OK! PAKISTAN

FIRST FOR CELEBRITY NEWS

ISSUE 39, JULY 2017

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ON *WONDER WOMAN*

+15
OF THE BEST LUXURY SPAS, PARIS COUTURE WEEK & MORE!

CHARLIZE THERON
"I'M IN A GREAT PLACE IN MY LIFE"

UMAR SAYEED
THE MASTER COUTURIER TALKS ABOUT HIS FASHION JOURNEY

OK! EXCLUSIVE
SRIDEVI
THE BOLLYWOOD ICON ON HER RETURN TO THE SILVER SCREEN



SHEHERYAR MUNAWAR
PAYS TRIBUTE TO THE LEGENDS & TALKS ABOUT HIS LEAD ROLE IN *PROJECT GHAZI*



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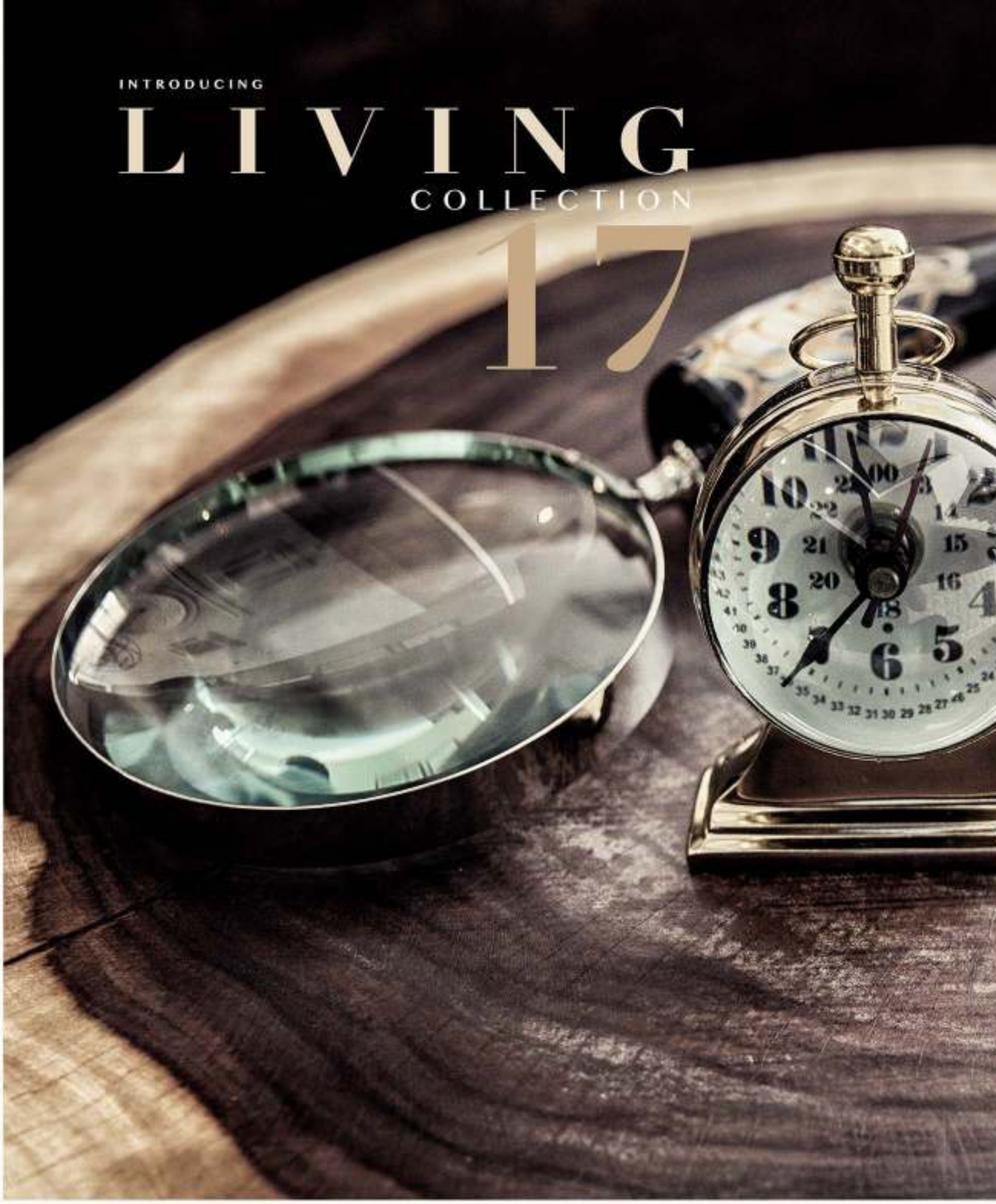
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Editor's Note



"The first script that allowed me to transform myself completely was *Project Ghazi*, and so I signed it on," says Sheheryar Munawar, who plays the lead role in Pakistan's highly anticipated, first superhero movie. "The film preparations demanded a lot from me in terms of the time commitment." Sheheryar Munawar is passionate about his craft and has won accolades for his work in the film *Ho Mann Jahaan*, and TV serials *Meray Dard Ko Jo Zuban Miley* and *Zindagi Gulzar Hai*. He talks to *OK*! Pakistan about his career trajectory, his upcoming projects, and his belief that in stories that are more grounded, "a real hero has shades of grey, as opposed to being either black or white." And in this cover shoot for our July issue, he pays tribute to his favourite film legends.

