarith Sofiah Sultan Idris Shah.



Hussein bin Abdullah, 21, son of King Abdullah II and Queen Rania.

PAKISTAN'S MOST ELIGIBLE TYCOONS



Tony Khan, Senior Vice President of NFL's team Jaguars.



Bilal Lakhani, 37, publisher of The Express Tribune.



Salman Noon, 42, Director Noon Pakistan Ltd.



Shahzad Malik, 29, CEO of Molty Foam.



Bilawal Bhutto Zardari, 27, Chairman Pakistan People's Party and son of former Prime Minister Benazir Bhutto and former President Asif Ali Zardari.



Habib Paracha, 37, Managing Director & CEO at Habibullah Energy Limited, Director at Matiari Sugar Mills and Directorat Matol (Pvt) Ltd.



Saalim Jumani, Director at Anoud Industries.



Aisam ul Haq, 35, p rofessional Tennis player and ranked no. 1 in Pakistan.



Waleed Saigol, 32, Businessman, Director at Kohinoor Maple Leaf Group.



Azam Rangoonwala, Director at Powerboat P1 Management Ltd.

PAKISTAN'S MOST ELIGIBLE HEIRESSES



Bakhtawar Bhutto Zardari, 26, daughter of former Prime Minister Benazir Bhutto and former President Asif Ali Zardari.



Aseefa Bhutto Zardari, 23, youngest child of former Prime Minister Benazir Bhutto and former President Asif Ali Zardari.



Aale Mowjee, 31, Brand Manager at L'Oréal Pakistan.



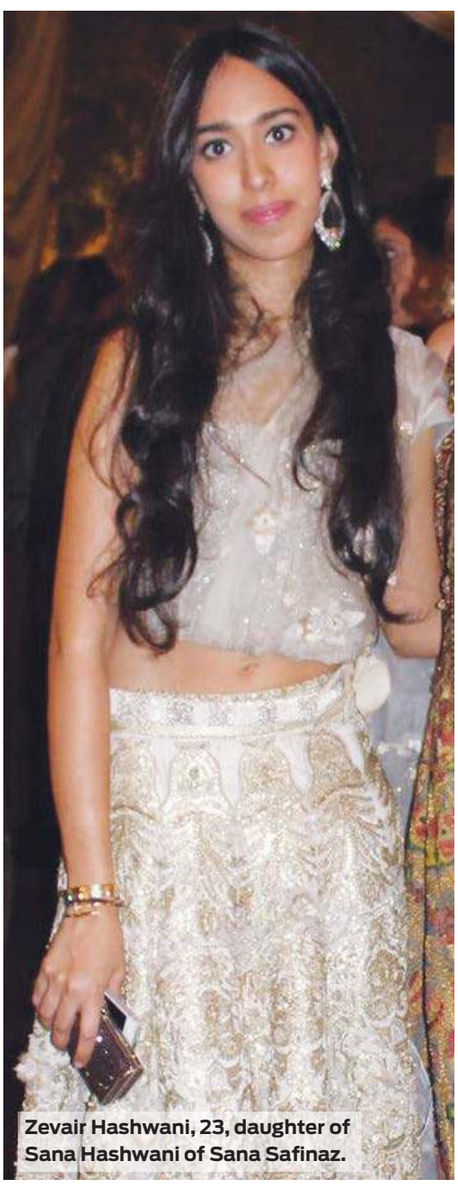
Jahanara Saigol, philanthropist, daughter of Shehla and Tariq Sayeed Saigol.



Fatima Bhutto, 33, Author and Granddaughter of Former Prime Minister Zulfikar Ali Bhutto.



Nawaal Adamjee, 24, product & furniture designer.



Zevair Hashwani, 23, daughter of Sana Hashwani of Sana Safinaz.



Alizeh Habib, veterinary doctor.



Nusrat Hidayatullah, 25, lawyer and fitness trainer.



Anushe Hashwani, 28, Manager of Sales and Marketing at the Hashwani Group.



Nida Azwer, 33, fashion designer.



Kavin Mittal, 29, Indian entrepreneur and app developer (Hike Messenger).



Akash Ambani, 24, son of Mukesh and Nita Ambani.



Ness Wadia, 45, Indian businessman and scion of the eminent Wadia family.



Rewant Ruia, 31, Director of Essar Group.



Siddharth Mallya, 28, Indian-American aspiring actor.



Iman Allana, daughter of Chairman Allana Group.



Isha Ambani, 24, Mukesh Ambani's daughter.



Arkesh Singh Deo, 30, Indian politician.

CELEBRITIES



Zac Efron, 28, American actor and singer.



Leonardo DiCaprio, 41, Hollywood actor.



Ryan Gosling, 35, Canadian actor and musician.



Chris Hemsworth, 32, Australian actor.



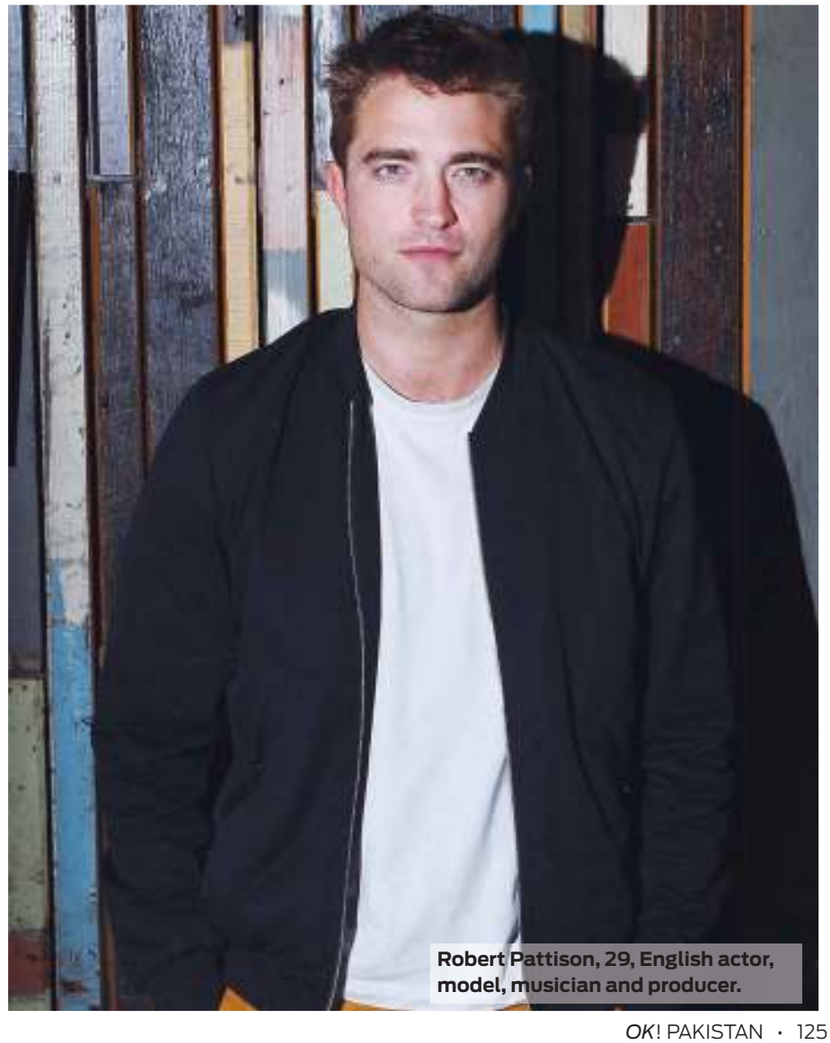
Bradley Cooper, 41, American actor and producer.



Ashley Olsen, 29, American actress, fashion designer, producer, author and businesswoman.



Cara Delevingne, 23, English fashion model and actress.



Robert Pattison, 29, English actor, model, musician and producer.



Jennifer Lawrence, 25, American actress.



Gigi Hadid, 20, fashion model and TV personality.



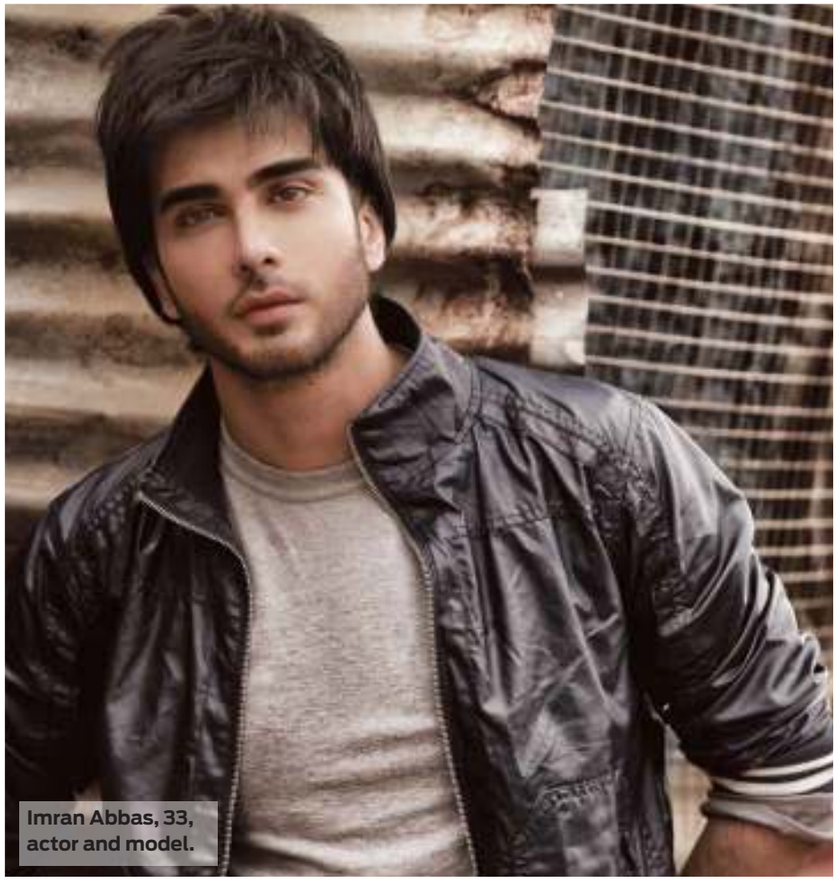
Taylor Swift, 26, American singer.



Zayn Malik, 23, English singer-songwriter.



Kendall Jenner, 20, American model and TV personality.



Imran Abbas, 33, actor and model.



Sikander Rizvi, 32, restaurateur and actor.



Adeel Hussain, 37, Pakistani actor and director.



Sheheryar Munawar, 27, actor and producer.



Bilal Lashari, director, cinematographer and screenwriter.



Adnan Malik, 36. Actor, model, film-maker and producer.



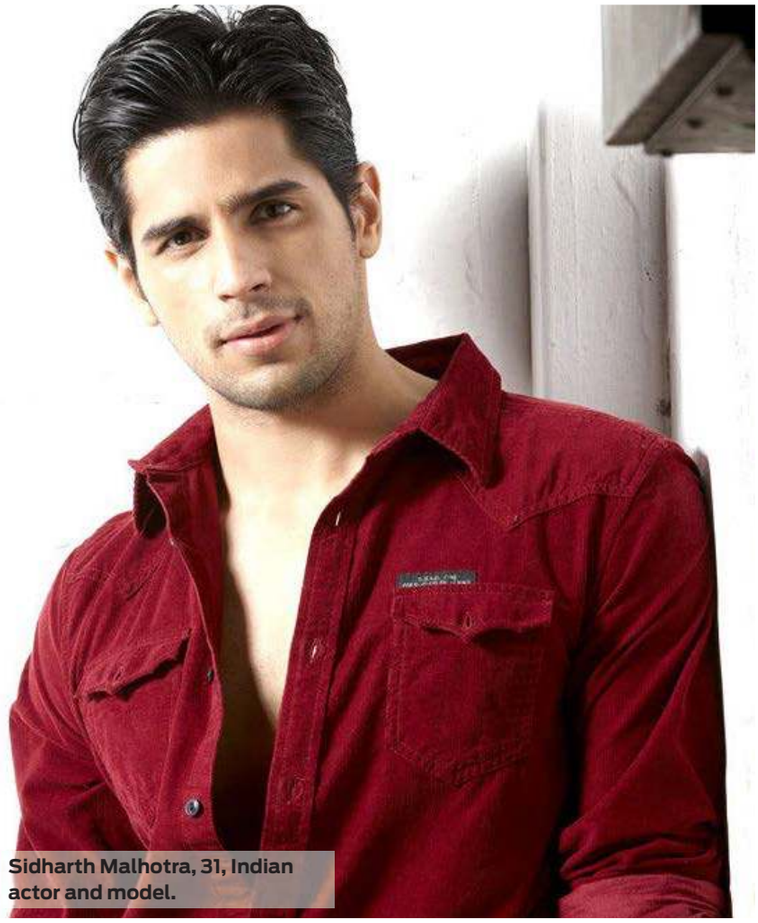
Salman Khan, 50, Bollywood actor, producer and TV personality.



Ranbir Kapoor, 33, Indian actor.



Ranveer Singh, 30, Indian actor.



Sidharth Malhotra, 31, Indian actor and model.



Mahirah Khan, 33, film and television actress.



Mawra Hocane, 23, model and actress.



Humaima Malick, 28, Pakistani and Bollywood model and actress.



Deepika Padukone, 30, Indian film actress and model.



Katrina Kaif, 32, Indian film actress and model.



Alia Bhatt, 22, Indian actress.



Priyanka Chopra, 33, Indian film actress, singer and former Miss World.

PHOTOGRAPHS: GETTY, AFP

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OK! BEST DRESSED



Priyanka Chopra shows off her svelte figure in a Monique Lhuillier dress, Kimberly McDonald jewels and an Edie Parker clutch to the Screen Actors Guild Awards in Los Angeles, California.



Rachel McAdams exudes glamour in an Elie Saab dress, Harry Kotlar diamond earrings and ring and a Le Vian ring to the Screen Actors Guild Awards in Los Angeles, California.



The swanky and stylish Faiza Rangoonwala dons Balmain at the Ponds Miracle Journey event held in Karachi.



Rooney Mara looks fierce in an Alexander McQueen gown at the Golden Globe Awards.



Dressed in a Giambattista Valli Haute Couture bat-wing embellished mini, Olivia Palermo gets it right at the Netflix and Weinstein Golden Globes after-party.



Anna Dello Russo attends Paris Couture Week in a Giambattista Valli dress, Anya Hindmarch clutch and Prada heels.



Eva Longoria sizzles in a super sultry, low-cut Julien Macdonald dress at the Screen Actors Guild Awards in Los Angeles, California.



Sofia Vergara shows off her curves in a hot-pink Vera Wang dress, David Webb jewels and Jimmy Choo clutch at the SAG Awards in California.



Kate Beckinsale stuns in a Monique Lhuillier gown, Butani earrings and a Kotur clutch at the 2016 Critics' Choice Awards in California.



Nadia Hussain looks edgy and fabulous in Ayesha Farook Hashwani at the Ponds Miracle Journey event held in Karachi.



Elegant as always, Aamna Taseer wears Rema Luxe to the Ponds Miracle Journey event held in Karachi.



Nina Kashif looks trés chic in Sania Maskatiya at the Ponds Miracle Journey event held in Karachi.



Dressed in her own eponymous label, Sania Maskatiya makes us swoon over her sophisticated all-white ensemble.



Sharmila Farooqi looks on-trend in matching cobalt accessories and shirt at the Ponds Miracle Journey event held in Karachi.

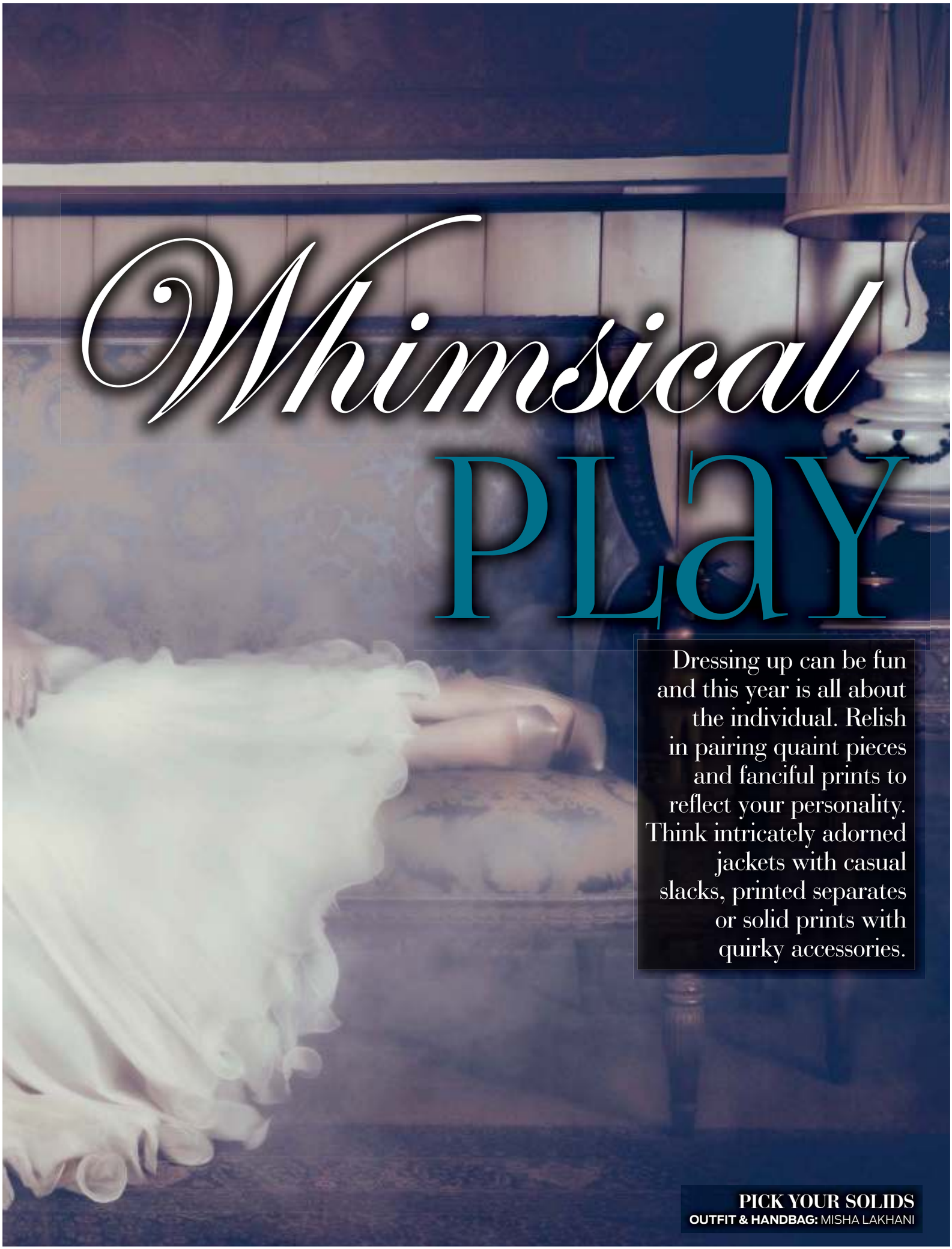


The lux-boho fashionista and super-hip designer, Shehla Chatoor always gets it right spotted here at the Ponds Miracle Journey event.

PHOTOGRAPHS: GETTY



STYLING, CONCEPT & ART DIRECTION: ALIZEH PASHA
PHOTOGRAPHY: JAFFER HASAN
MODEL: FATIMA EJAZ
FASHION COORDINATION: MEHR KASIM
HAIR & MAKE-UP: N-PRO



Whimsical PLAY

Dressing up can be fun and this year is all about the individual. Relish in pairing quaint pieces and fanciful prints to reflect your personality. Think intricately adorned jackets with casual slacks, printed separates or solid prints with quirky accessories.

PICK YOUR SOLIDS
OUTFIT & HANDBAG: MISHA LAKHANI



HAVE A LITTLE FUN
OUTFIT: SANA SAFINAZ



MIXED PRINTS ARE MORE INTERESTING

FUR JACKET: DUSK
SHIRT & SKIRT: SANIA MASKATIYA
EARRINGS: OUTHOUSE



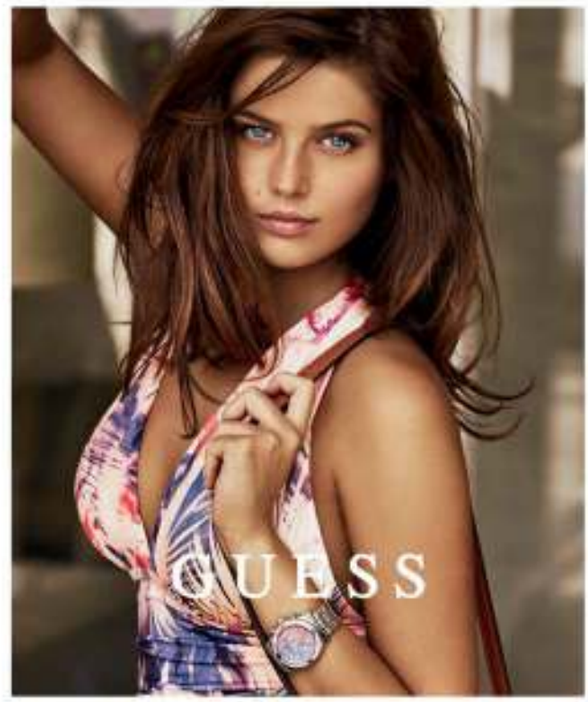
THE ORNAMENTAL JACKET
OUTFIT: NIDA AZWER





PLAY WITH TEXTURE
OUTFIT: SANA SAFINAZ

POP SUGAR



GUESS Watches creates a tasty combination that adds just the right sugar pop this season, making a flavorful splash.