We bring you a super exclusive interview with the legendary Sridevi Kapoor, who returns to the silver screen after five years with a powerful and riveting performance in *Mom*. Sridevi has ruled the Indian film industry for decades and continues to garner praise for her work. Over the years she has given powerhouse performances in films such as *Lamhe*, *Chandni*, *Nagina*, *Khuda Gawah*, *and Sadma,* classics that still resonate with film buffs, years after they were released. "It has been a lifetime of beautiful memories," reminisces the superstar. "Looking back, I feel every film was special, every experience invaluable."

Couturier and revivalist Umar Sayeed is known for his beautifully crafted ensembles; each dress is a work of art. The eminent designer talks to *OK*! Pakistan about his work, his personal journey and the fashion industry.

We catch up with celebrity hair stylist Catherine Boden, who has clients flying in from all over the world, and Sarah Najmi Bilgrami, the award-winning Creative Director of YOCA.

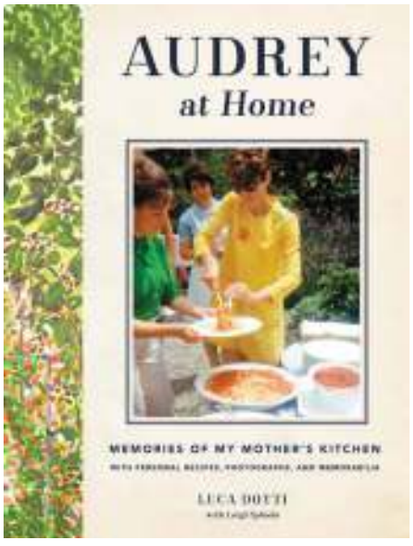
Do check out our list of the best luxury spas and wellness retreats you can explore this summer.

Enjoy the issue!

Sara

Sara Amir Turab
EDITOR-IN-CHIEF

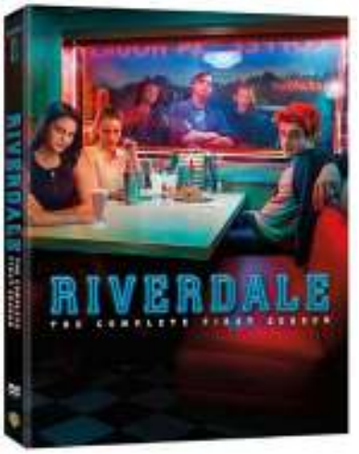
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Pakistan Wins ICC Champions Trophy 2017

Under the leadership of Captain Sarfraz Ahmed, Pakistan won their very first ICC trophy, beating India by a margin of 180 runs, the largest margin of victory in an ICC final. Taking place at The Oval cricket ground in Kennington, London, legions of fans from across the two bordering nations were present to watch the historic final. It also marked the Pakistan cricket team's rise from years of upset and drawbacks, to be able to play world-class cricket on the world stage again.

Fakhar Zaman, who was also named Man Of The Match, making 114 runs off 106 balls in only his fourth appearance for his country, and Azhar Ali combined made a 128 run start, leaving the team with a comfortable start to the match.

On his arrival back to Pakistan, the captain was received by the Mayor of Karachi and the Sindh Sports Minister, along with multitudes of fans.

YOCA Wins The Prestigious Silver A' Design Award At The A' International Design Award And Competition 2017

Pakistan's premier home couture brand, YOCA - led by architects Sarah Najmi Bilgrami, Zayd Bilgrami and Ahsan Najmi won the prestigious "Silver A' Design Award" at the A' International Design Award and Competition 2017. YOCA is the only Pakistani brand to win this prestigious award.

The winning entry displayed "Amoeba – The Coffee Table" in the Furniture, Decorative Items and Homeware Design Category. Award recipients are selected from thousands of nominated projects from around the world by an international jury panel comprising of prominent scholars, members of the press, creative design professionals and experienced entrepreneurs.

The table's design accomplished an exemplary level of sublimity in design. The YOCA team received their unique 3D printed award at the annual A' Design Award & Gala-Night at the iconic and historic Villa Olmo at Via Cantoni in Como, Italy this past month.

The design elements of the Amoeba Coffee Table involved extensive research to ensure the strength, stability, balance and symmetry of each unique piece. The team also worked with brass artisans, who meticulously handcrafted the brass legs inspired by vernacular forms such as minarets and spinning tops, and local wood craftsmen to create the piece. The team at YOCA will be taking this award-winning Pakistani design to various exhibitions and fairs across the globe including the A' Winners' Exhibition at "MOOD" Ex Chiesa di San Francesco in Como, Italy.



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Sharmeen Obaid Chinoy Launches "SOC Outreach" A Community Engagement Platform



SOC Films, headed by the two-time Academy Award winner Sharmeen Obaid-Chinoy, proudly announces the launch of its new platform, "SOC Outreach" with an aim to inspire students, encourage debates in schools and colleges, and engage communities across Pakistan.

SOC Films has been working closely with students across Pakistan over the past several years where the team has held more than 300 film screenings of its documentaries and animated films. SOC Films recently collaborated with George Berlin, an animator from Chicago, to conduct animation workshops using tablets across five low-income schools in Karachi. SOC Films also engaged communities by conducting Climate Change workshops in various schools by raising awareness about biodiversity and the need to preserve the environment.