Color-washed with dazzling brights, silver tones make a move with sorbet-style candy colors of bubble gum pink and berry blue, while unique ombre glitter dial treatments add sparkle in a way that feels effortless, fun and flirty. This style is sprinkled with confetti featured on this stainless steel case & bracelet, surrounded by a bevy of crystals. The all glitter dial transitions from pink to blue across the multi-function eyes, making our GUESS girl a standout.

With sorbet-style candy colors this style is also available in gold & rose gold tones making these styles effortless, fun and flirty. In quirky combinations, this candy crush is sure to prove more chic than sweet for the GUESS Girl.







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JOSHUA SANDERS
Daisy Bow Sneakers,
PKR 52,000



CHLOÉ
Ruffled Silk-Chiffon Dress,
PKR 390,000



JOHANNA ORTIZ
Cotton Poplin One Shouldered Ruffled Top,
PKR 75,000





H&M
Off-The-Shoulder Blouse,
PKR 2,400



TOME
Cotton Sleeveless Shirtdress With Ruffle,
PKR 99,000

ESTEBAN CORTAZAR
Ruffle Midi Skirt,
PKR 99,000





MATICEVSKI
Intermix Wrap Pants,
PKR 140,000



ELLERY
Delores Off The Shoulder Top,
PKR 69,000

ROCHAS
Lace Pointed Toe Flats With Mask Embellishment,
PKR 99,000



GUCCI
Ruffle-Panel Dress,
PKR 360,000



CIARA

Frou Frou

Feminine, flirty and over-the-top girly ruffles were all the rage during the Resort 2016 shows. Cascading frills starting from the shoulders all the way to the hips are having a major moment – they are dramatic and perfect for both day and night!



GUCCI
Printed Silk-Chiffon Dress,
PKR 490,000



VICTORIA BECKHAM
Ruffled Mini Dress,
PKR 120,000



JIL SANDER
Ruffled Cotton-Poplin Top,
PKR 48,000



NATASHA ZINKO
Breton-Striped Ruffled Top,
PKR 53,000

ERDEM
Ellen Ruffled Skirt,
PKR 230,000



NO. 21
Plisse Ruffled Skirt,
PKR 33,000



ROSIE ASSOULIN
Bidi Bidi Bom Bom Top,
PKR 119,000



H&M
Blouse with Ruffles,
PKR 4,900

STOCKISTS: CHLOÉ, GUCCI, JIL SANDER, ROSIE ASSOULIN, VICTORIA BECKHAM www.netaporter.com; ELLERY, ERDEM, ESTEBAN CORTAZAR, GUCCI, NATASHA ZINKO, NO.21 www.matchesfashion.com; JOHANNA ORTIZ, JOSHUA SANDERS, MATICEVSKI, ROCHAS, TOME www.modaoperandi.com; H&M www.hm.com; *prices are approximate*

ISOLDA
Silk Printed Frufru Dress,
PKR 94,000





TORY BURCH
Floral-Print Top,
PKR 29,000





ROSIE ASSOULIN
Red Textured Wool Robert Morris Top,
PKR 89,000



H&M
Off-The-Shoulder Blouse,
PKR 1,700





JOHANNA ORTIZ
Cotton Striped Sherlock One Sleeved Top,
PKR 96,000

MSGM
Off The Shoulder Dress,
PKR 65,000



VIKA GAZINSKAYA
Asymmetric Flower Print Top,
PKR 150,000



ROLAND MOURET
Iver Stretch Top,
PKR 52,000

ALICE MCCALL
Pink Love Is Greed Dress,
PKR 30,000

Bare Necessities

The hottest part of the body to flaunt at the moment is, not the cleavage, not the back, but the shoulders! It's the one trend that celebs across the globe cannot get over – it's sexy but sweet and perfect for any occasion.



ISA ARFEN
Cotton Color Blocked Off The Shoulder Mini Dress,
PKR 98,000

PREEN BY THORNTON BREGAZZI
Striped Silk Georgette Maira Blouse With Cutout Shoulders,
PKR 95,000





JOHANNA ORTIZ
Red Cotton Off The Shoulder Poppy Dress,
PKR 140,000





PETER PILOTTO
Pallas Top,
PKR 61,000

CECILIE COPENHAGEN
Scarf-Print Top,
PKR 13,000





ROSIE ASSOULIN
Sir Hangs-a-Lot Top,
PKR 119,000

ALEXANDER MCQUEEN
Off-The-Shoulder Ruffled Dress,
PKR 245,000



OLIVIA PALERMO

PHOTOGRAPHS: GETTY

STOCKISTS: ALEXANDER MCQUEEN, TORY BURCH www.netaporter.com; ALICE MCCALL, ISA ARFEN, ISOLDA, JOHANNA ORTIZ, MSGM, PREEN BY THORNTON BREGAZZI, ROSIE ASSOULIN www.modaoperandi.com; H&M www.hm.com; ROLAND MOURET www.rolandmouret.com; VIKA GAZINSKAYA www.vikagazinskaya.com; CECILIE COPENHAGEN www.ceciliecopenhagen.com; PETER PILOTTO www.peterpilotto.com; *prices are approximate*



GREATS
The Royale Suede Sneakers,
PKR 165,000

KILGOUR
Black Satin-Trimmed Asymmetric Mohair And Wool-Blend Waist Coat,
PKR 119,000



GOLDEN GOOSE DELUXE BRAND
Straight Leg Jeans,
PKR 18,500





PHILIPP PLEIN
Sorry T-shirt,
PKR 25,800



WOOYOUNGMI
Patch Pocket T-shirt,
PKR 19,500



JIMMY CHOO
Reggy Leather Sneakers,
PKR 64,000





LANVIN
Callf Leather Belt,
PKR 27,000

SAINT LAURENT
Star Print T-shirt,
PKR 41,000



SMOOTH OPERATOR

Charming and totally slick, the owner of Karachi's favourite restaurant Xander's, Sikander Rizvi is always spotted looking incredibly effortless yet well put together.

ACNE STUDIOS
Adrian Leather Sneakers,
PKR 38,000



DOLCE & GABBANA
Bird Patch Slim Jeans,
PKR 71,000



TATEOSSIAN
Triple Band Bracelet,
PKR 27,000





CATHERINE MICHIELS
'Let It Be' Charm Bracelet,
PKR 21,000

PRIVATE WHITE V.C.
Washed-Denim Waistcoat,
PKR 27,000





DSQUARED2
Slim Jeans,
PKR 40,500



KENZO
'Tiger' T-shirt,
PKR 15,500

FENDI
Reversible Classic Belt,
PKR 29,000





GIVENCHY
'Obsedia' Belt,
PKR 44,000



GOLDEN GOOSE DELUXE BRAND
Superstar Distressed Denim Leather And Suede Sneakers,
PKR 36,000

STOCKISTS: KILGOUR, PRIVATE WHITE V.C, ACNE STUDIOS, LANVIN, JIMMY CHOO, GOLDEN GOOSE, GREATS www.mrporter.com; DSQUARED 2, KENZO, WOOYOUNGMI, PHILIPP PLEIN, SAINT LAURENT, DOLCE & GABBANA, GIVENCHY, FENDI, CATHERINE MICHIELS, TATEOSSIAN, www.farfetch.com; *prices are approximate*



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OK! JEWELLERY EDIT

Love is IN THE AIR

Spoil your loved ones this February with amorous and dreamy jewels that will surely make her heart swoon.

ALISON LOU
Love U Diamond & Enamel Cuff

VAN CLEEF & ARPELS
Gold, Platinum & Diamond Double-Heart Earclips

LOQUET LONDON
Love Bracelet

CHOPARD
Rose Gold Entirely Set With Diamonds Ring

MICHELE DELLA VALLE
White Gold, Titanium, Diamond & Ruby Brooch

VERDURA
Wrapped Heart Brooch

LANVIN
Love Swarovski Crystal Necklace

LYDIA COURTEILLE
Surrealist Collection Red Sapphire Earrings

TIFFANY & CO.
Yellow & White Diamond Rings

CHOPARD
Happy Diamond Necklace

BULGARI
Pair of Ruby & Diamond Ear Clips

CARTIER
Trinity Necklace

BOODLES
Platinum Diamond Earrings

REPOSSI
Fuchsia Caraphoresis Heart Ring

MARIE-HÉLÈNE DE TAILLAC
Fire Opal Cupid's Hoops

AMRAPALI
Heart of Gold Earrings

GIOIA
White Diamond Heart & Arrow Pendant

VERDURA
Love Knot Earrings

MARIE-HÉLÈNE DE TAILLAC
Small Tender Kiss Pendant

FRED LEIGHTON
Platinum, Multi-Colored Sapphire & Diamond Earrings

MORPHEÉ
Bleeding Heart Earrings

MESSIKA
Heart Cut Pink Diamond Engagement Ring

CHOPARD
Heart-Shaped Diamond Engagement Ring

VAN CLEEF & ARPELS
Sweet Alhambra Collection Ring

JENNIFER MEYER
Je T'aime Gold Ring

STOCKISTS: MICHELE DELLA VALLE www.jewelsdujour.com; VAN CLEEF & ARPELS www.vancleefarpes.com; ALISON LOU, JENNIFER MEYER, LANVIN, LOQUET LONDON, MARIE-HÉLÈNE DE TAILLAC, REPOSSI, LYDIA COURTEILLE www.modaoperandi.com; CHOPARD www.chopard.com; CARTIER www.cartier.com; VERDURA www.verdura.com; BVLGARI www.bvlgari.com; MORPHEÉ www.morphee-joaillerie.com; BOODLES www.boodles.com; FRED LEIGHTON www.fredleighton.com; MESSIKA www.messika.com; AMRAPALI www.amrapalijewels.com; TIFFANY & CO. www.tiffany.com



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Poppy Delevingne X Aquazzura

Be sure to have something extraordinary coming out when the two fashion names team up. This season witnessed a remarkable fashion duo joining hands. Aquazzura's, Edgardo Osorio and Poppy Delevingne collaborated for a pre-Fall'16 capsule collection inspired by Delevingne's style. The collection includes everything from boots to sandals to stilettos, offering a complete range of footwear perfect for any occasion. The details have a boho touch, with braided straps combined with star and moon motifs in turquoise stones. It's time to get those bank cards working because the collection has already hit online stores.









The Techno Life

Accessorising your outfits in a way that would make you stand out is a task. However, with this new edition of arm-candy, there isn't much effort that you have to put in. These Techno Marine watches are classy and have a super tech style to it. The bold dial with a touch of colour makes each design different, and you can even opt for versions with real diamonds! These watches can be worn with different types of clothes, be it sporty, casual or even formal. Make yourself a part of the techno bandwagon and get your favourite shade of watch!



Reebok X Sandro

Comfort and style is the two core values people tend to find in their footwear. With this new collaboration of Parisian fashion house Sandro and Reebok Classic, you have all of this guaranteed and so much more! The two have teamed up for a Spring/Summer collection that is based on Reebok's InstaPump Fury of the 90s. The design has an old-school touch to it perfectly balanced with a futuristic feel. The minimal leather look and gold-silver silhouettes make for an iconic pair that is a must have! We're totally up for bringing back Reebok with a designer touch!







Gucci Crush

If it's one brand we're totally crushing on nowadays, it's Gucci! Alessandro Michele, the Creative Director, appointed just a year ago has brought the brand back into the limelight like Tom Ford did. With record-breaking sales and heightened revenue, the numbers imply that the fashion house is definitely back on track and doing better than before. The crowds can't seem to get enough of his nerdy spectacled models dressed in 70's garb strutting down the ramp – and frankly, neither can we. Each item from the Spring/Summer 2016 collection is on our lust-list and although our budgets don't expand much our resolve is to get at least one or two key pieces. Start with purchasing the Gucci loafers that are hot right now or the most covetable bag of the year, the Dionysus shoulder bag – which comes in plain, embroidered or appliqued canvas.











Kendall + Kylie

You know there is something extraordinary coming when the names Kendall and Kylie come in one sentence. You've sensed it right! If you have ever been a fan of their style, you're in for a big treat. The Jenner sisters are all set to take the fashion world by storm once again with their eponymous clothing label named "Kendall + Kylie". The collection includes crop tops, dresses, jumpsuits, co-ords and plenty of footwear designs ranging from PKR 7,132 to PKR 52,238. The debut line is heavily inspired by the duo's personal style and it has everything to offer for any occasion. Take a look at some of their pieces and we bet you would want to have everything! Keep a close eye at your nearby luxury retailers as the collection is hitting the market this February!











It's All About Turtlenecks

Staying on-trend yet comfy is how it should be! You'll be thanking us later for how effortless yet chic this hot new trend is. Turtleneck tops is everything we are talking about this season. Transform yourself into a street style queen during this last month of winter and sport everything turtleneck, be it crop or long. We love how Kate Moss rocks her turtle neck, trust her to be on top of every trend and make us head over heels for this new detail. Try these super comfy and stylish versions from ASOS, River Island and Zara to step up your style chart.







PFW Madness

All fashion maniacs have had their eyes on Paris for all the glitz and glamour that took place between 24th to 28th of January. Paris (Haute Couture) Fashion Week is all people having been raving about and it's definitely going to take some time to get over the fashion madness everyone witnessed. More than 20 fashion houses showcased their Spring haute couture 2016 collections that left everyone stunned and in awe. The highlight of the show for us has to be Versace who presented their 'athletic couture' which included bold and bright colors with cut outs, thigh high slits and strappy details. However, we equally adored Elie Saab, Chanel and Zuhair Murad's jaw dropping details and exquisite designs.

TEXT: ALYZEH RAHIM SHIRAZI & ZAINAB MANSOOR

Paris Couture Week

Breathtakingly beautiful gowns sashay down the ramp once a year, every year, at Paris Couture week. From theatrical displays at the shows to dreamy couture gowns, iconic designers take the stage and push the envelope each year to come up with an even dreamier, more swoon-worthy collection. Here are *OK!* Pakistan's picks of the top collections spotted in Paris for Spring 2016.



CHANEL

When Chanel does a show it takes all aspects of design into consideration. The show is not just a show – it's a spectacle. Last year, Karl Lagerfeld transformed the venue and transported us inside a Casino. This year it was minimalistic with water lily ponds and lush green grass with a centered wood pavilion. Taking the wood as a central source, the clothing all had wooden elements surrounding and embellishing it. Wood chips were used as beads, 3-D frills and paillettes. The collection incorporated recycled paper and organic yarn. Cork-sole heels dominated the runway! Clothing styles were as usual, the labels classic yet timeless pieces: bouclé suits, tweed midi skirts and dresses and sheer fabrics with the most beautiful embellishments. The modern fanny pack is the bag most seen on all models strutting down the ramp – we think it will be the next bucket or bagpack...put your name on the waiting list!















ELIE SAAB

Taking inspiration from the subcontinent, Elie Saab's collection was drawn from an English woman's travels to India. The Edwardian-style dresses mixed with Eastern influences were remarkable. Case in point: the high-neck Edwardian dresses were paired with Nehru collar jackets; floor length dresses had a sari-like-sash, and the show-stopper looked just like a lengha and choli ensemble with a bridal dupatta to go with. Nonetheless, the embroidery and detailing were intricate and beautiful and set on soft pastel colours – it was delectable for brides and haute couture darlings.





















VALENTINO

Timeless, elegant and ethereal is a definitive trademark of the fashion powerhouse Valentino. Plunging Grecian necklines accessorised with serpent motifs and headgear dominated the runway along with Roman patterns and column dresses. Designers Maria Grazia Chiuri and Pierpaolo Piccioli excel at working with all types of textures – velvets, sheer tulle and chiffon, silks and other rich woven fabrics were pleated and painted and sprinkled with sparkle.






ZUHAIR MURAD

Dreamy and totally fairy-tale like, Zuhair Murad's clothes reminded us of the Elizabethan era where women wore corsets and had fanciful layers and fabrics trailing them. Strong suits with trailing capes were also prevalent for fans wanting a fiercer silhouette. Caged corsets, though, were paired with modern shapes and shorter hemlines. Lace, organza, satin and tulle dominated the runway! Cascading 3-D floral embroideries embellished each outfit, long and short. The collection was impressively beautiful and perfect for brides wanting a fairy-tale wedding or red carpet starlets wanting to make an entrance.







ATELIER VERSACE

Nothing oozes glamour and sex appeal more than Versace. Under Donatella Versace's reign, Versace Atelier is up there with all the A-list couturiers. Body hugging and curvaceous silhouettes were rampant on the ramp with plunging necklines and sexy cutouts perfect to flaunt an athletic body. Luxe athleticism played a key role in influencing the design of the Spring 2016 Couture collection; while experimentation of various tailoring techniques played a pivotal hand in making the collection awe-inspiring.



GIAMBATTISTA VALLI

Taking inspiration from the sprawling and breathtaking floral gardens of Paris, Giambattista Valli's Spring 2016 Couture collection reminded us of a beautiful bouquet of flowers adorning bishop sleeves, shorter hemlines, ruffles and flouncy skirts. There were fewer sequins and glitzy ornamentation; attention was paid instead to embellishing floral embroideries and appliqués on silks, tulle and other sheer fabrics.



CHRISTIAN DIOR

After the sudden departure of the label's Creative Director Raf Simons, the world was awaiting the new Spring Couture collection headed by a collective group of young designers. Keeping the brand's design ethos in mind – such as the corseted structure – the young designers emphasized the waist but through newer techniques. Embellished sparkly gowns, off-the shoulder dresses and fitted silhouettes with asymmetric necklines rolled down the runway. It definitely had a younger, hipper feel to it! Much edgier than the Dior of the yesteryears!

TEXT: ALIZEH PASHA; PHOTOGRAPHS: GETTY

NEW TO KNOW





MISHA NONOO

Who: Born in Bahrain and raised in London, Misha Nonoo's multicultural upbringing exposed her to a diverse collection of references, which deeply fascinated her with the concept of contrast. Her work showcases a unique outlook for the modern, multifaceted woman. Misha Nonoo received the Beyond the Runway award for her Spring 2016 "insta-show". She also accepted the award for Most Engaging Campaign during Spring/Summer 2016 New York Fashion Week. Today, Misha Nonoo's award winning designs and innovative digital concepts are celebrated by women who embrace their femininity whilst pursuing their goals. The designer teamed up with KCD Digital and created a new approach to present her latest collection, tailored specifically to the usage native to Instagram. Celebrities like Sarah Jessica Parker, Emma Watson and Anne Kendricks have been seen sporting the brand.

Style: Progressive yet classic silhouettes, with smart yet sexy details.

Where to buy: Studio [New York], www.bloomingdales.com [Online]





MONSE

Who: MONSE is the brainchild of Oscar de la Renta design alums Laura Kim and Fernando Garcia. The designers that recently showcased for the first time at the Norwood Club believe in bold and feminine clothes. The talented designers feel there is a need for the adventurous woman to stay true to her femininity but brave enough to tackle new shapes and different proportions. MONSE is a fresh take on modern ready-to-wear. Inspired by strong women who dare to express themselves and also appreciate the unexpected. Founders and head designers Laura and Fernando created this line of structural and easy to wear pieces for the woman that always wants to look a little sexy. Amal Clooney and Sarah Jessica Parker have been spotted in MONSE creations.

Style: Vibrant colour palettes, rich jewels and discreet finishes in luxury fabrics.