With SOC Outreach, the team at SOC Films aims to continue their mission of community engagement across Pakistan. Over the course of the remainder of 2017, their mobile cinema initiative, *Dekh Magar Pyaar Se*, will travel across Pakistan to introduce films, music and animation to a wider community and provide entertainment to people from marginalised groups. The school outreach team at SOC Films will work with students in low-income schools and educate them about technology and virtual reality by conducting workshops with a vision and commitment to continue to mentor young filmmakers in Pakistan.

"Community Engagement is essential if we are to empower others. We have been delighted with the success of our workshops and are looking forward to expanding our work under this new umbrella of SOC Outreach." said Sharmeen Obaid Chinoy on the launch of SOC Outreach.

Mahirah Khan Wins Big At The Beirut International Awards Festival 2017





The eighth BIAF was held in Lebanon this month, with Mahirah Khan wearing a stunning voluminous ball-gown by designer Nicolas Jebran from his Spring 2017 couture collection and diamond jewellery from Zoughaib & Co.

Mahirah was honoured with not one but two accolades, that of Best-Dressed and International Recognition. The humble actress on winning asserted,

'This award means a lot to me because we get a lot of love and support back home, but when we get an award from abroad, it seems like our country is getting an award. I love you guys, thank you so much!'

Here's to more accolades to our budding actress and country!



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The Queen's Special Day





The Princess Charlotte and her mother Kate, the Duchess of Cambridge, looked pretty in pink as they appeared on the balcony of Buckingham Palace after the annual Trooping The Colour event at Horse Guards Parade on Saturday. Two-year-old Charlotte was making her second appearance at the event, which marks Her Majesty the Queen's official birthday.

Dressed in a floral dress and maroon shoes, she co-ordinated perfectly with her mother's bespoke Alexander McQueen coat-dress and matching Jane Taylor hat. The girls were joined by Prince William and Charlotte's three-year-old brother, Prince George, who looked adorable in an off-white, short-sleeved shirt and maroon braces.

Kate, 35 – whose brunette locks were swept back into a striking chignon to show off diamond drop earrings, which she'd borrowed from the Queen for the occasion – tended to her children as they waved and pointed at the planes.

The Queen and her husband HRH Prince Philip were joined by other members of the royal family, including Prince Harry, Prince Charles and his wife Camilla, the Duchess of Cornwall, as well as Princesses Beatrice and Eugenie.

The Queen's grandson Peter Phillips, 39, and his wife Autumn brought their daughters Savannah, six, and five-year-old Isla, who made their debut appearance on the balcony. The youngsters were standing next to Prince George, and were seen using a book to identify the different types of aircraft as they flew overhead.

In an unprecedented move, Her Majesty had released a poignant 91st birthday message ahead of the event. Addressing the tragic episodes that have taken place recently, including the Westminster, Manchester and London Bridge terrorist attacks and the Grenfell Tower fire, she said the country is 'resolute in the face of adversity'.

She said: 'Today is traditionally a day of celebration. This year, however, it is difficult to escape a very sombre national mood. In recent months, the country has witnessed a succession of terrible tragedies. As a nation, we continue to reflect and pray for all those who have been directly affected by these events. During recent visits in Manchester and London, I have been profoundly struck by the immediate inclination of people throughout the country to offer comfort and support to those in desperate need.'

The monarch added: 'Put to the test, the United Kingdom has been resolute in the face of adversity. United in our sadness, we are equally determined, without fear or favour, to support all those rebuilding lives so horribly affected by injury and loss.' The Queen also honoured the victims of recent terrible events by observing a minute's silence before the parade. Crowds gathered on The Mall under blue skies to watch members of the royal family travel to and from Buckingham Palace in carriages. All adult senior royals attended the parade at Horse Guards before watching the fly-past from the palace.

This year, the Queen wore a cornflower blue Stewart Parvin outfit – a jacquard silk duster coat and matching shift dress – and a hat by the late Philip Somerville, with a large Guards brooch.

The Duke of Edinburgh, 96, gave a broad smile as he waved to the crowds. This year's Trooping The Colour is part of his 'farewell tour' as he officially retires from public duties when he and the Queen travel to Balmoral for their summer holiday in August. It may well be the last time he plays such a prominent role in the historic ceremony.

Trooping The Colour has been held to celebrate the monarch's official birthday every year since 1748 – the Queen celebrated her actual 91st birthday on April 21. She inspects 1,400 soldiers, 200 horses and 400 musicians from ten bands, and is given the royal salute. The 'colour' is the flag, which is then paraded ('trooped') – this tradition began so that soldiers would be able to recognise their unit in battle.

Paris Couture Week



Paris Couture Week took place in the city of lights earlier this month, evoking all the grandeur of couture and craftsmanship the Parisian houses are known for. Of the ones that stood out, Rodarte held their debut couture show in Paris and earned accolades for their clothes and accessorising with fresh baby's breath flowers on all their models. Chanel evoked a Parisian garden replete with a replica of the Eiffel Tower created in the Grand Palais, alluding to the collection that evoked classic Parisian designs in their Fall-Winter 2017/18 haute couture show. Following the show, Anne Hidalgo, the city's mayor, presented Karl Lagerfeld with its highest honor, the Médaille Grand Vermeil de la Ville. Maria Grazia Chiuri presented her second haute couture collection, coinciding with the 70th anniversary of the house of Dior. The show held in the Paris's Hôtel des Invalides, presented a set alluding to transcontinental travel and the clothes reflected just that. Evoking Albert Decaris's etchings from the archives, she drew from an intricate map of the five continents that traced Dior's expansion through the continents. Along with practical Winter-wear, gowns replete with map prints were sent down the runway.