Where to buy: www.monse.com [Online]





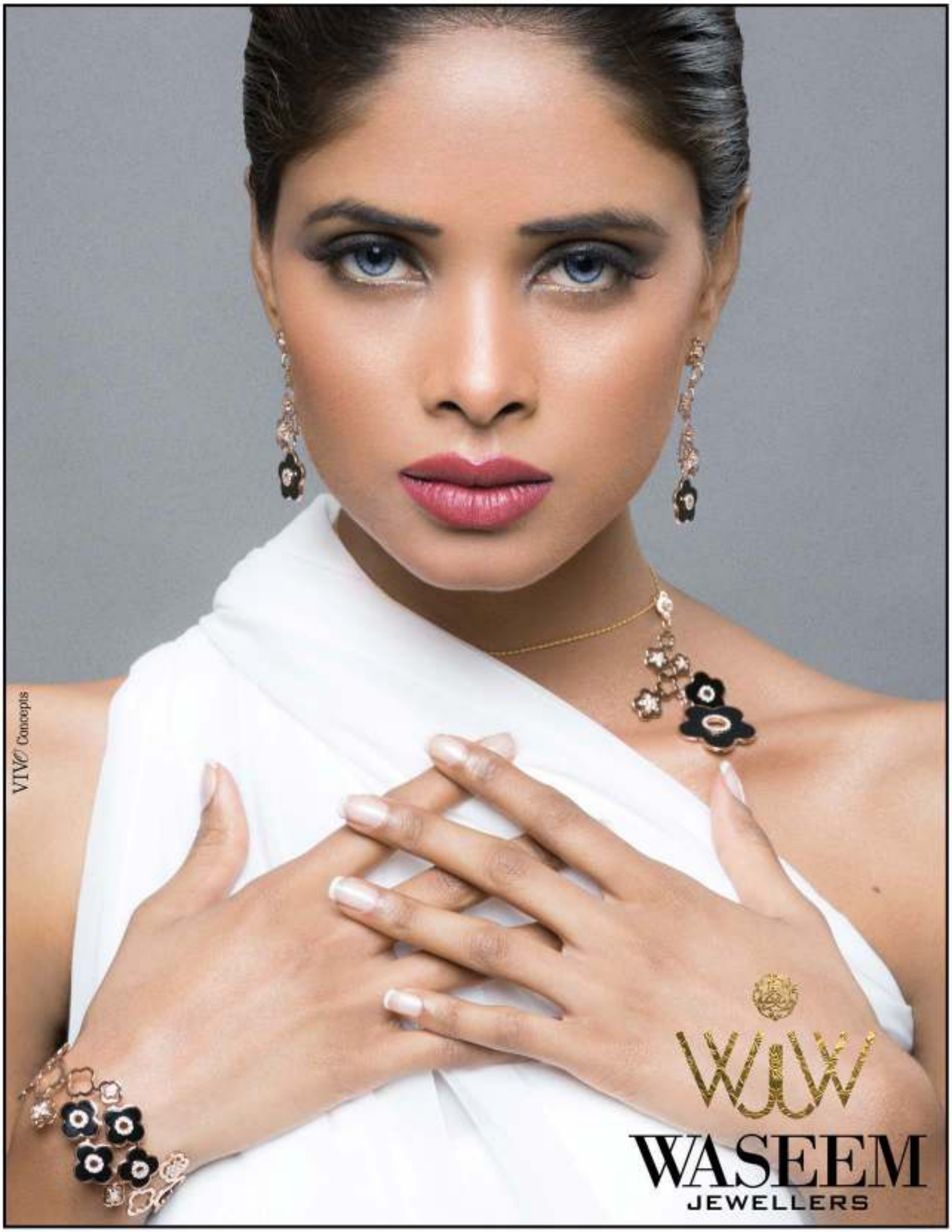
BRANDON MAXWELL

Who: Stylist-turned-designer Brandon Maxwell has been cited by The Hollywood Reporter as one of the top 25 stylists of 2015. Maxwell works across the fields of music, celebrity and fashion, having acted as fashion director to Lady Gaga since 2012. He debuted his namesake women's ready-to-wear brand at New York Fashion Week in September 2015. Having studied photography at St. Edward's University in Austin, he began assisting stylist Deborah Afshani in 2009, followed by Edward Enninful, and then Nicola Formichetti in 2010 (who was Lady Gaga's fashion director at the time). Maxwell took over the role in 2012 and set up as a freelance stylist soon after, meanwhile contributing to magazines such as *Teen Vogue* and *V*, where his combination of timeless glamour and sporty, wearable clothing paved the way for his much-lauded fashion line in 2015. Brandon aims to offer women an American luxury brand focused on well-crafted technique, made in New York.

Style: Sleek suiting with minimal curved details, jumpsuits and a few gowns in three materials - crepe, alligator and suede - in mostly black, ivory and blush.

Where to buy: Studio [New York]

TEXT: FIZZA FURQAN; PHOTOGRAPHS: GETTY



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AMNA BABER

One of Pakistan's favourite top models and fashionista, Amna Baber also known as Amo B makes it to our style crush spot this month for her trendy and chic outfit choices that never stop to amaze us on and off the red carpet.

GETTHELOOK



D.EXTERIOR
Zig Zag Bodycon Dress,
PKR 39,500



GIUSEPPE ZANOTTI
Double Strap Mules,
PKR 69,000



STEPHEN WEBSTER
Pearl Bracelet,
PKR 53,000

JUDITH LEIBER
Slender Faceted Crystal Clutch Bag,
PKR 472,000





AQUAZZURA
Eddie Leather-Trimmed Suede Sandals,
PKR 69,500



ZUHAIR MURAD
Sequinned Lace Evening Dress,
PKR 398,000

STOCKISTS: JUDITH LEIBER www.bergdorfgoodman.com; AQUAZZURA www.netaporter.com; D.EXTERIOR www.harrods.com; ZUHAIR MURAD, STEPHEN WEBSTER, GIUSEPPE ZANOTTI www.farfetch.com;
Prices are approximate





WILL SMITH

The fresh prince looks sharp in anything he wears, whether it's a sleek navy blue suit or a casual pair of shorts. No matter what he wears, Smith is always crushing it!

GET THE LOOK



LOCK & CO
Hatters Oslo Wool & Cashmere-Blend Flat Cap, PKR 14,430



BILLY REID
Grey Dalton Slim-Fit Wool And Cashmere-Blend Tweed Suit Trouser, PKR 40,250



BRIONI
Leather Derby Shoes, PKR 37,215

GUCCI
Leather Bomber Jacket, PKR 331,130



ALEXANDER WANG
T By Wang Cotton-Jersey Tank, PKR 9,110







PAUL SMITH LONDON
Purple Byard Cotton Shirt, PKR 18,230

H&M
Jacket Slim Fit, PKR 7,600

Prices are approximate

STOCKISTS: LOCK & CO HATTERS, BRIONI, BILLY REID www.mrporter.com; H&M www.hm.com; PAUL SMITH LONDON www.paulsmith.co.uk; GUCCI www.gucci.com; ALEXANDER WANG www.alexanderwang.com

PHOTOGRAPHS: GETTY, WENN



UP CLOSE WITH

Maheen Karim

The designer shares it all with *OK!* Pakistan





Maheeen Karim is a highly talented individual whose designs are sure to be spotted on numerous socialites at dinners, parties and balls across the country. Best known for her Western silhouettes, the designer's beautiful dresses, jumpsuits and gowns are on every fashionista's wish list. Maheen's latest designs were recently showcased at Fashion Pakistan Week and received great feedback from the fashion fraternity as well as clients. The designer's infectious personality and friendly demeanour serve as the perfect cherry on top – it's no wonder she's everyone's go-to designer!











A proud fashion moment?
Maheen Karim: When Manish Malhotra wowed someone wearing my design and asked where it was from.

Most rewarding moment in life?
MK: Nothing is more rewarding than to see a happy client enjoy wearing your design and feel great in it.

One thing you can't stand?
MK: Liars.

Favourite menswear designer?
MK: Giorgio Armani.

You can't live without...
MK: My family!

You will not be seen wearing...
MK: Crocs...I'd rather...

What makes you cringe?
MK: Frumpy looking unkempt people – I mean how hard is it to brush your hair? Be a little smart and clean! First impressions to me are the last impressions.

Fashion faux-pas?
MK: Exaggerated shoulder pads...No!

Dream destination?
MK: Florence...can't get enough of that city! So much to eat, do and so much culture!

Necessary splurges?
MK: Jewellery – it's beautiful, it adorns and it makes one feel fabulous...you can never have enough!

Fashion icons?
MK: Coco Chanel, Sophia Lauren, Monica Belluci, Queen Rania and Olivia Palermo.

Guilty pleasure?
MK: I'm addicted to dessert...anything sweet, especially chocolate!

What would we always find your bedside table?
MK: My phone sadly!

Beauty regime?
MK: I'm a no-fuss no-product person. I swear by my Dermalogica Moisturizer and my Garnier BB cream. I find beauty products boring.

If you could dress one person locally, who would it be?
MK: I have already dressed my favourites!

Favourite accessory?
MK: Handbags – I have no self-control when purchasing handbags!

Favourite designers?
MK: There are tons I love but the few I tend to wear a lot are Cavalli, Tibi, Halston Heritage and Roland Mouret.

What is an unforgettable present you have received?
MK: My 21st birthday present from my parents – a piece of jewellery I absolutely love.

Three tips for achieving success?
MK: Work super hard, be good to your staff, and stay humble and grounded throughout.

Beauty essentials?
MK: None I can tell you about; I am not a product person at all.

Favourite scent?
MK: Diorissimo.

Favourite Book?
MK: *Wuthering Heights* by Emily Brontë.

Five things that are always in your bag?
MK: My phone, wallet, business card holder, random fabric swatches and perfume.



What do you do when you aren't working?
MK: I love to meet my friends and relax... ideally I love to travel but can't get out as much as I would like to.



Shoes or bags?
MK: Oh my God, I would never choose!

If you were stranded somewhere, what is the one thing you wish you had on you (apart from your phone)?
MK: A GPRS system so someone can find me...I am a people person.

Words to live by?
MK: Be good to people – what goes around comes around. OK!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: COURTESY MAHEEN KARIM

#OKStreetstyle

Before we bid farewell to winter, we have one last chance to feature all the gorgeous winter looks and then some!



@FARHEEN OF @FARFROMORDINARY LOOKS LIKE AN A-LISTER ROCKING THOSE THIGH-HIGH BOOTS AND THE EXQUISITE RED COAT!



WOW! GIRL, @FOFOALBANUR DEFINITELY KNOWS HOW TO PULL OFF THAT TURTLE NECK TREND.



@NISA_TIWANA SEEMS TO BE THE NEW LOCAL 'IT' GIRL WITH HER AH-MAZING SENSE OF STYLE!



TALK ABOUT TOPPING THE STYLE QUOTIENT; @SAMIRADADA LOOKED NOTHING LESS THAN A VISION AT THE #KIDNEYCENTREBRUNCH



ANUSHE FROM @STYLEHAVENBLOG PROVES THAT SHE DOESN'T HAVE TO DO MUCH TO LOOK GOOD!



BEAUTIFUL COAT ON A BEYOND BEAUTIFUL GIRL @THEREALFOUZ, ADORE THE FUR ACCENTS.



STYLE QUEEN, @ELAMOIS NEVER EVER GETS IT WRONG.



SUPER MODEL OFF DUTY, @IMEHREENSYED LOOKS FURRRR-BULOUS!



@ROSHINIDASWANI IS PICTURE PERFECT IN THESE MATCHING CO-ORDS AND A STATEMENT NECK PIECE.

TEXT: ALYZEH RAHIM SHIRAZI

MY WONDERFUL LIFE

Anushka Lakhani, Founder and CEO of London's Aer Blowdry Bar shares her favourite things with *OK*! Pakistan

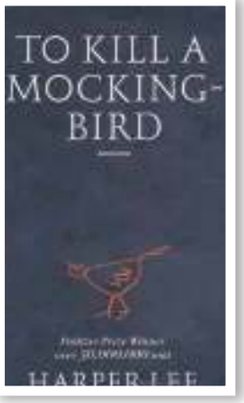


Favourite destination?
Seychelles.



Favourite scent?
Hermès Elixir Des Merveilles.

Ideal weekend?
All day brunch with friends and loved ones.



Favourite book?
To kill a Mockingbird by Harper Lee.

NIDA AZWER ATELIER
ZUHAIR MURAD

Favourite designers?
Zuhair Murad and Nida Azwer.



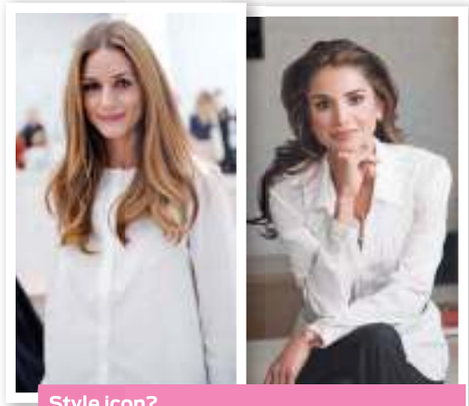
Celebrity crush?
Olivier Giroud.

Fitness regime?
Currently non-existent but my 2016 resolution is to start kickboxing.



Guilty pleasure?
Nutella out of the jar.





Style icon?
Olivia Palermo and Queen Rania of Jordan.



Last extravagant buy?
Boy Chanel Flap Bag in charcoal.

Can't live without?
My family.

Most passionate about?
My work and good food.

Motto to live by?
Live each day to its fullest.



Any celebrities encounters?
Had dinner next to Penelope Cruz and Javier Bardem at Roka London – what a gorgeous couple and so in love! And not to forget me meeting Diane Kruger at Ivy Chelsea Garden.



Favourite restaurant?
Dinings in London.

HERMÈS: *Wandering Through Lands*





This January, Hermes landed in Dubai, in the New Year by way of a traveling, floating exhibition, a structure set up right on the Burj Lake, next to the dancing fountains. Having already exhibited in London at the Saatchi Gallery and Paris early in 2015, Wanderland, reflects much of the history, tradition and creativity that have come to define Hermes.

Employing the same quirk the website and advertisements are known for, the exhibit resonated similar ubiquitous elements with the help of visual techniques in different rooms, set up for spectators to walk through and experience unique themes, visual elements, sound and products, both vintage and contemporary, for a truly multi-sensory experience.

According to Pierre-Alexis Dumas, Artistic Director at Hermes, the theme of the exhibition was that of "Flanerie, that wonderful art of urban wandering" described as "second nature" to Hermes, even in fact its "most profound nature." Flaneurs "Guided by instinct", looking for the "unusual in the mundane," the "unnoticed in the already seen," Recreating Parisian streets within 10 rooms, Hermes looked to take us through the art of wandering through these streets and invoking in all the child-like wonderment, delight and speculation by way of its instinctively creative mastery, inviting all to wander and wonder in Wanderland, this Spring.

Entering the specifically commissioned structure, suspended above the water, you are ushered through a room showing us the breadth of Hermes's history by displaying walking sticks, its various kinds throughout the decades, through thematic lighting, videos and a vintage reel playing none other than Laurel and Hardy, where walking sticks were a regular prop.

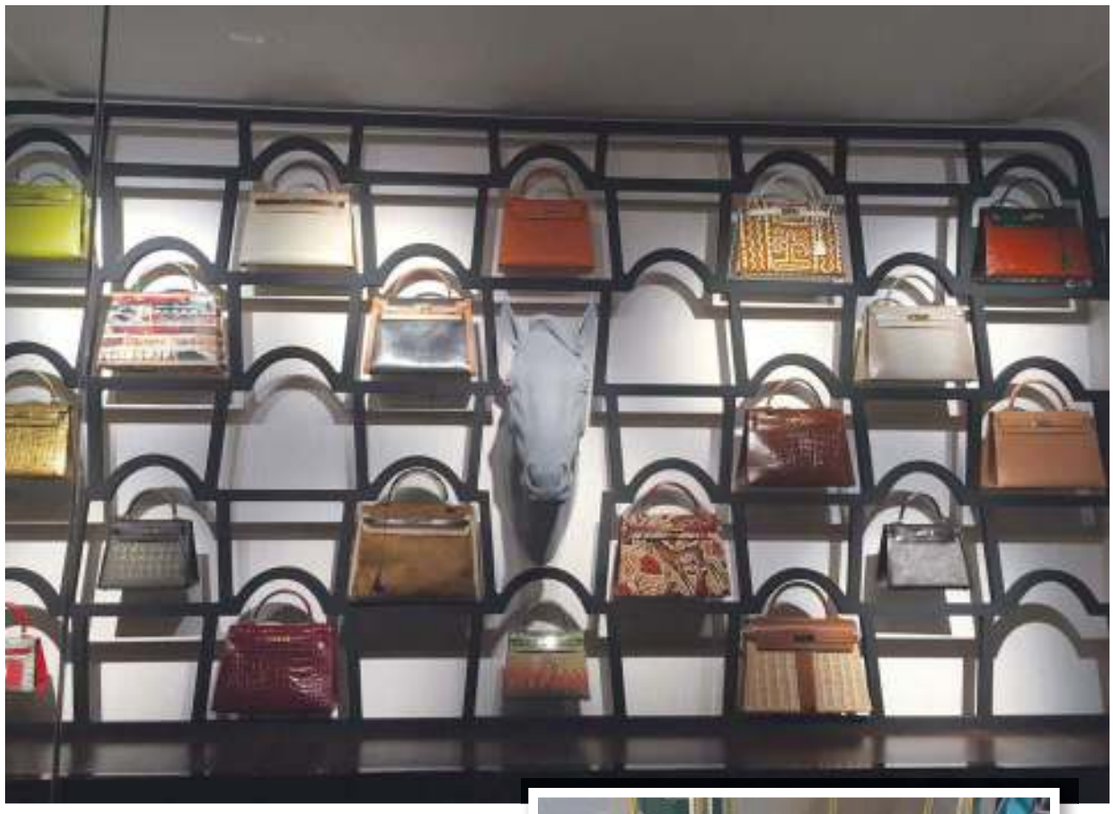




The next room, a Parisian street corner with a bike, umbrella and bench, circles around a puddle, that plays a film complete with a blue sky, raindrops and birds flying across. A mixture of visual mediums and platforms form an interesting interplay between product, art and everyday life.

Another room juxtaposed the current Spring/ Summer 2016 leather goods collection with Hermes timepieces through the years, including a vintage Hermes pocket watch, displayed in a







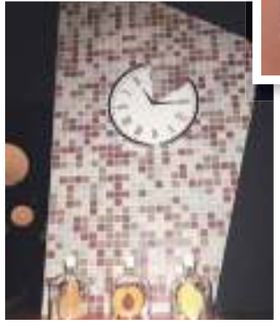












room mirroring a Parisian street that was entirely upside down, down to the streetlights. This feat was meant to convey the dichotomy and stillness of time. "Topsy-turvy, the emblem of the City of Light resonate in the key of time grown weightless. Thus shaken, "Stroll on!" they say."

Walking through the "Le Café Des Objets Oublies", The Café of Lost Objects, recreates an entire Parisian café, except there are ties on the newspaper racks, upside down chairs contained a chess game with cufflinks attached to pieces on the chessboard, teacups revealing moving imagery inside, a mailbox opened to reveal colorful leather envelopes, a leather envelope containing a paint box contained moving visual imagery within its color nooks.

A walk through the next room reflected a Parisian street lined with store windows displayed merchandise curated thematically. A vintage theme depicted a unique fisherman's Kelly, replete with necessary accoutrements. A wheelbarrow carried sheets of colored House leathers, while another window displayed Hermes's ceramics collection, with another included one with a dog wearing a Collier de Chien no less.

Drawing on current collections, products from the archives and the museum collection of Emile Hermes, the exhibition, for both aficionados and novices alike, familiarizes the spectator with its history while connecting it to present day. The brand along with displaying all the mastery and delight it takes in creating the product takes it a step further by reminding spectators how inherently Parisian it is. Steeped in culture, Hermes seeks to carefully preserve its history while celebrating it.

The exhibition runs until February 6 2016. OK!

TEXT & PHOTOGRAPHS: FAIZA VIRANI

ICE AGE

WIND BACK THE CLOCK WITH THESE HYDRATING WONDERS



1. MURAD ANTI-AGING MOISTURIZER SPF30, PKR 6,690 ENRICHED WITH GLYCOLIC AND KOJIC ACIDS, JOJOBA OIL AND CARBON, NOT ONLY DOES THIS FIGHT EARLY SIGNS OF AGEING, IT ALSO TARGETS BLEMISHES AND CONTROLS OILINESS. THIS FAST-ABSORBING MOISTURISER STIMULATES COLLAGEN PRODUCTION, SMOOTHING FINE LINES AND WRINKLES, SO YOU'LL HAVE A YOUTHFUL COMPLEXION. WHAT MORE COULD YOU WANT?

2. KIEHL'S HYDRO-PLUMPING RE-TEXTURIZING SERUM CONCENTRATE, PKR 5,950 WITH ITS LIQUID-TO-SERUM TECHNOLOGY, THIS INUNDATES EVEN THE MOST DEHYDRATED SKIN WITH MOISTURE TO MAINTAIN A YOUTHFUL APPEARANCE. FORMULATED WITH SHISO LEAF EXTRACT TO HELP RETAIN HYDRATION, IT'LL PERK UP A DULL AND TIRED COMPLEXION CAUSED BY AGE-RELATED DRYNESS.

3. CLINIQUE SCULPTWEAR CONTOURING MASSAGE CREAM MASK, PKR 5,350 A REAL TREAT FOR ANY SKIN TYPE, THIS IS A RICH CREAM MASK THAT STRENGTHENS AND REBUILDS THE NATURAL COLLAGEN, IMPROVING ELASTICITY AND RESISTANCE TO GRAVITY. LATHER THE FACE AND NECK IN UPWARD MOTIONS AND LEAVE FOR FIVE TO TEN MINUTES, THEN GENTLY REMOVE AND MASSAGE THE REMAINING CREAM INTO THE SKIN. YOU'LL NEVER WANT TO PUT THIS DOWN!

4. GIVENCHY SPARKLING EYE REJUVENATING GEL, PKR 4,690 FORMULATED WITH A NEW SPARKLING WATER COMPLEX, THIS PENETRATES DEEP INTO THE SKIN TO TACKLE PUFFINESS, DARK CIRCLES AND FINE LINES. THE REFRESHING GEL GLIDES ON EASILY AND IS ABSORBED INSTANTLY, LEAVING YOUR EYES LOOKING LUMINOUS AND REVITALISED.

5.ESTÉE LAUDER NEW DIMENSION EXPERT LIQUID TAPE, PKR 6,850 THIS 'SHAPE AND FILL' SERUM HELPS TO REDEFINE THE LOOK OF FACIAL CONTOURS AND STRENGTHENS THE NATURAL STRUCTURE. WITH A PRO-COLLAGEN TECHNOLOGY, IT HELPS TO FIRM, TONE AND GIVE AN OVERALL LIFTED LOOK. APPLY A SMALL AMOUNT TO KEY AREAS, AND MAKE SURE IT'S YOUR FIRST STEP AFTER CLEANSING. LET IT SET, AND BE CAREFUL NOT TO BREAK THE TAPE!

COMPILED BY HARRIET WHEELER; PHOTOGRAPH BY CAROLINE LEEMING

STOCKISTS: CLINIQUE www.clinique.co.uk; ESTÉE LAUDER www.esteelauder.co.uk; GIVENCHY www.debenhams.com; KIEHL'S www.kiehls.co.uk; MURAD www.murad.co.uk; ARTIFICIAL ICE CUBES from DZD www.dzd.co.uk; *prices are approximate*

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Get the *Look*

HUDA KATTAN

Dubai's award winning Blogger and Hollywood trained celebrity make-up artist, Huda Kattan also known as Huda Beauty is our number one beauty inspiration. Her make-up is always on point and we can't get enough of her false lashes! Here is how we try to recreate her look for our readers.



Huda Beauty is famous for her flawless contouring. One of her favorite contour palettes is the **ANASTASIA BEVERLY HILLS** Contour Cream Kit that comes in a set of three highlight and three contour shades. Create a sculpted face like Huda's by blending these shades. PKR 4,000

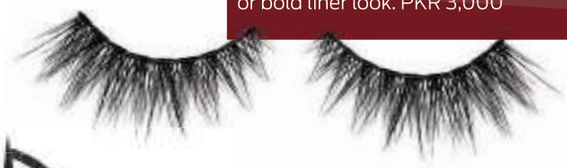


Try **STILA**'s All Day Waterproof Liquid Eye Liner, Sephora's best selling eyeliner in jet black. Its thin marker-like tip is an easy application that glides on your lids dramatically and stays on all day and night without smudging and running. PKR 2,200

Apply **NUDESTIX**'s Lip Pen in Kiss Tin. Try it in Nudity, a sheer brownish nude gloss to compliment your dramtic smoky eye look as seen on Huda! It's the perfect long lasting nude shade for creamy matte coverage. PKR 2,400



The hottest and trendiest false lashes in the beauty world are **HUDA BEAUTY**'s classic false lashes. There's definitely no need for mascara if you are accessorising every make-up look with these gorgeous lashes that can be worn up to 15 times! Try them in Lana #10 for high volume and length that provide drama to your smokey eye or bold liner look. PKR 3,000





Try this set of two award winning products from this season, **KAT VON D**'s Lock-It Foundation and Beautyblender Pro coupled with samples of the Lock-It Featherweight Primer and Liquid Blendercleanser! Use the Beautyblender Pro for the perfect sponge application of Kat Von D's long wear high performance foundation that leaves your skin pore-less with a flawless finish and glow. PKR 4,600

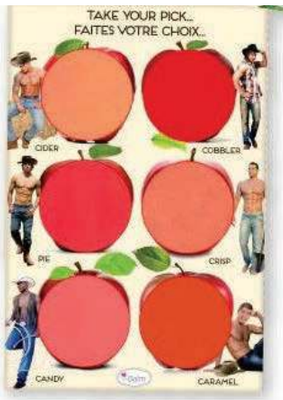


There is nothing like owning a bronzer, highlighter and blush in a travel ready compact. **URBAN DECAY**'s Naked Flush in Streak comprises of a pale matte bronzer, peachy shimmer highlighter and bright coral blush. Use these pressed powders invidually or blend them together to create the right effect leaving a fresh and glowy finish to your face even after a late night! PKR 3,200



DIORSKIN Nude Air Glowing Gardens by **DIOR** is a bestselling illuminating powder that enhances your face with radiance as it draws its inspiration from the technique of strobing. To achieve a natural finish, sweep the powder over the face with the mini kabuki brush. Use the brush to sculpt the face and sweep on the matte shade under the apples of the cheeks to enhance the definition of the face. Apply this onto the hollows of the cheekbones, along the bridge of the nose and the oval of the face for a refining effect. PKR 5,800

STOCKISTS: HudaBeauty, Kat Von D, Anastasia Beverly Hills, Tarte, Stila, Dior, Urban Decay, Nudestix, www.sephora.com; *prices are approximate*



New Kit On The Block

BALM COSMETICS just made its way to Pakistan all the way from California and we're thrilled! Apart from the cutest packaging ever, the pigments are strong and effective... A little bit goes a long way! We've nearly tried each and every product from the range and are in love! How 'Bout Them Apples? is one of our favourite lip and cheek palettes. Consisting of six universally flattering shades, this is a surefire hit amongst all beauty aficionados.
PKR 3,500; Available at Scentsation







Beauty Essentials

Blush Pink Lips



If you're tired of looking at a sea of bright reds and contrasting nude lips, look no further. There's a new shade that's been spotted on all the A-listers at the 2016 Golden Globes. It's a fresh, girly pigment that's a notch pinker than your average nude. This rosy hued lip is *au courant*. Spotted on Rosie Huntington-Whiteley, Taraji P. Henson and Kate Hudson – this blush brightens the complexion and is flattering on all skin tones. Try MASARRAT MISBAH's Lip Varnish in Afghan Rose or LUSCIOUS COSMETICS's Super Moisturizing Lipstick in Breathless to get the look.
PKR 645 for LUSCIOUS COSMETICS; www.daraz.pk
PKR 750 for MASARRAT MISBAH; www.daraz.pk

Dewy Glow

Dry winter months wreck havoc on the skin. Give your face and neck some much needed TLC to avoid wrinkles and get that dewy glow. Hollywood's most coveted make-up artist CHARLOTTE TILBURY - known for her swoon-worthy eye make-up techniques, contouring and namesake beauty brand -



suggests you apply her famous Magic Cream before you begin your make-up application. For the Golden Globes, CHARLOTTE TILBURY applied her Magic Cream on Amal Clooney and Sienna Miller to prep their skin, giving them a dewy glow. We suggest you give it a try!
PKR 10,000; www.netaporter.com



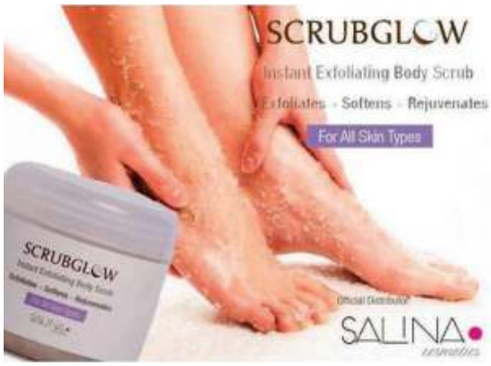




Lip Couture

Taking inspiration from the world of high fashion, LUSCIOUS COSMETICS recently launched its Lip Couture – a highly pigmented, long-lasting liquid lipstick available in 16 shades. With fun names like Selfie, Celebrity and Front Row, the range includes 10 matte and six glossy textures in beautiful nudes, pinks and rich plums suitable for every girl and woman out there.
PKR 1,095; www.iloveluscious.com

Bye Bye Dead Skin



After having gone through jars and jars of all kinds of body scrubs available in the market, we can rightly say that Scrubglow by SALINA COSMETICS currently ranks on the top of our list. This exfoliating body scrub effectively removes all dead skin, smells fantastic and moisturises like no other. Most scrubs leave skin dry and a heavy layer of cream needs to be applied right after a shower but Scrubglow contains oils that soften skin making the need for a body cream application after a shower redundant.
PKR 900; www.salinacosmetics.com

TEXT: ALIZEH PASHA; PHOTOGRAPHS: GETTY, INSTAGRAM

prices are approximate



TAG Heuer is proud to announce Chris Hemsworth as new International brand ambassador.

Since Rush, the 2013 motorsport film of which TAG Heuer was a partner and which starred Chris Hemsworth as the Formula 1 driver James Hunt, the friendship between the Australian actor and the Swiss watch brand has grown ever closer.

His international profile, professionalism and authenticity make Chris the perfect embodiment of the motto "Don't Crack Under Pressure".

So it was perfectly natural for Jean-Claude Biver, CEO of TAG Heuer and President of the LVMH Group Watch Division, to propose to Chris to become an official ambassador for the brand.

It was also a natural choice for TAG Heuer to have an Australian as an international ambassador, as the Swiss watch brand has a strong historic presence in the country. He joins the family of prestigious ambassadors for the Swiss watch brand, which counts Ronaldo, Tom Brady, and Cara Delevingne among others.

TAG Heuer? The avant-garde of Swiss watchmaking since 1860. Ever since, TAG Heuer has been striving to push the boundaries further, inventing breathtaking timepieces for those who love to defy convention. This technical expertise was harnessed at a very early stage for achieving extreme accuracy, particularly in the creation of exceptional chronographs. Under the impulsion of Jean-Claude Biver, CEO of TAG Heuer and President of LVMH Watch Division, the 2015 models reveal a new dynamic: faster lead times and developments, and a completely transformed environment. TAG Heuer is currently one of the world's only watch brands to be able to communicate in four different worlds: Art, Lifestyle, Sport and Heritage. All of our ambassadors, living football legend Cristiano Ronaldo, it-girl Cara Delevingne, electronic music icon David Guetta, US quarterback star Tom Brady reflect the values shared by the brand – teamwork, courage and a taste for challenge – which drive TAG Heuer to go beyond the traditions of the watchmaking industry. Our slogan #DontCrackUnderPressure is much more than an affirmation: it's a state of mind.

TAG HEUER TAGHeuer
SWISS AVANT-GARDE SINCE 1860

DIY How To...

DEWY SKIN

Ever wonder why some stars manage to be luminous 24/7? Stars such as Kate Hudson and Jennifer Lopez are prime examples – they always look rested, fresh and radiant. We got the low-down on Kate's dewy skin via her make-up artist Melanie Inglessis and here are the following steps:



STEP 1: Use a hydrating facial mist and moisturiser before make-up application to lock in the moisture.
STEP 2: Use a wet Beautyblender to apply foundation on your skin.
STEP 3: Use a liquid bronzer, not powder, to contour skin and add a subtle glow.
STEP 4: To highlight features, use a liquid highlighter, like CHANTECAILLE's Liquid Lumière in Sheen, on your cheekbones and brow bones.
STEP 5: Use a cream based blush on the cheeks to give them a radiant flush.
STEP 6: Finish off the look by applying a high-definition powder onto the T-zone and neck.



BEAUTY BUZZ

TRIED & TESTED

x RELAX & REJUVENATE MASSAGE, BODY SOAK & BLOWDRY AT ARAMMISH SPA

If you are looking for an organic, serene and holistic spa experience in Pakistan's metropolis, Lahore, it would have to be Arammish. Nestled in a quiet area off the heart of Lahore's canal road, Arammish is a place you come to forget about your worries and embrace calm. It's rustic, serene and has a very Zen feel - almost like a mind, body and soul soothing retreat that's in the heart of the city - minus the noise. Needing some calm in our lives, we booked ourselves a Relax and Rejuvenate Massage, followed by a Body Soak and a blowdry after.

As we enter the spa, its minimal but serene ambiance is peaceful, quiet and very tranquil. We are led to our candle-lit room and asked to change and wait for the masseuse to arrive. The massage starts off how any massage starts internationally. They make sure your feet are cleansed and then begin the massage with a brush that strokes the left side of the body first and then the right. Warm heating bags filled with rice and neem are put on our back, which relax our tense muscles.

As we lie on our stomach, the therapist starts the massage by applying oil from our ankles and moves up to our thighs. In rhythmic strokes, she calms our muscles after which she uses her nimble thumbs to take out any knots. Moving up, her strokes are gentle and comforting, making us forget the hustle bustle of our daily lives. Once she is done with our leg, she thoroughly applies pressure to all the pressure points on our left foot and ends the massage with some stretches and places a heating bag on our foot. She repeats this process on our other leg before moving up to our back where she carefully caresses our aches and pains away.

Once again, she uses her agile fingers to remove even the most stubborn knots from our shoulders and upper back painlessly. Once in a while you will get a therapist who removes all your knots and the process is painful, but not this one – it is probably the most gentle knot removal we have experienced in the country.

After our back is done, we flip over and lie on our back so the front of our body can be treated to the massage. Gentle strokes with ambient music put us in an utter state of bliss – we have already forgotten about our daily routine and worries!

After our legs are massaged, the masseuse treats our hands before moving to our stomach and then shoulders and neck. The process ends with a calming head massage followed by a brilliant face massage where our temples and eyes get the most relaxing treatment. Almost all our senses are indulged during the massage. From the ambient lighting, to the soothing background music and beautifully smelling massage oil – we are left in bliss. It really is a mind, body and soul treat!

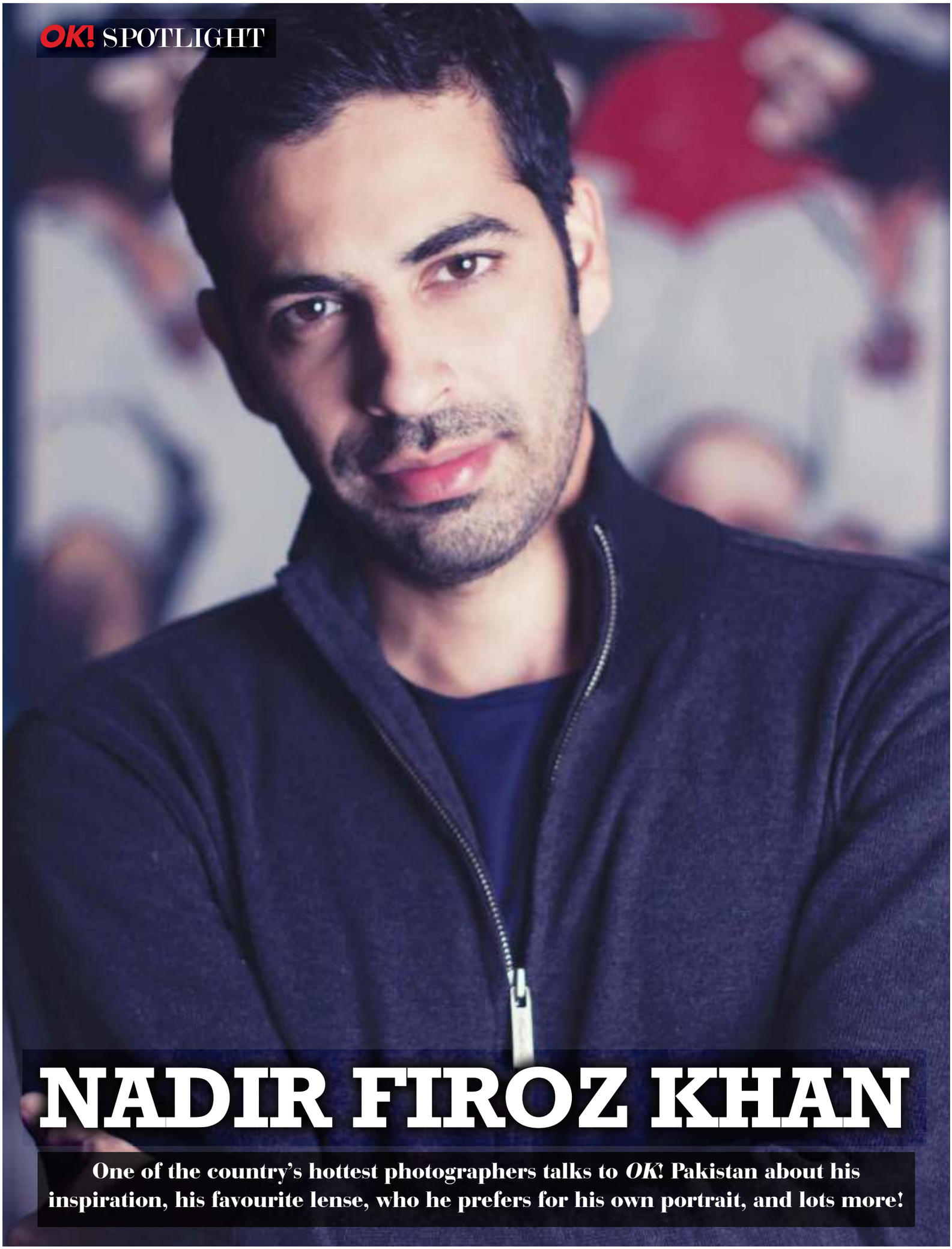
Once the massage is over, the heating bags are removed and the Body Soak starts. Here, an exfoliating loofah is used to improve circulation and wash away the oil with soap. This is the most luxurious indulgence we've encountered. We basically get a full body scrub while still being in bed and are wiped down with a hot towel to finish off the process. The gentle and calming soak is like the icing on the cake and we are glad we opted for it.

No treatment is complete without a blowdry and so we head on over to the hair studio to get our hair washed. Even the shampoo and conditioner is massaged in gently! Once our hair is washed and conditioned, we make our way to the blowdry station and get ourselves a fantastic blowdry. We heard they were fabulous but now we actually know!

PRICE: PKR 1,760 Relax and Rejuvenate Massage; PKR 800 Body Soak; PKR 850 Blowdry. Contact 0321 4793003 for an appointment. OK!



TEXT: ALIZEH PASHA; PHOTOS: GETTY



NADIR FIROZ KHAN

One of the country's hottest photographers talks to *OK!* Pakistan about his inspiration, his favourite lense, who he prefers for his own portrait, and lots more!





Nadir Feroz Khan is one photographer who climbed up the ladder of success in an amazingly short span of time. Working alongside stylist and fashion coordinator wife, Maha, the duo was nominated for a Lux Style Award (LSA) within an impressive six months of starting up. *OK*! Pakistan chats with the talented photographer about how he started his career, one of his most memorable shoots and his favourite photographer.

How and when did you start photography?

Nadir Firoz Khan: I discovered photography in my third year of college when I picked it as a minor. It was a great outlet for creativity and gave me the space to experiment with my visual language in a way that my major (Communication Design) didn't. Upon graduation I was scouted and hired by Director Asim Raza as an Assistant Director for Vision Factory. After that I worked with Ogilvy for a year and then started directing corporate documentaries and TV-Ads with a friend. I did some commercial photography on the side here and there but the bulk of my work as a photographer started when I met Maha. Initially, photography was only a side thing I did with Maha while I continued my business of corporate documentaries. She has a Fashion and Design background from Parsons and has work experience in New York at various fashion houses, so she pushed me to take on some fashion projects with her on board doing the concept and styling. After that she set up the Facebook, Twitter and Instagram pages and we started working under the name "NFK Photography". With our LSA nomination happening within the first six months of working, I knew we were on to something. We didn't really expect it to blow up the way it did but soon enough there was so much work coming NFK's way that I didn't really have time to keep up my other business of corporate documentaries. I would have never thought I would end up a fashion photographer, but I wouldn't have it any other way. It has been an amazing ride and we have been very fortunate to get where we are today so fast.

What inspires you?

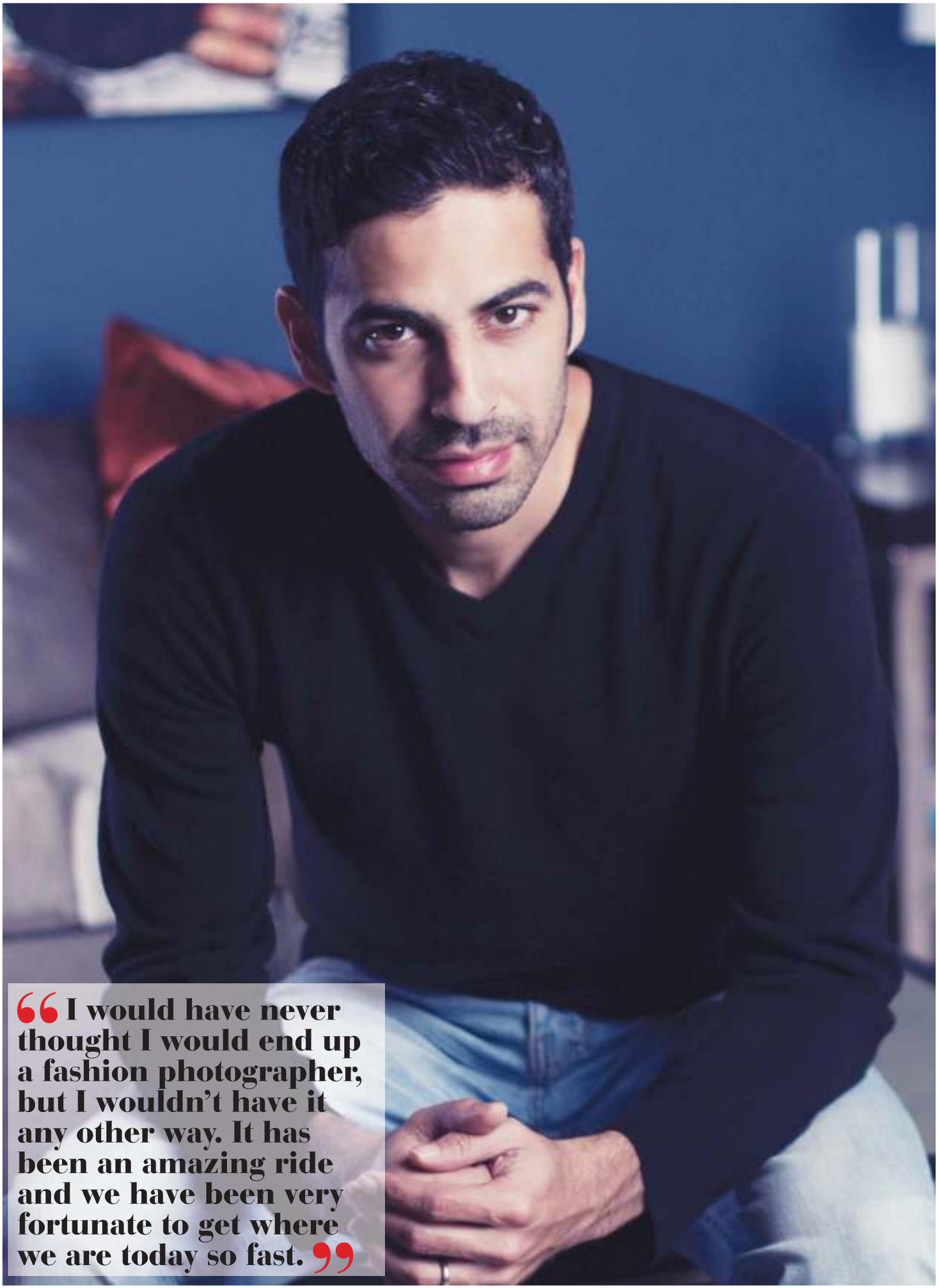
NFK: Naturally, my background in design has influenced my photography in the way that I compose and balance my shots. I am also greatly inspired by the study of light – it's interesting to me how the play of light can tell a story and evoke a mood. I enjoy the whole process of conceptualising and creating the light design whilst also directing the model to create and capture that unique and ephemeral moment.