TEXT: CLARE FISHER, FAIZA VIRANI; PHOTOGRAPHS: GETTY, AFP



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Bank Alfalah's Screening of Yalghaar

The event was attended by Bank Alfalah executives, showbiz personalities, and the Yalghaar cast and crew including Humayun Saeed, Bilal Ashraf, Adnan Siddiqui, Naeem Haque, and Sana Bucha.


SANA BUCHA & ASIM JOFA


ADNAN SIDDIQUI


ALY MUSTANSIR


DR. HASSAN WAQAS RANA WITH HIS WIFE


BILAL ASHRAF & ALIZEH NASIR

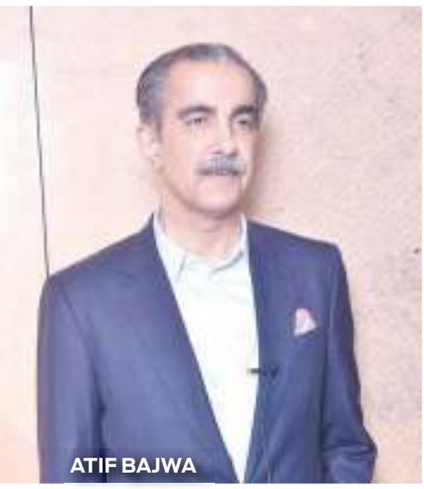

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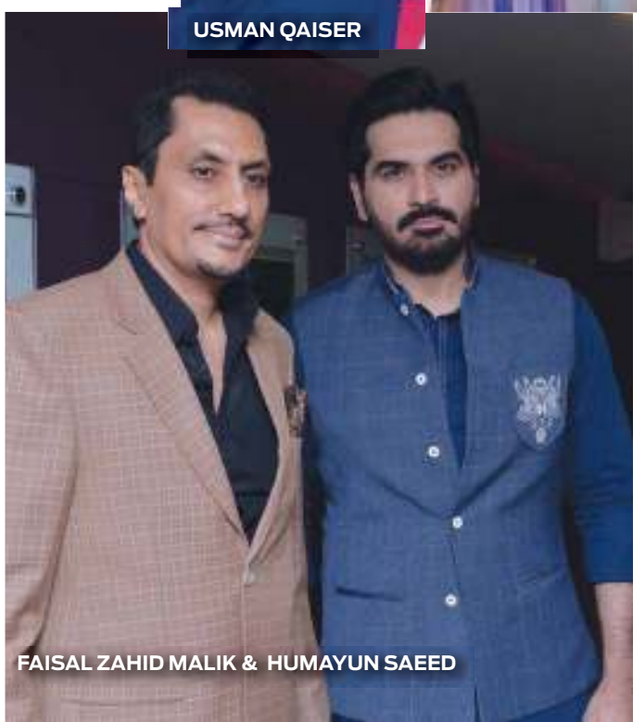

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USMAN QAISER


SOFIA


ATIF BAJWA


SANA SHAHNAWAZ


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HIRA HUSSAIN


NUBAIN ALI

KARACHI

Na Maloom Afraad 2 Trailer Launch

Filmwala Productions and Excellency Films along with Urdu1 Pictures launched the trailer of Na Maloom Afraad 2, which was well-attended by Karachi's leading showbiz stars.


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NABEEL QURESHI


JAMIL BAIG


FIZZA ALI MEERZA

HANIA AMIR


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SARA OMAR MIAN & MALEEHA ZAREEN


JAWARIYA YASIR


HIRA

LAHORE

Fashion Fest

PFDC hosted a one-day multi-designer Fashion Fest at the PFDC Fashion Active in Lahore featuring some of the country's trendiest brands with a range of over 15 fashion designers and accessories brands.


SADAF FAWAD KHAN


MARYUM KHAN


SANA FAISAL


SAAD ALI


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SANA FAROOQ


UMER IFTIKHAR


SOFIA KHAN & SAIRA RIZWAN


SAMIA MUNIR


ZARA GUL


AYESHA MUMTAZ


MALEEHA ZAREEN & HAMZA ANWAR


MAHAM BANO

LAHORE
Summer Make-up Fest

PFDC and Makeup, Makeup & More Makeup hosted a one-day Summer make-up festival at the PFDC Fashion Active in Lahore. The event rounded up make-up academies along with various make-up and skincare brands just in time for Eid.


AAMNA RAHIM & FOHA RAZA


AKSHA ATIF


AMNA AHMAR


ENUM RANA


TANZEELA KHAN


SAMIHA KHAN & IZZA KHALID


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MISHALLE HIRA


MYDA MALIK & ZAINAB MALIK

LAHORE

Saira Shakira's Eid Exhibition

Saira Shakira hosted their Eid exhibition which showcased the brand's latest Aura collection at their flagship store situated in Gulberg Galleria, Lahore.


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MALEEHA AKRAM


ZAINAB MALIK


RABIA NAUMAN


ROODABA ASHFAQ


MISHAL ASAD


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SOFIA KHAN & SOFIA BADAR


SHAHROSE CHAUDRI & AYMEN HIKMAT

LAHORE

Saira Rizwan's Eid Exhibition

Saira Rizwan launched her Allure Eid collection via an exhibition held at her flagship store in Lahore's Mall 94.