How would you describe your work to someone who has never seen it?

NFK: We do pretty but we keep it cool and relaxed; we love glamour but we keep it contemporary; we create beauty without the frills and fuss.

At what point did you realise that photography is what you wanted to do as a career?

NFK: Honestly it didn't start off that way at all! I am a trained graphic designer that initially became infatuated with the art of filmmaking. I had no plans of making photography my career. My wife of course had other plans! Haha. Jokes aside, I think we decided that photography was a viable career option when we started working and the offers came pouring in. We didn't really stop to think. ►



> **“I would have never thought I would end up a fashion photographer, but I wouldn’t have it any other way. It has been an amazing ride and we have been very fortunate to get where we are today so fast.”**



Of all the shoots you have done in your career, which is your favourite and why?
NFK: Its' hard to pick a favorite shoot as so many are memorable for so many different reasons. Our winter campaign for Bonanza Satrangi stands out, as one of the more challenging projects and maybe that is why it will always remain a favourite. We opted to go ahead with a set depicting a rustic wood cabin set on a snowy mountain. None of us knew whether it would really work since no one in Pakistan seemed to have experience creating a snowy environment successfully or believably. Together with creative geniuses Amina and Anisa Rashid of RAKA I think we created one of our most scenic and beautiful sets to date. It also turned out to be one our best (and most fun) campaigns!

Out of your collection, which photo are you most proud of?
NFK: It's impossible to pick one image.

What was your first assignment? Any anecdotes that you remember from that experience?
NFK: Our first fashion cover was with Sanam Chaudhri for Labels. Zahir Rahimtoola and Sanam were super fun to work with; Sanam is very creative and has a great colour sense and Zahir is always up for trying something new! He gave us a shot working with one of the top models at that time, Ayyan Ali, who did a fabulous job. To finally see the shoot on the cover - our first - was an amazing feeling!

How would you say your work is different from your contemporaries; what is your USP?
NFK: Every photographer has his or her own style. Our work is very contemporary and modern. I'd like to think that we do easy and relaxed beauty, well. Our clients come to us because we always make their product look great and the girl look beautiful. We do our best to cater the concept and the creative direction of the shoot to flatter the specific collection that we are shooting while also trying to keep in mind each brand's distinctive style and aesthetic image. We are also known for our unique sets and art direction, and are always pushing the boundaries of creative direction.

Prime or zoom – which is your preference?
NFK: Both have their pros and cons. Prime lenses are definitely superior but zoom lenses are more flexible. So it depends on the need of the hour. I use prime lenses mostly for outdoor shoots and zoom for studio shoots.

What is your opinion regarding hordes of DSLR totting kids calling themselves photographers? What would you say to them?
NFK: On one hand it is great to see so many people interested in photography. Photography has become more accessible and affordable. Thanks to social media, we are now seeing a wide range of photos from amateurs, enthusiasts, professionals and just random people who like taking pictures. That being said, professional photography requires talent, a technical skill set, and good eye. Just because you own a DSLR doesn't make you a professional. You have to master your camera and your lighting techniques in all scenarios (indoor and outdoor) before you can call yourself that. It takes time, and it's not easy. Practice makes perfect though! I would say work hard and keep learning and growing.

If you weren't a photographer, what would you be?
NFK: I am extremely passionate about sports and would have loved to be an athlete.

Which photographer has been your idol? Whose work have you been most inspired by?
NFK: I am a huge fan of Photographer/Director Bruno Aveillan. His work is what initially inspired me to become a visual artist. Bruno's poetic approach to light and his artistic treatment of his medium as tool for abstract, intuitive and sensorial storytelling is both imaginatively inspiring and creatively illusive. I can watch his ads/films over and over again and each time is a different experience.

If you could have anyone in the world take your portrait, who would it be?
NFK: Annie Leibovitz.

Comparing where you are now with where you were when you first started, what could you have done differently to get to where you are sooner?
NFK: Lol, I can confidently say "nothing". Considering we were nominated for LSA within the first six months of working I think we did pretty ok in terms of getting where we needed to get as fast as possible. ;)

Many regard you as one of the hottest young fashion photographers in the city. What advice do you have for the next generation of photographers?
NKF: Be unique, don't try and be someone else. Experiment with different techniques and styles till you settle on one you like. Photography is also a form of artistic expression – if there is no element of you in the photos then you're missing the point. And please, don't go into fashion if you're not truly into fashion, unless you're partnering with someone who is! OK!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS COURTESY NFK

HYPE

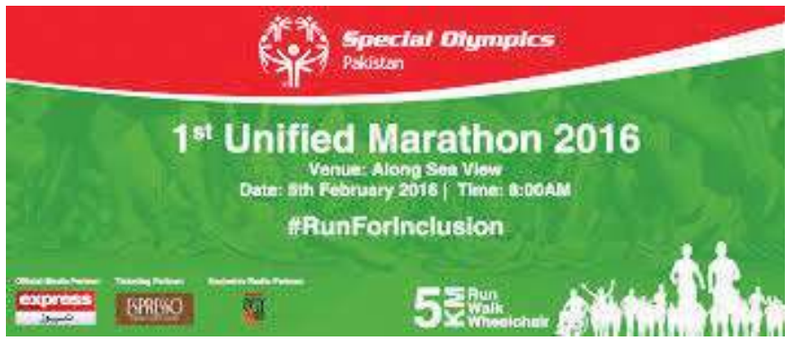
{SOCIETY

Special Olympics Pakistan's First Unified 5K Marathon 2016

Since its inception in 1989, Special Olympics Pakistan has continued to foster positivity, perseverance and a strong fighting spirit in developmentally impaired individuals.

With over 17,000 registered athletes, the programme has changed mindsets and empowered thousands of individuals struggling with intellectual disability to rise above their limitations and accomplish great feats in the world of sports.

Furthering its mission to enrich lives and empower intellectually disadvantaged groups, Special Olympics has announced the launch of its First Unified 5 Km Marathon open to people of all ages, genders and abilities. Under this platform, participants will have the opportunity to walk/run or complete the marathon on a wheelchair, thus building a more inclusive society and creating meaningful opportunities for Pakistan's disabled communities.



Sunflowers by Special Children's Educational Institute

Spring Festival 2016 is an event for special children. The main focus is to highlight Karachi at its best, with media partners like GEO TV, Jang Media Group-Digital and Radio 1 FM 91 to help Special Children's Society. The idea behind the event is to develop a spectrum where for-profit organisations can play a part by understanding the need of this special segment of society and also by encouraging others to be a part of the Spring Festival.





{CINEMA

Bilal Lashari's multi-million dollar remake of *Maula Jatt*



After the success of the film *Waar*, the talented director Bilal Lashari is working on yet another blockbuster – the remake of the Gandasa genre, *Maula Jatt*.

"It's a gamble but it's not exactly a remake," Bilal Lashari said. The cast includes two of the most popular actors of Pakistan: Fawad Khan and Hamza Ali Abbasi. The much anticipated movie will hit cinema screens in 2017.



Ae Dil Hai Mushkil release date announced

Director Karan Johar has finally revealed the cast of *Ae Dil Hai Mushkil*, slated for an October 2017 release. The star-studded cast incudes Ranbir Kapoor, Anushka Sharma and Aishwarya Rai Bachan in prominent roles, and special appearances by two of the most handsome stars of Pakistan, Fawad Khan and Imran Abbas. Not much has been said about the characters in the film though rumours suggest that Fawad Khan will be seen playing the role of a DJ who will romance the beauty queen Aishwarya Rai Bachchan.

{SPORTS

Ali Zafar & Sean Paul set to kick-off PSL in Dubai

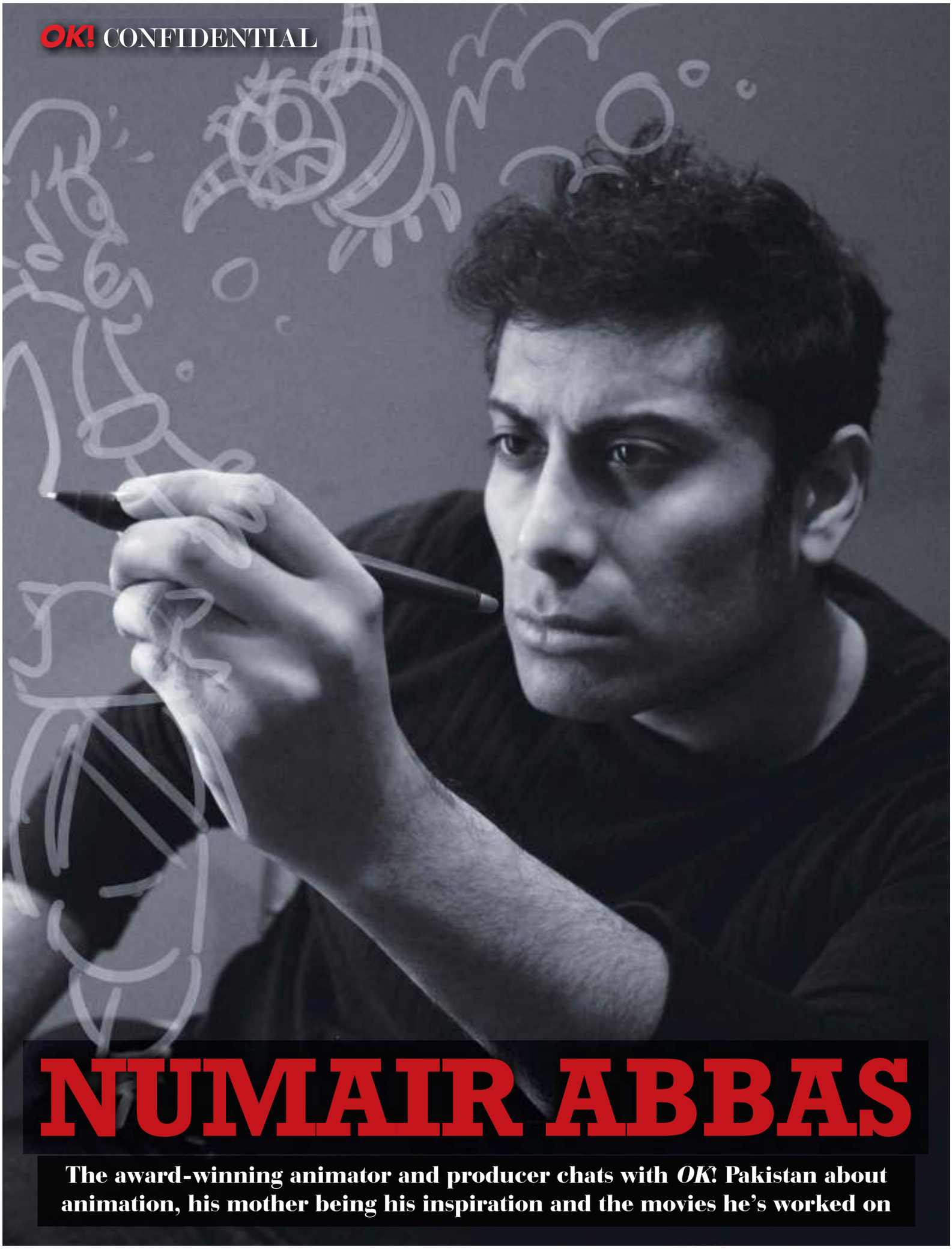


The much anticipated Pakistan Super League is about to start and the preparations are in full swing. The stage is set and cricket fans are waiting to see their favourite players in action.



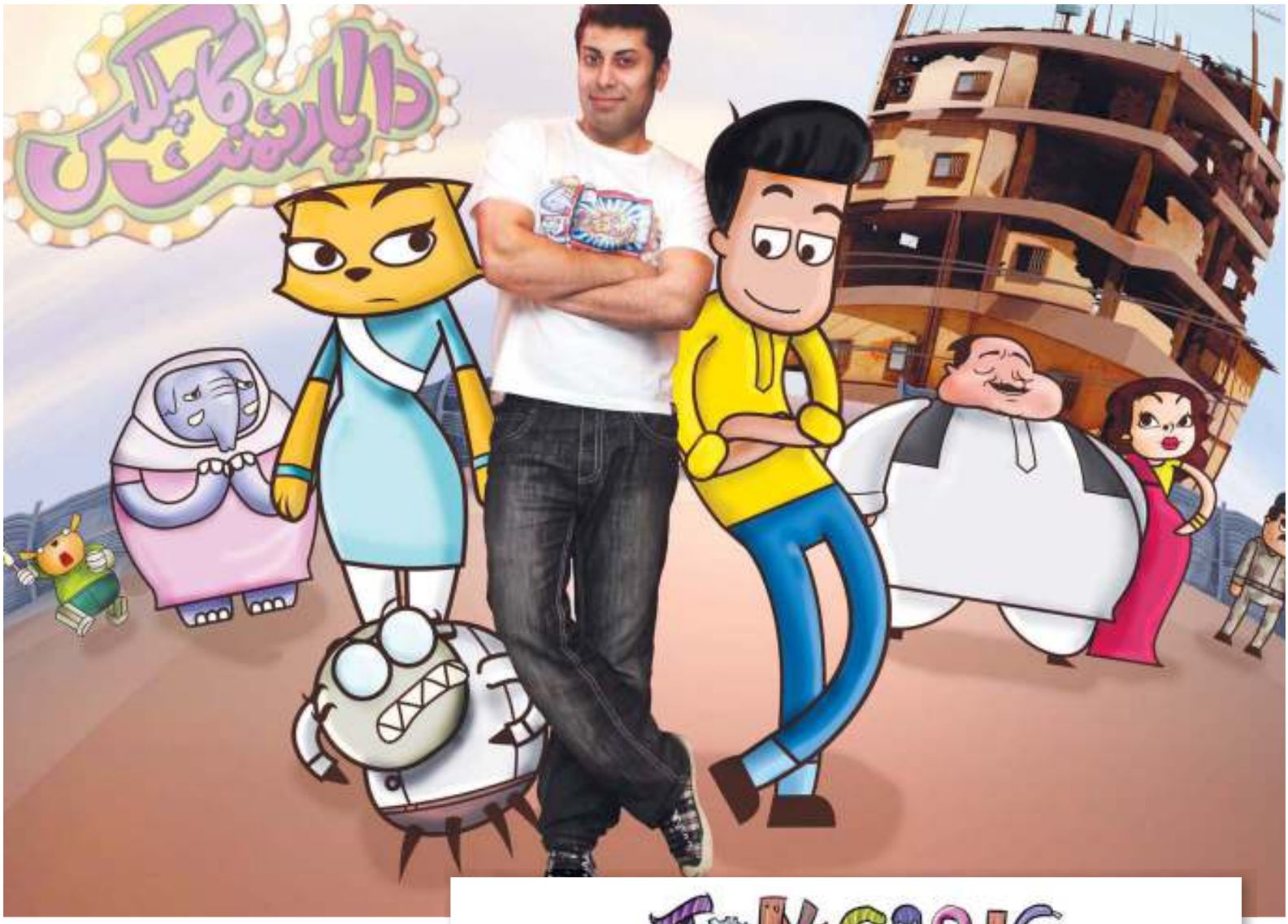
Initially it was all about local and international cricketers from across the cricket playing countries, with eminent names like Kevin Peterson, Chris Gale and Shane Watson coming on board. And now PSL has once again surprised viewers and fans by announcing that Sean Paul will be playing live in Dubai at the opening ceremony alongside Pakistan's rock star Ali Zafar.

TEXT: FIZZA FURQAN



NUMAIR ABBAS

The award-winning animator and producer chats with *OK!* Pakistan about animation, his mother being his inspiration and the movies he's worked on



The versatile and multi-talented animator, producer and entrepreneur Numair Abbas is the founder of the first animated studio of Pakistan, Numairicals. He attended National College of Arts and was awarded a Fulbright scholarship to attend the Film School at University of California, Los Angeles (UCLA). He created the artwork for the movie *Jailabee*, and hails from a family of artists. Abbas' mother Nigar Nazar is the first female cartoonist of the entire Muslim world.

How did you get into this field of animation?

Numair Abbas: Through a very long and convoluted road! It is a long story, but I'll lay it out in a linear method – as an Asian male, I was encouraged to get into a science related subject while still in school but always had a strong talent for art. Because of this combination, I started specialisation from Aeronautical Engineering and progressed into the following in order – Industrial Design, Product Design, Graphic Design, Web Design, Interactive Design, Game Design, Animation, Film. Along the way I also worked in other mediums such as puppets/muppets and, well, practically anything visual. I still believe my journey may not have ended and there is so much more out there to discover!

Tell us a little about the kind of work that you do including recent projects.

NA: I've had several opportunities to work on feature films including James Cameron's *Avatar* but I decided to come back to Pakistan after studying at UCLA Film School (Los Angeles) to spearhead animation in my own country. In doing so, I've had to wear two hats – one of a producer and manager and another of an artist and animator. Numairicals Animation Studio produced a complete season of an animated sitcom called *The Apartment Complex*. We are in the process of deciding whether it should be launched online or whether a distributor should take it directly to TV. We created artwork for the feature film *Jalaibee* and are working on the upcoming film *Azad*. Numairicals Animation Studio has also worked on animated clips for PTV and other small productions and companies.



In Pakistan we have been creating animation for other platforms aside from the TV screen. This includes learning tools including Cartoon Qaida to teach children the Urdu language as well as other online material.

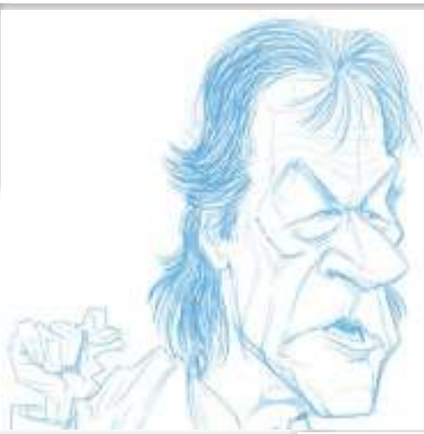
We simultaneously collaborate with our sister company Switchblade Comb and work on several projects in the United States. This includes creating original content to sell to networks including *TomGirls, Jake the Janitor* (also a comic), *Herbert and the Blob, Goth Kids, Surviving 3rd Grade, The 3rds* (also a mobile game), and the upcoming *Trump Hair*. We also animate music videos and after producing a video for Comedy Central's ▶













> **Animation is slowly growing in Pakistan and soon I hope we will move beyond the idea that enjoying cartoons is limited to children alone.**





comedian Adam Ray, we have been signed on to animate two more of his videos.

Tell us about your contribution to the movie *Jalaibee*.

NA: Yasir Jaswal had a fun concept for his film and had a progressive idea about using animation in the film as well. I created the artwork that was animated with effects to highlight important events shown in the film. The time given to create them was very short but it was fun giving a strong graphic comic look to the movie.

Tell us about your first animated film.

NA: My first animated film was produced while I was still at UCLA Film School. It's called *R1cksha Rock8*. It's a funny short film about an American woman who takes a roller coaster of a ride in a Pakistani rickshaw. It was first screened in the Kara Film Festival in Karachi and later on MTV in the United States.

Tell us about your inspiration.

NA: My mother was the first artist that ever inspired me. She is the first female cartoonist of not only Pakistan but the entire Muslim World. To me she was also the first cartoonist of my life. I grew up in the UK and fell in love with the bold comic style of *Beano and Dandy* and I can see how the style seeped into my own as well. As I studied Animation in Film School, I was very lucky to have world famous professors that I had admired and been inspired by earlier – now directly interacting with me and showing me the ropes. Tom Sito being one! I had grown up on cartoons that he had worked on or directed including *He-Man*, *Osmosis Jones*, *Who Framed Roger Rabbit* – all my all time favorites. It was also a great honour learning from the master, Glen Keane. Mike Nguyen was simply phenomenal in instilling a sense of wonder and awe in everything animation. And I must mention my Eastern inspirations, directors Satoshi Kon and Masaaki Yuasa.

Who does your work cater to?

NA: Anyone who likes cartoons and funny animation. Animation is slowly growing in Pakistan and soon I hope we will move beyond the idea that enjoying cartoons is limited to children alone.

What has been your most challenging animation experience?

NA: Every production has its own challenges and surprises! I've had the honour to be on the jury in International Cartoon and Animation Festivals and faced the responsibility of judging submissions from legendary animators whom I had studied and analysed during my education! I've had to animate videos that required lip synchronisation with voice and music, camera movements, full colour and rendering, and work on presentations entirely on my own within a limited time. I've managed a team of 35 employees to create a two dimensional hand drawn illustrated and fully animated sitcom of 26 episodes in 12 months, in which our first episode alone took eight months to produce because of animators learning on the job.