ABEER IRFAN


SARAH SOHAIL


AMBER LIAQAT


TANZEELA KHAN


SOFIA KHAN


NAYAAB GILANI



SAMEEN CHAUDHARY


SHIZA HASSAN


MYDA MALIK


AYMEN HIKMAT


SAMIA MUNIR


FARYAL AFTAB & MOEED YOUSAF


RABIA HASSAN


AMNA AHMAR


ROODABA ASHFAQ

LAHORE

Muse Luxe

Muse Luxe showcased their prêt à porter luxury Summer collection at their flagship store in Lahore's Gulberg Galleria.


SHAHROSE CHAUDRI & ZOYA FARRUKH


ANAUM HAMMAD


JANNAT FOWAZ


AMJAD BHATTI & TANZEELA KHAN


AMNA MONNOO


FATIMA SHAHEEN


TANZEELA KHAN

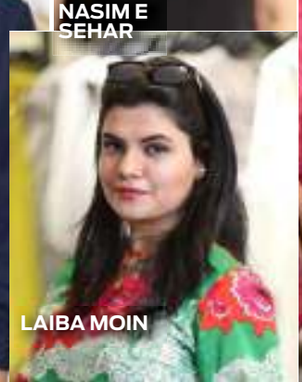

ANNY SHOAEB


MARYAM HAMMAD


AREEJ FATIMA


SHIREEN REHMAN & AMNA NIAZI


NASIM E SEHAR


LAIBA MOIN


SEHR KHOSA


AMNA & DR SHAHIDA


AISHA IMRAN & AZKA


AROOJ


CHANDNI & KHOULA

LAHORE

Multi-Designer Eid Exhibition

Fashion Pakistan Lounge organised a one-day multi-designer Eid event featuring 25 designers. Renowned designers, jewellery brands and numerous accessories for Eid were showcased under one roof.


DIL ARA & TEHMINA


JIA


AYESHAH BUKSH


ASMA T


IRUJ & MEERUB


PARKHA


NAZIA ATIF


SHAZIA AMMAR


SAMIA MUNIR


SHANI & GUDU


MAHWISH NAEEM


MAHWISH FAISAL


LARAIB


NAYYAB

The No.1 selling scar and stretch mark product in 24 countries



"I would just like to say that I am beyond happy with the results that Bio-Oil has produced. I am a 16-year-old teenager and have been getting a lot of stretch marks, which I wasn't very happy with. I decided to try Bio-Oil and am so glad I did, as the stretch marks have improved noticeably."
Rukhsana Ibrahim

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at pharmacies and selected retailers in Karachi at the recommended selling price of Rs. 900.00 (60ml). Individual results will vary.


MR. & MRS. JERJEES SEJA


DANISH TAIMOOR


JAVED SHEIKH


AHMED GODIL & SANA JAVED

KARACHI

Mehrunisa V Lub U Premiere

The star-studded premiere of the film took place in Karachi and was attended by the cast and crew along with renowned actors, models and socialites from across the country.


YASIR NAWAZ & NIDA YASIR


AIZA KHAN


RUBAB


DANISH NAWAZ


JUNAID KHAN


NAYYAR EJAZ


NINA KASHIF


SAUD


SALEEM DAD


NUBAIN ALI & WARDHA SALEEM


SADIA GHAFFAR, SAJAL ALI, SADAF KANWAL & SABOOR ALI


DEEPAK & FAHAD


MR. & MRS. JIBRAN SYED


KASHIF RASHEED


MR. & MRS. ZAHEER ABBAS


HASAN RIZVI


MR. & MRS. NOMAN HABIB




NAZNEEN TARIQ


SHAISTA WAHIDI


TAPU JAVERI

HIRA TAREEN


FARHAN AGHA


YASIR HUSSAIN


WAHAJ M KHAN & NADIA CHOTTANI


TIPU


AREEBA HABIB


SONYA HUSSAIN


AMNA ILYAS


ADNAN SIDDIQUI & MUNIB NAWAZ


MOBEEN ANSARI


ATIF ASLAM


MEHWISH HAYAT

LAHORE

Stories of Light

Pepsi Pakistan organised a launch for their Stories of Light book featuring works of Mobeen Ansari. The book showcases portraits of those who have benefitted from the Pepsi Liter of Light initiative.


HAMZA ALI ABBASI & SARFRAZ


MEHREEN SYED


ALINA FAIZAN


MIRA SETHI


SAAD MUNAWAR


MUNIB NAWAZ


AYESHA KHAN


MARIAM HAMMAD




HINA SALMAN & SANA BUTT


AMBER LIAQAT


SEHER KHOSA

CYBIL CHAUDRY


OMER


AMNA BABER

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Announcing the next era in skin brightening from Dermalogica: three highly-potent, peptide-rich formulas that work around the clock to control and prevent hyperpigmentation for the brightest skin ever.