However, I think the experience that stays with me as the most challenging was the animated film I made for Proctor and Gamble, which was a precursor to the Captain Safeguard series. It was called, *Purman* and *Germu*. This 10 minute and 10 seconds film for which I was initially given three relaxed months and a professional team was made in only 15 days with just one background

> I studied Graphic Design from NCA Lahore and Animation from UCLA Film School. Among the most valuable things I learned from both places was how to take and give criticism.

artist. Since I had been flown into Karachi to do it, I was working on it literally day and night with every single minute making an actual difference. The experience was pure chaos but I'm relieved that the success of it is evident in that the company decided to continue the concept and go ahead



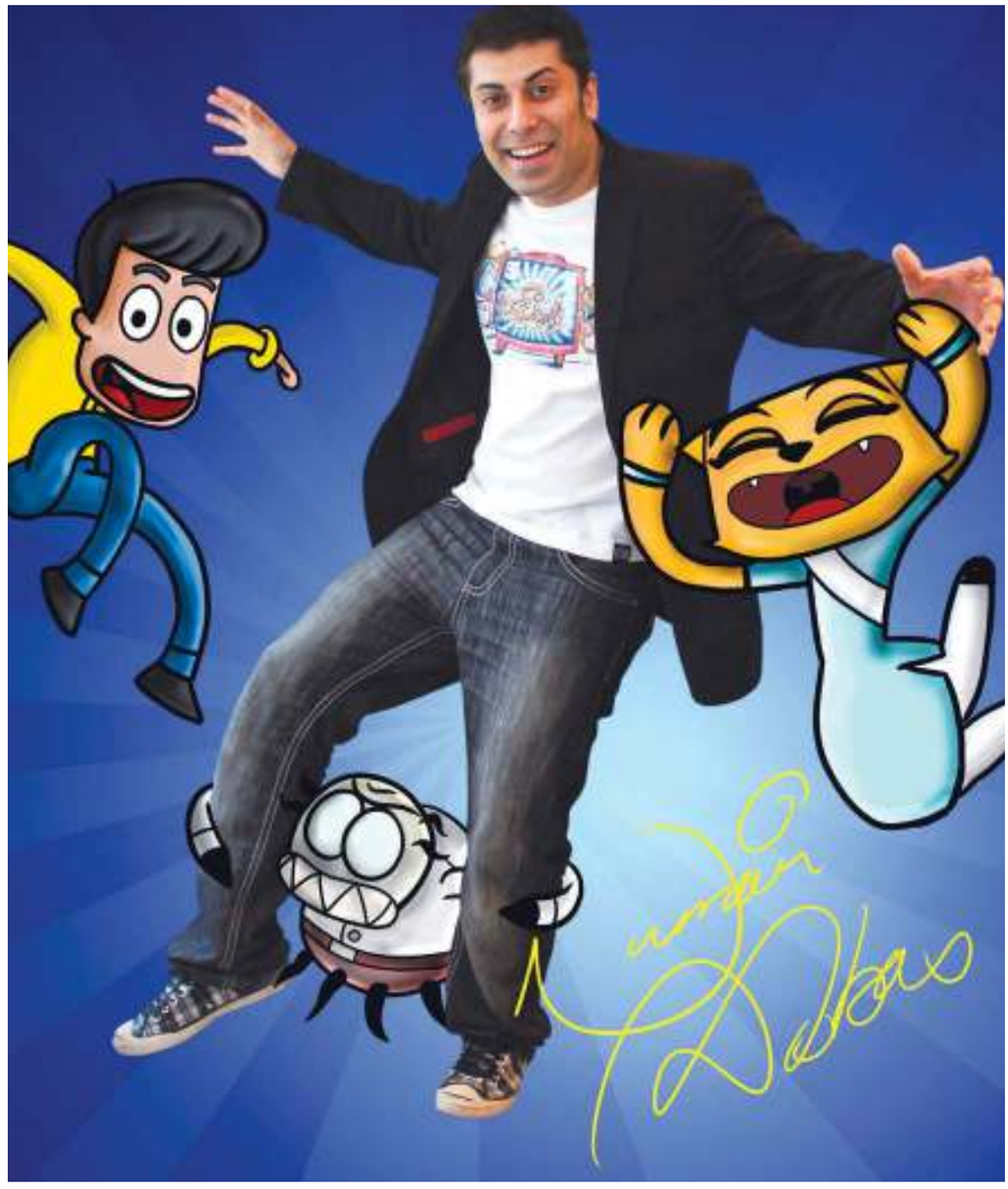
with the successful Captain Safeguard series.

Can you tell us more about your upcoming film *Azad*?

NA: *Azad* is a film independently produced by Hasan Naeem and Rehan Sheikh, with the latter also starring in it. Unfortunately I can't share much about the film except that I will be creating the artwork for it.

Tell us more about your upcoming projects.

Upcoming projects are the most difficult to talk about! The reason being that almost all companies want things to stay confidential until they're released. As for my own projects, which are mostly being made for abroad, I have a team of award winning screenwriters and a producer in LA and I create original content to be sold there. We're in talks with Comedy Central for two music videos for Adam Ray, a popular comedian/actor, and we have several concepts that are being signed by networks there. My writers and I are also pitching an idea



about Donald Trump and his hair called *Trump Hair*, and may be looking to get support from regular people like your readers by making it a Kick-starter campaign. I'll also be going to China soon to create the opening logo animation of a new and huge production company and to create some solid connections for future collaborations.

Tell us about the numerous awards you've received.

Together with the studio we have received the following awards:

- Jack K Sauter TV writer award
- Larry Thor Memorial Award
- BAFTA Newcomer Award
- Finalist for the Humanitas David & Lynn Angell Comedy Award
- Jack Nicholson Prize for Screenwriting
- Oliver Prize for Family Screenwriting
- Best Animation Award at the UCLA Animation Prom

The awards I won personally include:

- P@SHA - ICT Award for Best of Education
- Chuck Jones Award in Animation (two years in row)
- Casey Lew Wasserman Fund for Excellence in Animation
- Matt Groening Fellowship (from the creator of *The Simpsons*)

What advice would you like to give upcoming animators in Pakistan?

NA: After teaching in two universities and giving workshops at my studio for students and professionals both, there are two things I would love to point out...

First, follow through with your dreams – artists and animators can be so talented and so passionate but it can be difficult to hit the job market of Pakistan and one may realise there are not many places you can get a job which takes advantage of your specialty. You end up getting other jobs in advertising, desk jobs or even worse – you leave the country altogether. I would like to advise animators to keep doing what you enjoy even if it has to be on the side of your 'day jobs'. Work freelance if you have to and get your talent across on social media where people can see it, especially people who can one day hire you for what you do best.

Second, be open to learning – I studied Graphic Design from NCA Lahore and Animation from UCLA Film School. Among the most valuable things I learned from both places was how to take and give criticism. It pains me to see artists in Pakistan incapable of hearing anything bad about themselves or their work. You cannot grow in a cocoon, and you should learn to tell the difference between baseless criticism and constructive criticism. It will help you improve in ways you never thought were possible. OK!

INTERVIEW: SHEZREH MIRZA
PHOTOGRAPHS: COURTESY NUMAIR ABBAS

ICONS OF OK!

DAVID BOWIE

THE STARMAN HEADS FOR THE HEAVENS AFTER LOSING HIS SECRET BATTLE WITH LIVER CANCER





FLOWERS ARE LAID BENEATH A MURAL OF DAVID BOWIE IN BRIXTON ON JANUARY 11, 2016 IN LONDON, ENGLAND. BRITISH MUSIC AND FASHION ICON DAVID BOWIE DIED EARLIER THIS YEAR AT THE AGE OF 69 AFTER A BATTLE WITH CANCER

'Legend', 'icon' and 'hero' were just a few of the honours that family, friends and fans across the world bestowed on musical pioneer David Bowie after he lost his courageous 18-month battle with cancer on January 10, just a year shy of his landmark 70th birthday. Poignantly, the singer and actor had just turned 69 on January 8, the same day that he released *Blackstar*, his final studio album that is now being described as his parting gift to his millions of devoted fans.

During a career spanning six decades, Bowie had earned the loyalty of millions of fans around the world, many blindsided by the shocking news of his death. While they initially hoped the reports were a hoax, the singer's son, Duncan Jones, 44, soon confirmed his father's passing, tweeting, "Very sorry and sad to say it's true". Friends then came forward to elaborate that Bowie had been battling liver cancer, sharing his struggle only with his innermost circle.

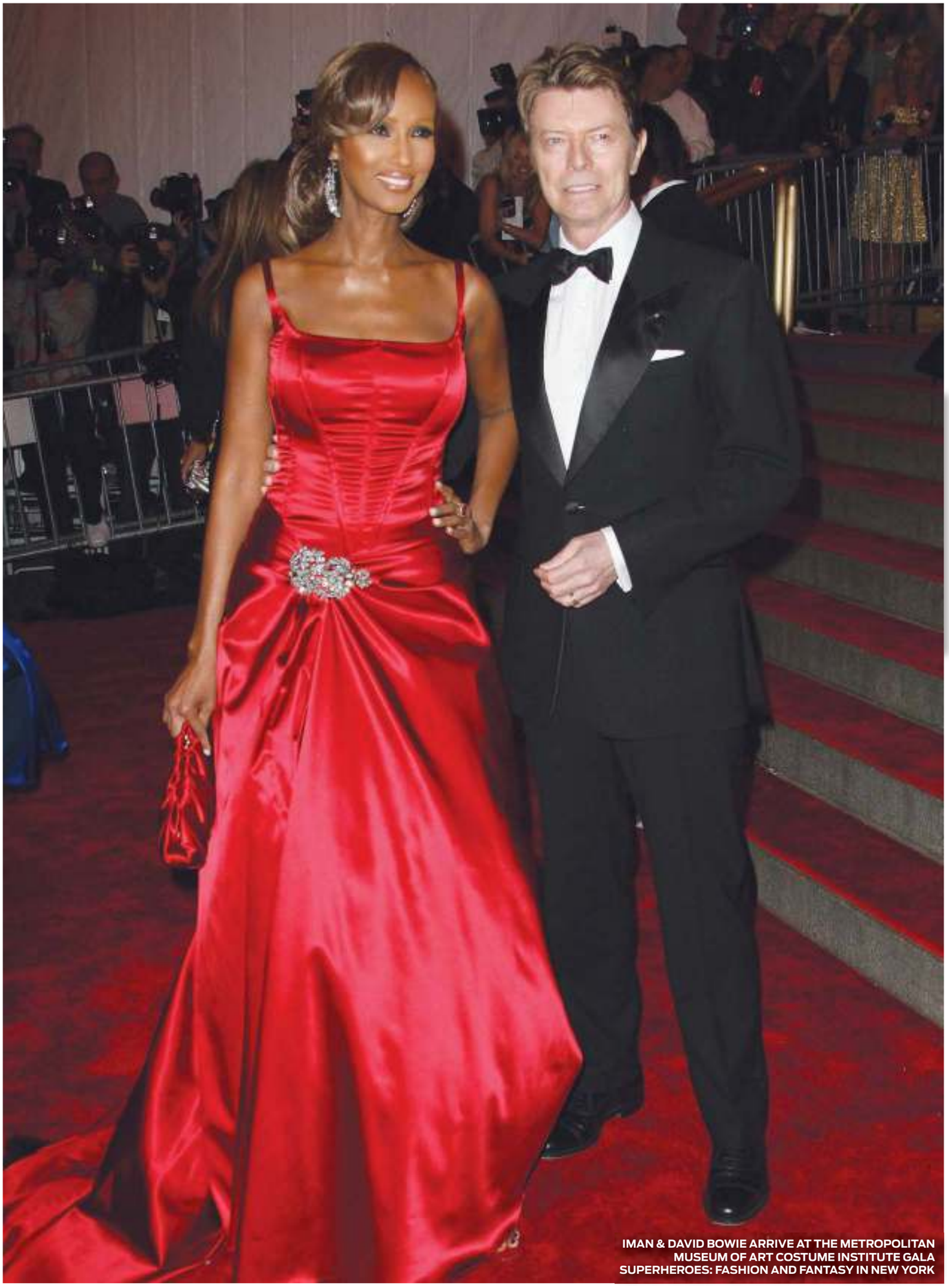
Looking back, though, there were signs that all was not well for Bowie. Blackstar's single *Lazarus* begins with the haunting lyrics "Look up here, I'm in heaven." And in the days leading up to his passing, supermodel Iman, Bowie's wife of 23 years, posted numerous touching quotes to Instagram, including, "Sometimes you will never know the true value of a moment until it becomes a memory." Now 60, Iman is mother to Bowie's 15-year-old daughter Alexandria. The singer famously fell in love with Iman the night they met in Los Angeles in 1990. "I was not ready for a relationship," she says, adding that he 'wooed' her before they wed in 1992.

Described by first wife Angie Bowie as a stud, Bowie's lovers are said to have included Susan Sarandon, Elizabeth Taylor and even Rolling Stones' frontman Mick Jagger. "I just got my leg over a lot," the singer said later in life. Mirroring his colourful personal life, Bowie made a career of chameleon-like transformations into eccentric characters, such as Ziggy Stardust and The Thin White Duke. He released an astonishing 27 studio albums - the first in 1967 - and 111 singles, including *Changes*, *Heroes* and *Let's Dance*.

Reeling at the news of his death, many of his celebrity pals, from Madonna to Iggy Pop, took to social media to pay tribute. "We



ANGELA & DAVID BOWIE



IMAN & DAVID BOWIE ARRIVE AT THE METROPOLITAN MUSEUM OF ART COSTUME INSTITUTE GALA SUPERHEROES: FASHION AND FANTASY IN NEW YORK



DUNCAN JONES & DAVID BOWIE


DAVID BOWIE AND GEORGE UNDERWOOD WITH THE GROUP


KATE MOSS RECEIVES THE BRITISH MALE SOLO ARTIST AWARD ON BEHALF OF DAVID BOWIE AT THE BRIT AWARDS 2014 AT O2 ARENA IN LONDON



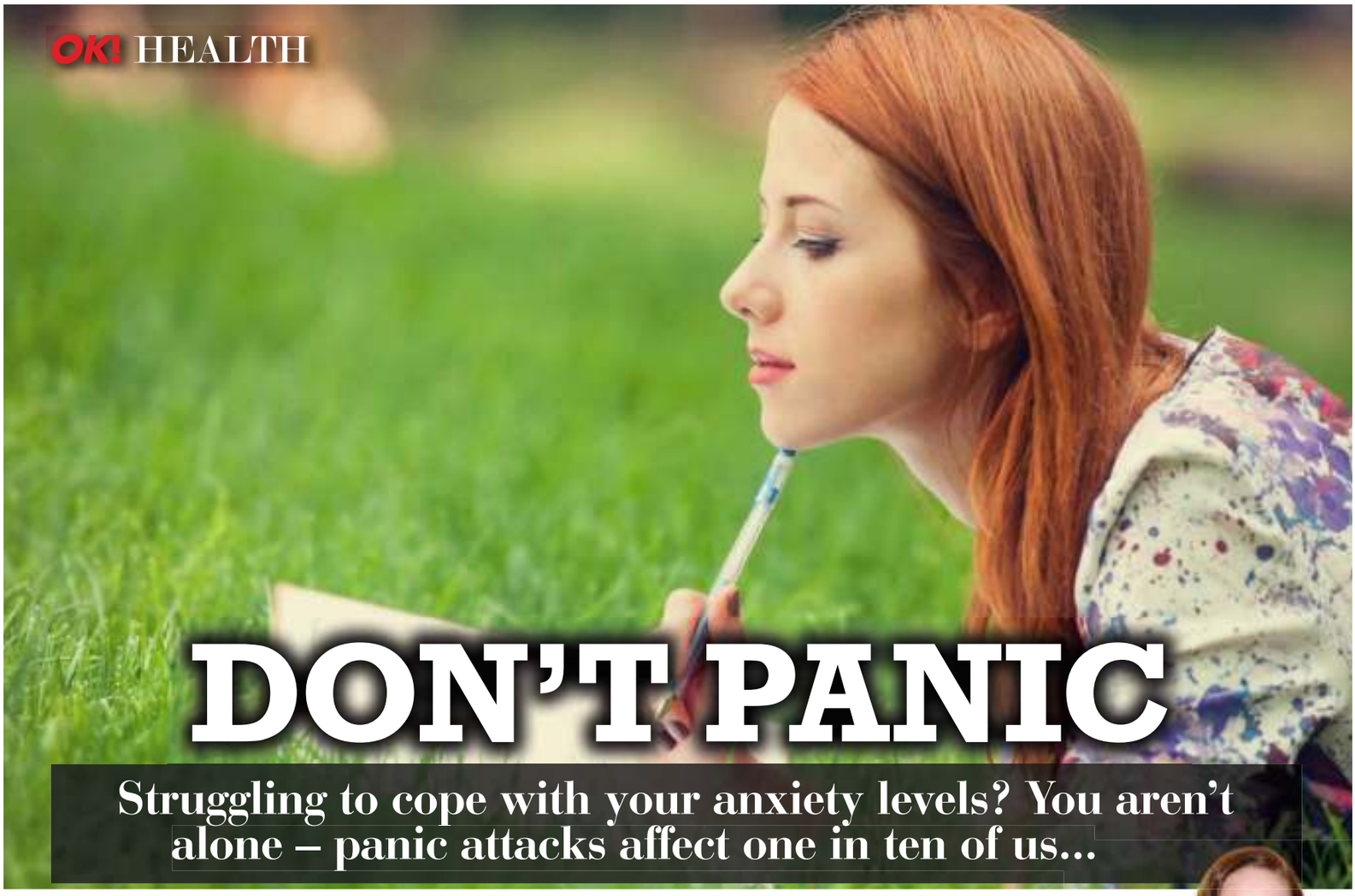
had so many good times together.

He was my friend, I will never forget him," Mick Jagger tweeted. Meanwhile, Kate Moss stepped out in a Bowie T-shirt and purple platform heels to honour her close friend. The 41-year-old supermodel memorably took to the stage at the 2014 BRIT Awards to accept Best Male Solo Artist on his behalf, doing so while wearing his famous Ziggy Stardust jumpsuit. But it was collaborator Brian Eno's tribute that gave many fans comfort, with the producer sharing an email Bowie sent him in the week before he died. "Thank you for our good times, Brian. They will never rot," the singer wrote. "It was signed 'Dawn'," Brian reveals. "I realise now he was saying goodbye." OK!

FEATURE: JENNY HAWARD/ *OK!* AUSTRALIA, LUCIE BARAT
PHOTOGRAPHS: GETTY, WENN

FROM BRIXTON BOY TO GLOBAL HERO – WITH A FEW ODDITIES ALONG THE WAY

1947 David Robert Jones is born on January 8 in Brixton, London.
1953 Moves to Bromley in Kent.
1962 Forms his first band, The Konrads. Permanently damages his left eye in a fight over a girl. After four months off school, doctors manage to save his sight but the pupil is left dilated, causing it to appear to be a different colour.
1966 Changes his name to David Bowie after Alamo hero Jim Bowie and his famous Bowie knife, so as to avoid confusion with Davy Jones from The Monkees.
1967 Releases his self-titled debut solo album.
1969 Second album *Space Oddity* is released, beginning the experimental musical style he would become famous for.
1970 Releases third album *The Man Who Sold The World* to acclaim both in England and in the States. Marries actress Angie Barnett.
1971 Releases *Hunky Dory*. Now comfortable in his performance and songwriting style, his fan base grows as fast as his creative output. Son Duncan, known by his middle name Zowie, is born.
1972 Another year, another album. Concept piece *The Rise And Fall Of Ziggy Stardust And The Spiders From Mars* goes on to inspire a film starring David as a hedonistic rock star consumed by his own vision and success.
1973 Releases the follow-up to his Ziggy album, *Aladdin Sane*, and continues to release at least one album a year despite his drug addiction.
1980 Divorces Angie.
1983 Releases *Let's Dance,* co-produced with Nile Rodgers. It goes on to become his best-selling album.
1985 His older half-brother, Terry Burns, commits suicide. The same year, David is one of the standout performers at Live Aid.
1986 Stars in the films *Labyrinth* and *Absolute Beginners*.
1989 Forms the band Tin Machine and releases their self-titled debut album.
1992 Weds Somalian supermodel Iman. His son Duncan is the best man.
1996 Inducted into the Rock And Roll Hall Of Fame and is awarded the BRIT for Outstanding Contribution To Music.
1997 Awarded a star on the Hollywood Walk Of Fame.
2000 Daughter Alexandria is born. Declines the offer of a CBE.
2003 Turns down a knighthood.
2004 Suffers a heart attack while on tour and stops recording.
2006 Appears in the film *The Prestige* with Scarlett Johansson and Hugh Jackman.
2013 Releases his first album in ten years, *The Next Day*.
2015 Co-writes the off-Broadway musical *Lazarus*.
2016 Releases *Blackstar* in January. Dies after an 18-month battle with liver cancer.



DON'T PANIC

Struggling to cope with your anxiety levels? You aren't alone – panic attacks affect one in ten of us...

Your heart beats faster, you gasp for breath and feel like you're going to black out – it's as if you're falling dangerously ill, but in fact you're having a panic attack. For the millions of people who have suffered one, these symptoms are all too familiar. Gillian Butler and Tony Hope, authors of *Manage Your Mind* (Oxford University Press, PKR 2,250), explain: 'A panic attack is a terrifying experience. The physical sensations of fear escalate with amazing speed until it feels like something catastrophic might happen, like collapsing, losing control, having a heart attack, or dying. The panic usually peaks within the first few minutes, and the sensations then subside, but more slowly than they started.' Although they can be frightening in themselves, panic attacks - suffered by the likes of actresses Megan Fox and Amanda Seyfried - are not as strange as we think they are. Says Gillian: 'The bodily symptoms of panic are all part of the normal reaction to fear. They are useful, adaptive reactions for use in an emergency. They show that your body is preparing itself for action by, for example, pumping the blood faster or increasing the amount of oxygen to the muscles in case you need to take quick evading action. These reactions are protective in times of danger.'



WHAT CAUSES A PANIC ATTACK?

Panic attacks tend to peak within ten minutes and are generally gone ten minutes later. It sounds like a short time, but if you don't understand what's happening to you then it can seem much longer. *Embarrassing Bodies* expert Dr Pixie McKenna (below centre) tells *OK*!: 'We are all hardwired with a fight or flight response which is triggered when we are in a situation we perceive to be threatening. A panic attack occurs when you experience a sudden surge of anxiety and it is driven by this underlying flight or fight mechanism.'

The first sign of an attack is often an impending sense of doom and a desperate sense of anxiety. It may be brought on by something mentally or physically stressful, or triggered by a simple daily activity such as getting on public transport.

WAYS TO COPE

Recognising the signs can be helpful, as Dr McKenna says: 'Knowledge is power, so if you start to feel the symptoms of a panic attack - such as palpitations, dizziness, shortness of breath or chest discomfort - remind yourself that this is a panic attack and this too shall pass.'

Positive self-talk is another useful tool when it comes to anxiety, with Dr McKenna recommending trying to calm yourself down. 'While it's hard to control symptoms such as dizziness, sweating and a fast heartbeat, it is entirely possible to slow down your rapid breathing and in doing so it will help slow the pace of everything else,' she says. Try this calming breathing exercise from Dr McKenna: 'Place a hand on your tummy and breathe in through your nose and then slowly breathe out through your mouth. You will see your hand move on your tummy as you exhale. Try to breathe in for



three seconds and out for three seconds. Keep reminding yourself as you breathe that it is a panic attack and you aren't going to get hurt.'
You may feel the urge to run away, but in fact fleeing can lead to a vicious cycle where you start to panic the next time you're back in that situation. So if you can, try to stay put while you calm down.

NEED MORE HELP

Start keeping a symptom diary of attacks for your GP. If your panic attacks are frequent and you feel they are controlling you - rather than



the other way round - then ask for focused help.
This may involve medication or cognitive behavioural therapy and increasingly this is being done via the NHS through online portals, enabling you to tackle your fears from the comfort of your own home. Dr McKenna recommends taking a sensible approach to improving your lifestyle. 'Try to learn how to relax by means of meditation, yoga or other types of regular exercise and ban substances that could heighten anxiety such as caffeine, alcohol or recreational drugs,' she says.



DR PIXIE MCKENNA
IS SUPERDRUG'S HEALTH AND WELLBEING AMBASSADOR. VISIT WWW.NHS.CO.UK/STRESS-ANXIETY-DEPRESSION FOR MORE INFORMATION AND CALMING TIPS. OK!

FEATURE BY *OK*! HEALTH EDITOR YASMINE GRIFFITHS
PHOTOGRAPHS: GETTY, SHUTTERSTOCK

CELEBRITIES WHO HAVE SUFFERED PANIC ATTACKS

ELLIE GOULDING
The 28-year-old singer has admitted that a lack of confidence early in her career led to severe panic attacks. 'My brain was getting all these crazy signals. I didn't want to tell anyone, because I just felt so stupid. I never wanted people to see me as weak,' she says. She was able to recover with some medication and using Cognitive Behavioural Therapy (CBT). 'It took a lot of going back to my childhood but the attacks slowly stopped,' says Ellie.



RITA ORA
The X Factor judge - whose family fled war-torn Kosovo when she was a child - sees a therapist regularly to deal with panic attacks brought on by a fear of death. 'I used to have panic attacks when I was little, saying: "Mum, I don't want to die,"' the 24 year old revealed earlier this year. 'I've been to therapy and still try to go every week.' She says that the attacks have changed her outlook on life: 'It scared the living s**t out of me. I started to value things, see things differently.'



CARA DELEVINGNE
The 23-year-old supermodel-turned-actress has spoken about her struggles with anxiety and depression after a rollercoaster childhood that saw her mother battle a heroin addiction. Cara's anxiety was so great she developed the skin condition psoriasis. Her friendship with Kate Moss and daily yoga helped. 'Kate Moss saved me – she stepped in and picked me up off the floor at a stressful time,' says Cara.



ELLE STEVENSON
Elle, who appears in the current season of *The Apprentice*, has revealed that filming had to be halted when she suffered a panic attack just before she was due to face Lord Sugar in the boardroom. The 21-year-old operations manager said that with the help of a BBC-supplied psychologist, she's conquered the stress. Elle reveals: 'The BBC have been really kind to me. I've got the psychologist on speed dial.'





GIMME MAUR!

OK! ENJOYS A SPLASH OF LUXURY ON THE INDIAN OCEAN ISLAND OF MAURITIUS...

Mark Twain famously said: 'You gather the idea that Mauritius was made first and then heaven, and that heaven was copied after Mauritius.' And he might just have been right! The island's year-round sunshine and its laid-back vibe make it the ideal destination for a relaxing break, where your only pressing decision is whether to chill out on the white sandy beach and dip your toes in the Indian Ocean, or to soak up the sunshine by the pool. *OK!*'s Zoë Hill went in search of pampering in paradise...



WHICH STARS MIGHT I SEE?

Mauritius, off Africa's south-east coast, is popular with stars wanting to get away from the British winter. The Saturdays' Vanessa White prevented the January blues with a trip to the island at the start of the year, while Katie Piper jetted off to Mauritius on Boxing Day with her fiancé James and their daughter Belle. HRH Prince Harry has also been known to visit for a post-Christmas getaway with friends, while Jeff Brazier met his girlfriend of two years, Kate Dwyer, on a trip to Mauritius.



WHERE CAN I STAY?

OK!'s first port of call was the LUX* Belle Mare on the east coast. Recently redesigned in calming neutral tones by Kelly Hoppen, relaxation is the name of the game here. Our spacious room overlooked the tropical gardens, which boast all kinds of surprises – you can enjoy an outdoor yoga class, pull up a beanbag and catch an al fresco film screening at Cinema Paradiso as the sun goes down or refuel with nachos, burgers and hot dogs from the snack truck towed by a 1933 Rolls-Royce. The pool is the largest on the island, while the 2km stretch of beach is stunning.

Our second stop was Heritage The Villas, in the unspoilt south of the island, an hour's drive from the capital Port Louis. The two, three and four-





bedroom villas all have their own golf buggy for getting around the resort and the two sister properties nearby. As soon as we arrive, we head up to our bedroom and out on to our balcony, overlooking the golf course. The villa's spacious outdoor area is perfect for entertaining and you don't have to worry about lifting a finger – you can get a private chef to prepare a meal in your villa, and a butler to serve it!

WHERE CAN I SPA?

The LUX* Belle Mare's spa is all about improving your wellbeing, whether that's working on your exercise technique in the fitness centre, making some adjustments to your diet or, in OK!'s case, aiming for maximum relaxation. After chilling out by the spa's pool, we headed into one of the 12 treatment rooms for our Shirley Page signature massage, named after the skincare expert whose organic essential oils are used during our treatment. The slow, rhythmic movements are designed to balance the body's energy meridians – and nearly send us off to sleep!

The Seven Colours Spa Village at Heritage is, as the name suggests, a brightly hued affair – set in tropical gardens, the nine treatment rooms all have their own private outside space. The idea is based around the seven colours of the body's chakras – its energy centres – and before our massage we're asked which colour we feel drawn to. We picked vibrant indigo, which corresponds to the third eye *chakra*, and this influenced various aspects of our treatment, such as the massage oil, lighting and music. We left blissfully relaxed and, we're fairly confident, with our *chakra*s duly aligned.

WHAT CAN I EAT?

Mauritian cuisine reflects the country's rich heritage, with influences from China and India, as well as Europe. With that in mind, we headed for dinner at Duck Laundry at LUX* Belle Mare for contemporary Chinese dishes, with the Peking duck rolls and duck bao buns proving you can never have too much of a good thing. Amari by Vineet offers world-class Indian dishes by Michelin-star chef Vineet Bhatia – we enjoyed cashew-encrusted asparagus koftas garnished with silver leaf, followed by lemongrass pannacotta. We also stopped off at Mari Kontan to sample some of the island's different varieties of rum, and it's at this point that our night started to become a little hazy! Over at Heritage, Gin'ja serves incredible pan-Asian cuisine, including some of the finest sushi we've ever eaten. Traditional Mauritian cuisine is on the menu at Le Château de Bel Ombre, a 19th century colonial mansion, where we dined on the veranda overlooking the gardens. The surroundings were the perfect backdrop as we enjoyed a Mauritian classic, rasson soup, followed by breadfruit curry.

WHAT CAN I DO?

We tried our hand at paddle boarding and had a golf lesson from an incredibly patient instructor at the Heritage Golf Club. You can hop on a quad bike and explore the Frédérica Nature Reserve or follow in *OK!*'s lazy footsteps by opting for the 4x4 tour – our guide pointed out a herd of deer before taking us for a dip in a hidden waterfall. Adrenaline junkies have to try seakarting. Unique to Mauritius, it's a cross between a speed boat and a jet ski. There's a tutorial before you head out to sea for an exhilarating afternoon exploring the coast.

HOW DO I GET THERE?

Emirates Airlines (www.emirates.com, +9221111225535) offers return flights from Karachi to Mahebourg, Mauritius for PKR 114,685. For more information regarding tours and sightseeing visit www.Tourism-mauritius.mu. OK!

Celebrities spotted in Maritius



PRINCE WILLIAM


CATHERINE ZETA-JONES


MICHAEL SCHUMACHER

REPORT BY: ARABELLA RODEN
EDITED BY: ANNABEL MACKIE
PHOTOGRAPHS: GETTY, SHUTTERSTOCK

prices are approximate

TRAVELLER'S TALE

Nomi Ansari

The designer shares details of his trip to Thailand with *OK!* Pakistan











In my opinion, Thailand is one of the most exquisite places to visit in the world. Everything ranging from food to landmarks is simply breathtaking. I've been to Thailand in the past but I've never travelled with all of my friends before. It was definitely an overwhelming experience as I made new friends, strengthened bonds between old ones and overall, just had a great time!

Where did you go?
The first place that comes to mind for a good vacation is always Thailand specifically Bangkok, Koh Samui, Phi Phi and Phuket. Plus it was New Year's, so it had to be Thailand.



What did you pack?
A pair of jeans, swimming trunks, flip flops, a couple of t-shirts, shorts and my Raybans which I can't live without.

Favourite meal or restaurant?
The best thing Thailand has to offer is its seafood; ranging from mackerel to crabs. It's pretty hard to choose a favourite from amongst these dishes but I would probably go with mussels.





What did you buy?
A lot of souvenirs such as several sculptures, fridge magnets, chocolates, dry fruits, etc.

Most memorable/favourite moment?
Definitely the never-ending fireworks at Patong Beach in Phuket with my 10 other crazy friends.

Sights worth seeing?
One of the most magnificent places I saw was without-a-doubt James Bond Island. The sunset at Patong Beach was definitely a breath-taker. Shopping at Asiatique is a must in Bangkok as well. OK!

PHOTOGRAPHS COURTESY: NOMI ANSARI

Bread Street Kitchen



Love him or hate him, you simply can't ignore what multi-Michelin starred chef Gordon Ramsay puts on the plate. Ramsay managed to excite many food enthusiasts by making Dubai his recent addition for his new venture, Bread Street Kitchen.

The Dubai edition of this international franchise is located in the heart of Atlantis Hotel. As soon as you enter the restaurant, you're welcomed with smiles and warm greetings from the staff. The restaurant has the ability to seat over 400 people, yet the large space manages to seem welcoming and comfortable through its pendant lighting, industrial windows and open view kitchen. The interior design of the eatery reflects the feel of a modern, fresh and contemporary warehouse.



Now to the best part – the food! The menu offers modern European style dishes with premium quality ingredients. The server on our table helped us choose our order and we decided to go for the Spicy Tuna Tartare and Baked Scallops for our appetisers.





The presentation was simple yet full of finesse. The tuna tartare was seasoned well with garlic, chili and sesame oil and seeds giving the dish an exceptionally fresh feel. The wonton crisps on the side balanced the tartare texture well and the appetiser was devoured within moments. The baked scallops were presented in a refined manner over a bed of sweet corn purée and topped with crispy chicken skin and parsley. The scallops were of perfect consistency, not undercooked or overcooked – a skill Ramsay is famous for. The saltiness of the chicken paired well with the sweetness of the scallops. The unorthodox combination of ingredients succeeded by making this yet another item gulped down happily by the crowd.

Gordon Ramsay aimed to make this restaurant one that caters to many and manages to succeed through his menu. With varieties ranging from pastas and salads to burgers and beef wellingtons, one is easily spoiled for choice.

Moving on to the mains, we started by indulging in the special suggested by the server – the Bread Street Kitchen Short Rib Beef Burger. What a treat this turned out to be. The burger was more than generous, easily shared between two. The melted Monterey cheese, the juicy beef, the spicy Sriracha mayonnaise and the toasty bun mixed with the fresh vegetables gave our taste buds a pleasant surprise. The best part about this dish, ironically, were the French fries. If French fries had a global benchmark, these would definitely be it. The fried potato was perfectly crispy on the outside and oozing succulence from the inside.





Our server suggested that we try the Roasted Cod – and that is exactly what we did. The cod came with crushed potatoes, artichoke and salted capers with a rich red wine lemon sauce. The cod itself felt slightly bland initially, but once combined with the different elements on the plate, we no longer had any complaints.

The last main course we ordered was the Tagliolini with lobster. For someone whose taste buds are used to strong flavours and spices, this dish would be an error. Although the description of the tagliolini mentioned abundant spices and herbs, it still felt rather bland for my liking. What made matters worse was the sparse and meager distribution of lobster on the plate – making the flavour palate less appealing. Of all the items that were ordered, this one was the one to avoid.

One thing you can't ignore when you enter Bread Street Kitchen is their ice cream bar. For an ice cream aficionado like me, this had to be the item on the menu that I looked forward to the most. Out came a scoop of Bread and Butter Pudding Ice Cream and it did not disappoint. Bread and butter ice cream? Can there be anything better? The easy answer to that question is "no". The flavour and essence of this ice cream was out of this world. Everyone loved it so much that we ordered multiple scoops over and over again. This ice cream was easily the highlight of the night.

With a name like Gordon Ramsay attached to a restaurant, you are bound to have high expectations. Bread Street Kitchen meets those expectations with flying colours. Ramsay managed to add unique meaning to an uncomplicated variety of dishes through exceptional quality ingredients. OK!

TEXT & PHOTOGRAPHS: ARSHA ASIF



میرا یار ملا دے

Director: Anjum Shehzad
Writer: Mansoor Mushtaq

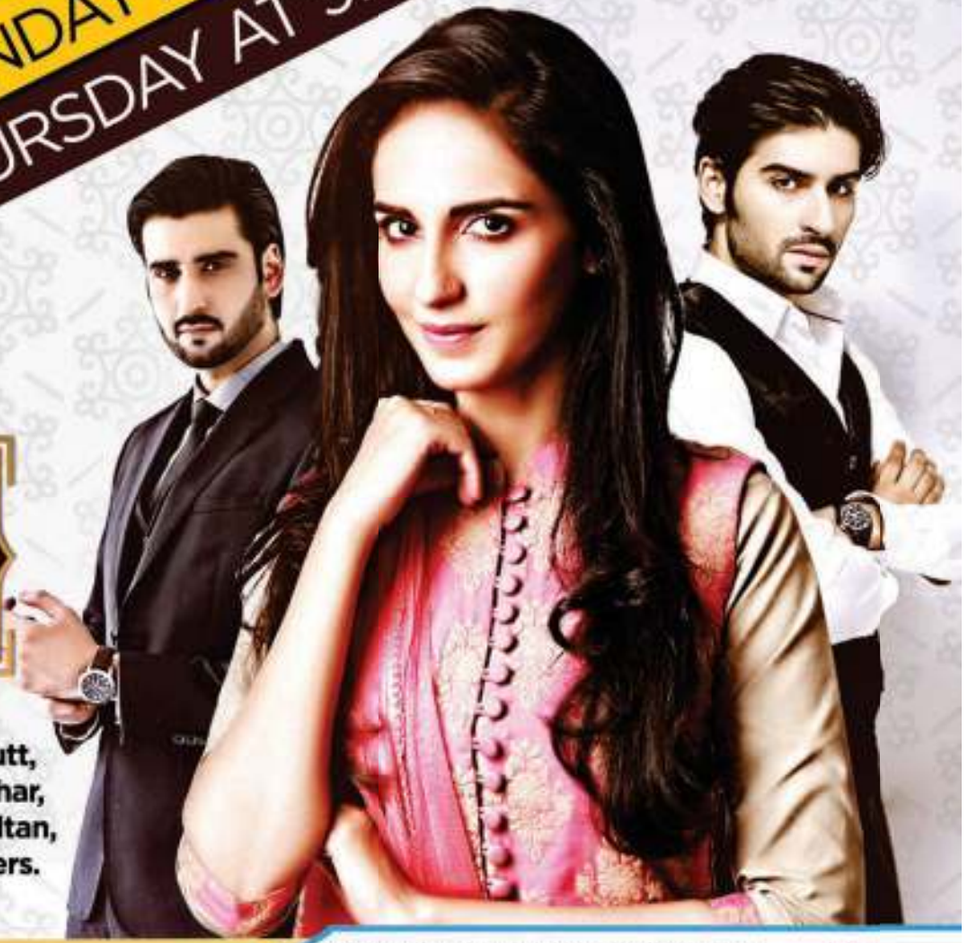
Cast: Sajjal Ali, Faysal Qureshi, Rehma, Ahmed Ali, Ayesha Khan, Firdous Jamal, Faryal Mehmood, Asim Battal, Shahid Naqvi, Fazal, Faiza Gillani, Kunwar Nafees, Saleem Mairaj and others.

MONDAY AT 8:00 PM
THURSDAY AT 9:00 PM

Director: Aabis Raza
Writer: Naila Ansari

تُم یاد آئے

Cast: Sehar Afzal, Sania Saeed, Nadeem Baig, Agha Ali, Muneeb Butt, Erum Akhter, Umer Sultan, Asim Azhar, Diya Mughal, Nida Mumtaz, Umer Sultan, Ayesha Gull, Momal Khalid and others.



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CELEBRITY KITCHEN

MEERA ASAD



Meera Asad, a graduate of the Lahore School of Economics, is a teacher as well as a professional pastry chef. Chocolate is her weakness and creating new recipes, flavours and adding that extra touch to cupcakes is her specialty. The entry of Mia's Cupcakes in the Lahore market has garnered a tremendous response in a short span of time and her business is picking up rapidly. Such is the demand for Mia's Cupcakes that Meera is widely regarded as the 'Cupcake Queen of Lahore'.

OK! Pakistan has a rendezvous with the talented pastry chef.

What is Mia's Cupcakes?

Meera Asad: Mia's Cupcakes is an experience. It's definitely unique, not just in taste but in terms of the variety of flavours as well. Some flavours that I have started can only be done in a cupcake form, which makes them special. Mia's is a bakery concept dedicated to providing a unique customer experience. We handcraft the best cupcakes you have ever tasted!

How do you feel about your success in such a short period of time?

MA: To be honest, it wasn't something that I was expecting. It has just been three months and things have progressed at a rapid pace. I delivered my first order on 21st October 2015, a day before Eid. And there has been no looking back ever since. Due to the amazing feedback, I'm swamped with orders regularly, and sales have gone up to 300 cupcakes a week!

There is a mix of emotions, at times I feel extremely excited and am jumping with joy and then there are times when I also get a bit apprehensive about the huge responsibility. The bar I've set for myself - of providing top class products with an exotic taste - is definitely hard to maintain.

You were teaching before, what a career shift...

MA: Teaching was something that just came easily to me and I've always enjoyed it. Students make you smile and fill you up with energy and it is a satisfying job indeed. On the other hand, food is my passion: I love to eat, cook and bake! From making breakfast for the family, to desi food, I have always loved being in the kitchen. It's been in me forever, and as they say, "it's a beautiful thing when career and passion come together".

What are your thoughts after a hectic day of baking?

MA: Baking is very time consuming and stressful sometimes, when you have lots of orders to fulfill and deliver on time. But all the hard work and physical effort makes sense and is worth it at the end of the day. The thing that comes first to my mind when I am done is the feedback of my clients. I'm very concerned about satisfying my costumers, and make sure I never disappoint them in any way.

Your cupcakes are very popular, especially for the variety of taste you offer. Tell us about the creative process involved in coming up with new flavours.

MA: I think everybody can bake. It's a science, you can open any cookbook and start right away but I believe you have to have a sweet tooth and an innate passion for taste to develop something extraordinary. I browse through books and online recipes but I never follow them through and through. I end up mixing flavours and come up with whatever tastes good to me.

What are your plans for the future?

MA: A one stop cupcake café is my ultimate goal. People have started asking me to do cakes and birthday cakes...I mean I can do them easily but right now I don't want to, partly because I personally don't like fondant and cakes with fondant. That's not my thing, my cupcakes have a personal touch and feel and I don't want to deviate from that. But yes, looking ahead I see Mia's Cupcakes Café, a dream destination for cupcake lovers.