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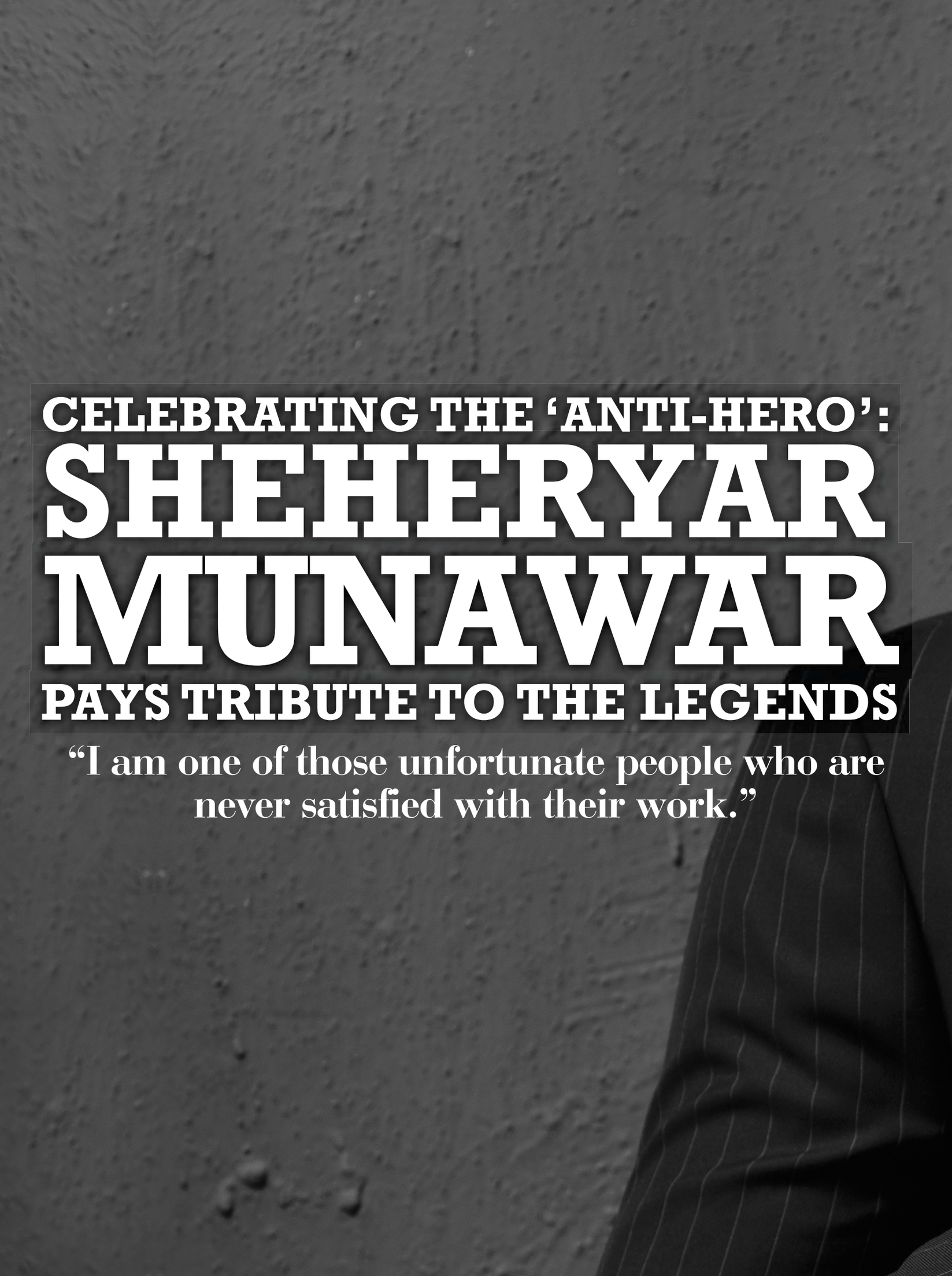
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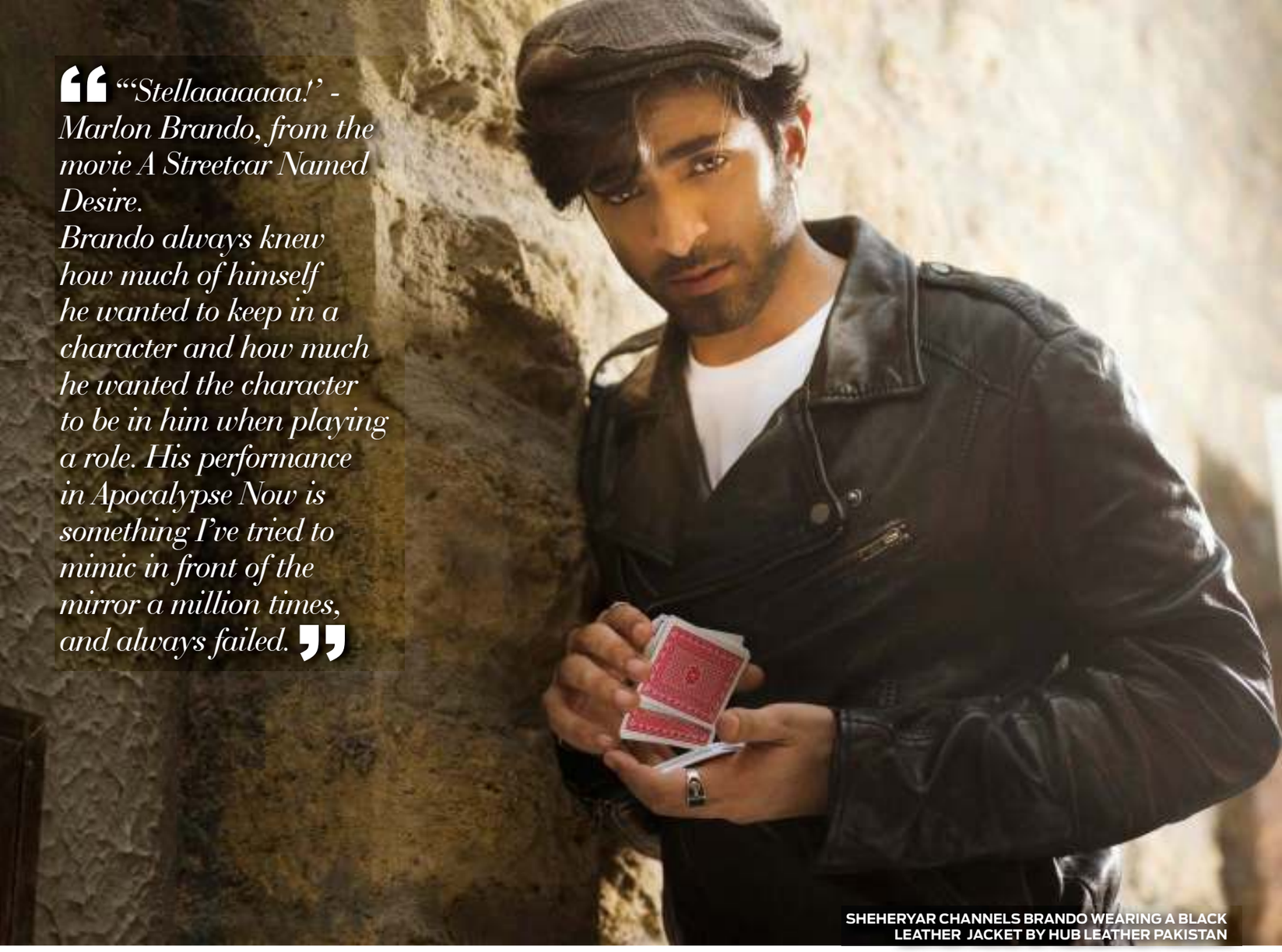
CELEBRATING THE 'ANTI-HERO':