Who, or what, is your source of inspiration?

MA: My father is my inspiration. He was a food lover and more fond of cooking than my mother. His cooking brought a smile on everyone's face. Cooking was joyful to him and also for everyone around him and maybe that's what I want to keep doing... OK!

INTERVIEW: ZAINAB SULEMAN SHARIF

CHOCOLATE CREME BRÛLÉE

Serves 4-6

INGREDIENTS:

600ml whipping cream
60gms dark chocolate (grated)
1tsp vanilla extract
4 egg yolks
180gm caster sugar

Method:

1. Pour cream in a saucepan and heat on medium flame. Add the grated chocolate and heat gently, without boiling, and keep stirring until the chocolate has melted completely. Add in vanilla extract and let in cool for 30 minutes.
2. Meanwhile, whisk egg yolks and 60g of sugar together in a bowl until thick, pale and creamy.
3. Pour the yolk mixture over chocolate mixture, and stir gently until well mixed.
4. Pour the mixture into ramekins and place the ramekins in a roasting tin and pour hot water into the tin to come halfway up the sides of the ramekins.
5. Bake for one hour in the oven.
6. Remove from tin and let cool completely.
7. Sprinkle the remaining sugar thickly over the top of each custard and caramelize it with a blow torch.




Ahmed and Friend


Erum S Khan, Heba Moeen and Farman Shams


Saad Farrukh Khan and Agha Mustafa Hassan


Zeelaf Munir and Saadia Naveed




Hina and Roger Bayat


Amber Zulfiqar, Farhan Hafeez and Friend




Sadiya Azhar


Murtaza Marvi and Adeeqa Lalwany


Bareera Hamidi with friends


Attiyah, Anum and Maria

WHAT'S ON?

ART EVENTS & EXHIBITIONS

AROUND THE WORLD





▲ Postwar Era A Recent History: Homages to Jack Tworkov and Claire Falkenstein

January 23rd 2016 – April 4th 2016, Peggy Guggenhein Collection, **VENICE**

This exhibition offers a fresh perspective on American and European art from the end of World War II through 1979. The exhibition showcases the work of two artists Jack Tworkvo and Claire Falkenstein, the latter is known for the entrance gates to Palazzo Venier dei Leoni.

▲ Fire under Snow

January 26th 2016 – May 8th 2016, Louisiana Museum of Modern Art, **HUMLEBAEK**

Louisiana has acquired new art featuring some of the best artists in the contemporary genre, including Darren Almond, Candice Breitz, Rineke Dijstra and Ed Atkins. The first exhibition, *Fire under Snow*, includes a number of new video works and films. This will include stories about people, history, society, vision and the future.



▲ In Focus: Henri Cartier-Bresson

January 26th 2016 – May 8th 2016, University of Michigan Museum of Art, **ANN ARBOR**

Henri Cartier-Bresson is known as the father of photography and started his career in the 1930's. He spent four decades traveling the world to witness wars, deaths, coronations, and regime changes. His ideal subjects were found by observing ordinary human tractions through his lens.

▼ Giuseppe Penone: Leaves of Stone/ Foglie di Pietra

January 24th 2016 – March 12th 2016, Gagosian Gallery, **HONG KONG**

This will be Giuseppe Penone's first exhibition in Hong Kong. His work examines the interplay between man, nature and art. *Foglie di Peitra* is a series of sculptures in which tall splints of delicate cast bronze tree branches cradle found fragments of eighteenth-century ornamental stonework inspired by vegetal forms.



▼ Tom Wesselmann: Collages 1954 – 1964

January 29th 2016 – March 24th 2016, David Zwirner, **LONDON**



This exhibition will showcase collages by American artist Tom Wesselmann, it will present over 30 works produced between 1959 and 1964 – a significant period in the artist's early career, when he emerged as a leading figure of Pop Art. His work includes his interest in still lifes, interiors, landscapes and female nudes.

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Nice is Just a Place in France: How to Win at Basically Everything By The Betches

Brash and spunky, The Betches give "The Mean Girls" a run for their money…



Straight out of the NY Times bestseller list, *Nice is Just a Place in France* serves to help nice girls navigate (read: conquer) life. Once you've jostled yourself out of the obvious pun – the title, duh, set yourself up for a spunky, feisty admonishing on how everything you have learnt and known so far has been wrong and nothing if not carried out according to the bible of the Betches is going to take you to the top of the ladder – in 120 mm Louboutins of course! In short, "Girls who think that being 'nice' is something to aspire to are most likely setting themselves up for a life of mediocrity, boredom, and cats."

This derisive and deliciously entertaining guide is a satire at heart. Written in a deliberately snide and politically incorrect manner, the books reads like the Betchier older sister you never had and doles out literally a play by play on every aspect of a girl's life from friends, parents, careers, clothes to boyfriends, husbands and "bros". If one can work their head around the extremely satirical tone early in the book, this will be a riotous journey about not only the parody on all such manuals written in the past, but commending how the book turns inside out everything a go-to manual has told women so far. Yes the basic tenets still apply, while preaching female empowerment and independence on the one hand, and yet "When it comes to most things, it's okay to let other people, especially men, do things that you are too lazy to do yourself. This leaves you with more time and options to choose what you want to do. That's the freedom in being female." So you see while being a feminist is all great and all, but only as much as it doesn't inconvenience you into overreaching or anything, according to the Betches.

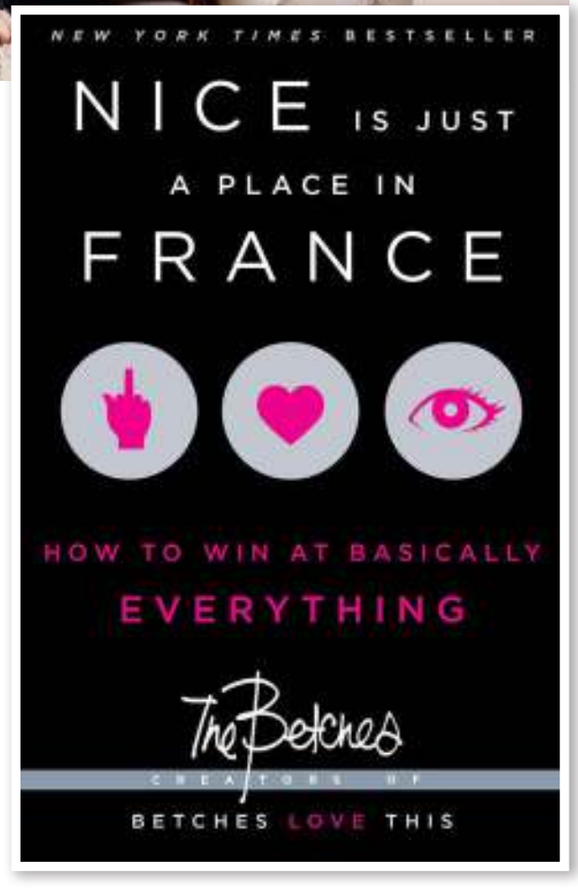
Employing a variety of writing techniques such as lists, case studies and letters from other hapless non-betches, the girls go on to demolish and admonish punctuating with much sarcasm and anecdotal evidence along the way. The topics they have chosen to elaborate on are itself a manifestation of what should and should not be of importance to a Betch's life, and to what degree. For example,

On careers:

"Women in the workforce:

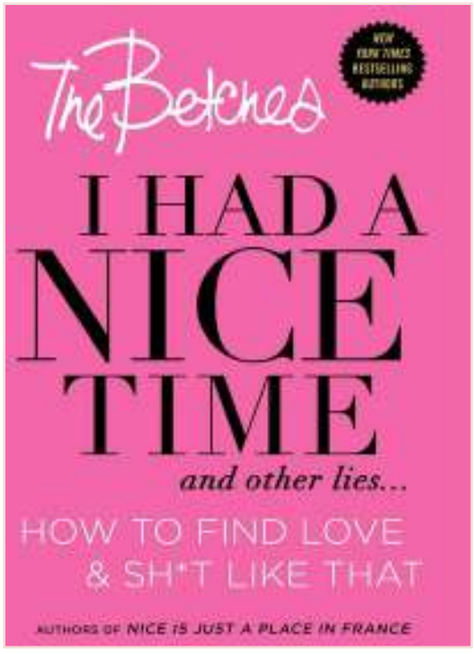
A Short History of Misery

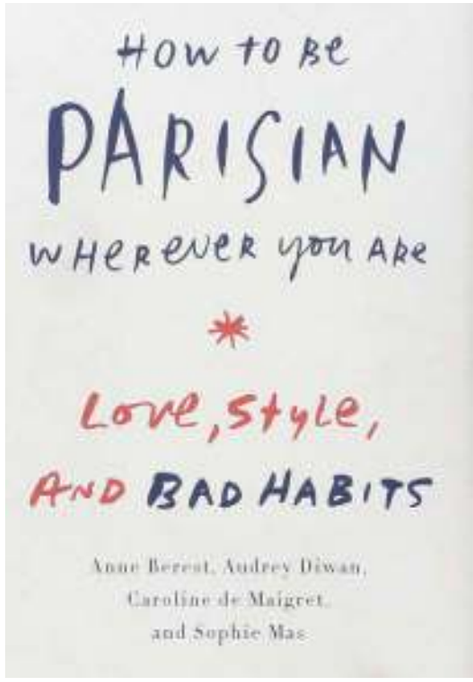
Back in the day, betches had it made. No one expected anything of us, and all we had to do was look hot, birth some sons, and order around our indentured servants the poor girls. But as women started gaining more rights, the expectations of their societal roles also grew. This really began to get intense around one hundred



I Had a Nice Time And Other Lies... by The Betches

Releasing May 2016, a follow-up to their inaugural bestseller, the Betches take their expertise into the world of millennial dating, looking to sort out all those haplessly and hopelessly still looking for love.



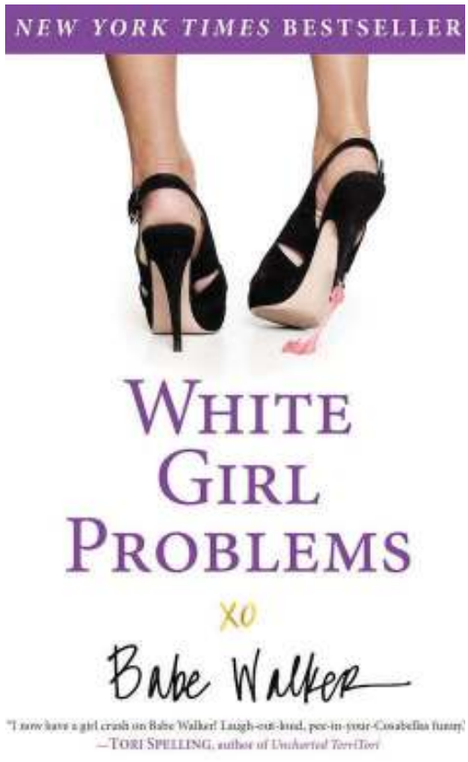


How To Be Parisian: Wherever You Are by Anne Berest, Caroline De Maigret, Audrey Diwan and Sophie Mas

A girl guide to accessing Parisian chic wherever you are.

White Girl Problems by Babe Walker

Based in New York City, the book takes a look at current millennial problems whether it's way too many Twitter followers or an aching penchant for Christian Louboutin's finest.



years ago when we got the right to vote. Voting is one of those things similar to your back-burner bro or like a coupon. You want to have access to it, even if you know you might never actually use it."

On the Greek life: "If you don't get into an 'acceptable' sorority, it's best to just not be in one. We know we said that being a GDI is equivalent to euthanizing your social life, but being in a bottom-tier sorority is even worse. Finally, remember that you're more likely to get into a particular house if you fit the geographic/religious/hair-color profile. The only other trick is to have an alumni legacy, because then they are legally obligated to let you in. Talk about true friendship! It's like *The Sisterhood of the Traveling Pants* except they didn't let Carmen in because she's fat."

On working out: "Yoga: Aside from the fact that yoga involves no work at all, the best part about it is that it makes you seem deep, meditative, and chill. Even though most of us are not these things, chanting out a salutation to the sun allows you to manipulate yourself into thinking you've reached Zen or like a state beyond hunger. But yoga is honestly the perfect activity because it allows us to be girly while active."

In addition, it takes plenty scenarios from today's cultural milieu, dissecting and serving it to us as they see fit. Thrown into the mix are plenty aphorisms chosen by and for the Betches for added effect in their manual, ranging from Aristotle, Kate Moss, Victoria Beckham, Sheryl Sandberg and more.

"All paid jobs absorb and degrade the mind." – Aristotle

"I don't read books but I do love fashion magazines." Victoria Beckham

Titles and sections are approached and treated with equal bravado and brevity. "So Now You Have a Job: How To Never Do Work At Work", "How To Ask For An Undeserved Raise" and so on.

"Tenet 6: Manipulate the system

"Girls who think that being 'nice' is something to aspire to are most likely setting themselves up for a life of mediocrity, boredom, and cats."

Make fun of the Kardashians all you want, but Kris Jenner has essentially manipulated the entire world into becoming obsessed with her family's every move. Armed with only a sex tape and a marital bond to a tight-faced Olympian, the family used what they had to become an American dynasty.

When the Kardashians became a sensation, Kris Jenner was already well past her prime, but she clearly realized that by using her Armenian offspring as pawns in her family drama, she could create an empire.

You may protest that Kris Jenner singlehandedly caused America's demise and her family embodies everything that's wrong with our generation, but you're not going to improve your own life with that attitude. Think about it, you're complaining about America, but you're still living here and that's not going to change. If you hate it so much, then leave. Oh, wait, you probably can't, because you don't have enough money or employment mobility or general options to go elsewhere. But guess who does: the f***ing Kardashians."

A little bit of background on the authors, The Betches comprise of Jordana Abraham, Samantha Fishbein and Aleen Kuperman, creators of the website Betches Love This and @betches. They have become an internet phenomenon known for their sardonic take on life, doling out advice in the acidic tone they have come to be known and loved for. Comparable to say The Fat Jewish and Derek Blasberg, the book presides as a social commentary, just pretty much voicing certain truths and half-truths that girls whether at college or starting their careers are thinking but won't say aloud, making it as much an introspective piece as much as a reflective one. With critics drawn between the mean and hilarious genre, this is one you'll have to read and judge for yourself, a word of caution though, it is definitely not for the faint-hearted. OK!

TEXT: SARAH S. SAIF
PHOTOGRAPHS: GETTY

STOCKISTS: LIBERTY BOOKS www.libertybooks.com

OK! WORLD IN ACTION



THE NEW BARBIE DOLLS ALONGSIDE THE ICONIC ONES – THE DOLL WILL NOW BE AVAILABLE IN THREE NEW BODY TYPES - TALL, PETITE AND CURVY, ENDING A 56-YEAR-OLD TRADITION OF BARBIE HAVING JUST ONE PHYSIQUE: UNREALISTICALLY PERFECT



SLOTH PATIENTLY AWAITS RESCUE AMONGST BUSTLING TRAFFIC ON THE MAIN STREETS OF ECUADOR



WINTER STORM JONAS CAUSES BLIZZARD CONDITIONS IN NEW YORK



PAKISTANI STUDENTS MARCH DURING A PROTEST AGAINST THE ATTACK ON BACHA KHAN UNIVERSITY IN CHARSADDA ON JANUARY 25, 2016



THE STUNNING VENUE OF THE CHRISTIAN DIOR SHOW DURING THE 2016 S/S HAUTE COUTURE COLLECTION FASHION PRESENTATION IN PARIS

PHOTOGRAPHS: AFP, WENN

OK! ASTROLOGY & TAROT

Mariam Aftab puts your cards on the table

Aries

Mar 21 – Apr 20

Your emotions could go up and down at this point and this could all be very confusing. A big fight could cause you more grief than you expected and it's probably wise to keep your cool. No matter what, it's wise to remain calm at all costs. This is the perfect time to find comfort in your friends and chat about some of those things that are bothering you.

Aroma Therapy Oil: Vanilla
Lucky Numbers: Series of 3
Antidote for Evil Eye: Burn rosemary oil in the bedroom area

Cancer

Jun 22 – Jul 23

You're a social butterfly this week. You may need to come to terms with the role that you play in society. Reach towards your dreams and strive for something big. It's the perfect time to launch into something new. A sudden change of plans may turnout to be gold at the end of the week. Journeys and social games are quite exciting.

Aroma Therapy Oil: Ginger
Lucky Numbers: Odd numbers
Antidote for Evil Eye: Burn lemon grass incense in the office area

Libra

Sep 24 – Oct 23

You need willpower to get out into the world and tackle practical matters. You may be seduced by the thought that doing less would make you feel better, but if you exert yourself you'll feel more virtuous and it will probably bring you more energy. You're going to be fascinated by mystical things – you want to get away from the rational and practical world.

Aroma Therapy Oil: Rosemary
Lucky Numbers: Odd numbers
Antidote for Evil Eye: Give 1 ½ kg red meat every Wednesday

Capricorn

Dec 22 – Jan 21

Your wildest dreams will need to be put on the backburner as you take care of more practical things. Once you get that boring stuff off the road, you'll be in the mood to tackle some of the more interesting tasks. Networking could help you get closer to those ideals that you hold high. Take a short trip and calculate your costs – it's time to save for something big. There's some danger that you could be misunderstood. Some of your actions could end up being misinterpreted by others.

Aroma Therapy Oil: Pine
Lucky Numbers: Series of 2
Antidote for Evil Eye: Burn lemongrass incense in the bedroom area

Taurus

Apr 21 – May 21

You may need to take a positive, step-by-step approach this week and weigh your ideals against your ideas. You may find that your friends are very confusing. Brilliance comes from being open-minded enough to make dramatic changes – find a cause to communicate; certainly you have something different and exciting to share. You partner offers some wisdom when it comes to career issues. Think more before you speak.

Aroma Therapy Oil: Ylang ylang
Lucky Numbers: Series of 2
Antidote for Evil Eye: Give unstitched black cloth on Sunday to someone needy

Leo

Jul 24 – Aug 23

It's time to relax and to pay attention to others around you. Things can get pretty crazy; you'll be a little bit of a rebel. You need the love and support of your family but you may need to compromise somehow because their plans are not your plans. A truce needs to be made – wave that white flag and start the negotiations. Your psychic powers are pretty sharp this time.

Aroma Therapy Oil: Rose eucalyptus
Lucky Numbers: Series of 4
Antidote for Evil Eye: Burn rosemary incense

Scorpio

Oct 24 – Nov 22

Your evening will be marked with mixed emotions that could make you tense. People will bring you more joy than disappointment. Divert your thoughts and energy to what you wish to see in physical reality. Listen to your subordinates for some useful suggestions. You will receive a gift from someone special that will lift your spirits. Those appearing for exams need to keep their cool; your effort will definitely bring positive results.

Aroma Therapy Oil: Lemongrass
Lucky Numbers: Series of 5
Antidote for Evil Eye: Rotate egg overhead clockwise and throw over shoulder

Aquarius

Jan 21 – Feb 19

This is not going to be a week where you can sit back and relax. Expect the unexpected in the work place. You will need to be bold enough to break through and try something totally different and innovative this week. Work towards being courageous enough to leap off into the wild void. All this energy pushes you further than you've ever gone and these challenges are good for you.

Aroma Therapy Oil: Sage
Lucky Numbers: 1,3,5
Antidote for Evil Eye: Give yellow unstitched cloth to someone needy on Wednesday

Gemini

May 22 – Jun 21

You will find that people are restless, impatient and stubborn. It is wise to avoid participating in arguments; avoid trying to change someone – there are no villains and no victims. If you feel like not everything is going your way, it's time to gain knowledge of how to become flexible. Remain open-minded and don't judge until you have all the facts.

Aroma Therapy Oil: Garlic
Lucky Numbers: 2,5,7
Antidote for Evil Eye: Give 1 ½ kg red meat every Wednesday

Virgo

It's time to focus on an innovative dream. Your day-to-day work environment might change around you. Confusion may be a bit of a problem. You'll need to work on becoming more open-minded. You will suddenly know exactly what you need to say in order to change things around. It's time to think about love; listen to your heart and think with your mind. Helping others will bring you great joy.

Aroma Therapy Oil: Frankincense
Lucky Numbers: 1,5,9
Antidote for Evil Eye: Rotate 7 chilies overhead 7 times and burn on stove

Sagittarius

Nov 23 – Dec 21

Whatever issues you may have been dealing with are likely to still be around, particularly if they've had anything to do with your financial situation. You're bound to be thinking a little more about your own needs and concerns in this area right now and this could start stirring up a little trouble. If you've had to focus on a lot of different obligations lately, this might not have gone well with your **partner. Aroma Therapy Oil:** Lavender

Lucky Numbers: Series of 3
Antidote for Evil Eye: Distribute sweets amongst poor children every Wednesday

Pisces

Feb 20 – Mar 20

Duty will be calling and there probably won't be any way of escaping it. So if you have got some responsibilities and obligations to take care of right now, just try to deal with them without being critical or resentful. You might feel like talking about your financial concerns with the people you meet and you'll probably get so much different advice that your head will be spinning.

Aroma Therapy Oil: Tea tree cedar wood
Lucky Numbers: 3,4,6
Antidote for Evil Eye: Keep plants in the living area



ASEEFA BHUTTO ZARDARI
FEBRUARY 2, 1993



CRISTIANO RONALDO
FEBRUARY 5, 1985



REHANNA
FEBRUARY 20, 1988



SHEHZAD ROY
FEBRUARY 16, 1977

PHOTOGRAPHS: GETTY



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