SHEHERYAR MUNAWAR

PAYS TRIBUTE TO THE LEGENDS

"I am one of those unfortunate people who are never satisfied with their work."





"'Stellaaaaaaa!' - Marlon Brando, from the movie A Streetcar Named Desire. Brando always knew how much of himself he wanted to keep in a character and how much he wanted the character to be in him when playing a role. His performance in Apocalypse Now is something I've tried to mimic in front of the mirror a million times, and always failed."

SHEHERYAR CHANNELS BRANDO WEARING A BLACK LEATHER JACKET BY HUB LEATHER PAKISTAN

Sheheryar Munawar plays the lead role in *Project Ghazi*, the first ever superhero movie to be made in Pakistan. The story is about a mission which focuses on the intolerance in our society, and being a sci-fi film, *Project Ghazi* is expected to be a game changer for the local film industry.

Munawar made his film debut two years ago with *Ho Mann Jahaan*, and his character, with its many shades of grey, was one that had never been played before in Pakistani cinema. Munawar was flawless and incandescent in the clenching, gripping drama of passion, ambition and love, and his portrayal of Arhaan won him the Best Supporting Actor trophy at the 16th Lux Style Awards.

He also made his directorial debut two years ago with high-profile brands such as L'Oreal and Sprite. Watching him during his takes on television commercials or rehearsing before his performances in award shows, it is evident that he is a perfectionist.

As he prepares to grace the screen again in a new avatar, *OK*! Pakistan catches up with the talented actor to discover the person inside. A graduate of one of the top schools of Pakistan, IBA (Institute of Business Administration), it was passion that drove Munawar to his current profession. He is sitting in the producer's office as we speak and is more concerned with the correct colours and layouts being used for his upcoming film. He obsesses over his successes as much as he mulls over his failures. Most importantly, he is disciplined and he delivers.

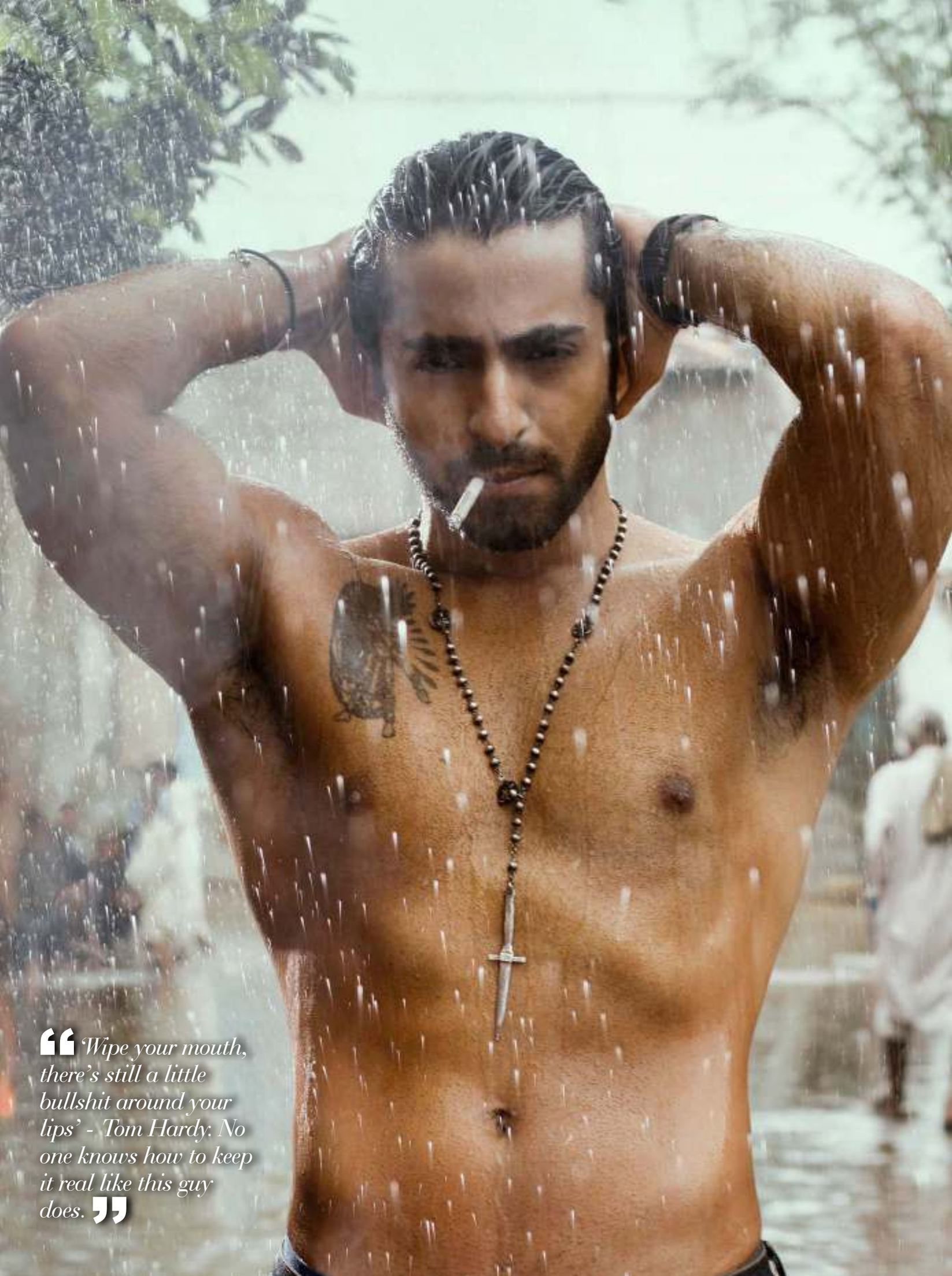
The cover shoot with Sheheryar Munawar was immensely enjoyable as we decided to pay tribute to his favourite film legends.

Your last film *Ho Mann Jahaan*, was one of the few successful films last year. We are sure the offers were pouring in, why did it take you so long to choose your second film?
Sheheryar Munawar: *Ho Mann Jahaan* did really well for my career. I had scripts coming in as soon as the first look (of the film) was out. However I was also the producer of the film, so unlike my other co-stars, I could not move on to another project right after filming ended as I was involved with the post-production work of the film. After I got done with the entire process of post-production, I started looking into scripts that were coming in. Unfortunately nothing excited me. Rahat Kazmi Sahab in one of his talks once said: "Some days when I wake up in the morning, I have to remind myself who I am that day," and that's the reason I wanted to be a film-maker, to be able to do different things.
The first script that allowed me to transform myself completely was *Project Ghazi* and so I signed it on. The film preparations demanded a lot from me in terms of the time commitment. I had to put on 10 kg of muscle, take mixed martial arts classes and train to do my own stunts. Additionally, my film production company, The Vision Factory Films, in which I am lucky enough to have a partner as accomplished as Asim Raza, takes up a lot of my time.

Producers have described *Project Ghazi* as the first sci-fi film. You will be the first superhero in Pakistan. What made you believe in the script and that it would be executed well?
SM: When Nadir (the director) narrated the script, his eyes lit up and I could see how passionate he was about the script. The kind of work we do, we all need the right amount of 'crazy'. It was that 'crazy' look in his eyes that got me to sign.

Production budgets here are not huge as compared to Bollywood and Hollywood films. Do you think *Project Ghazi* has done justice to the sci-fi genre and are you satisfied with your performance now that the film is near its release?
SM: I am one of those unfortunate people who are never satisfied with their work. Hence, I really don't know how to answer that question at this point. All I can say is that I have worked hard and tried to do my bit to the best of my abilities. To answer the second part of your question, an actor is merely a cog, which is part of the greater machinery that makes up a film project.

***Ho Mann Jahaan* saw Syra Shahroz in a special appearance across you and everyone felt the chemistry between you guys. Do you think that led to this pairing in *Project Ghazi*, and how was the experience working with her?**
SM: Syra came on board because she fits ▶



"'Wipe your mouth, there's still a little bullshit around your lips' - Tom Hardy. No one knows how to keep it real like this guy does."



SHEHERYAR SPORTS THE '60S LOOK WEARING TROUSERS BY LAWRENCEPUR AND SHIRT BY BILLIONAIRE



“Steve McQueen known as the ‘King of Cool’ was combative on set and often got into altercations with producers because he didn’t believe in compromising and that always showed in his work. I guess one always needs to know when to pick their battles but at the same time I always try to take a stand for what I believe in.”



Zara's (her character in *Project Ghazi*) character. Zara is a scientist who kicks butt. I don't think there could have been anyone else in Pakistan who could have done this job.

We see you doing more TV commercials and campaigns these days. How do you choose between endorsements?
SM: I haven't been doing any television serials and film project shoots are placed very far apart. So the only time I get to act, when I'm in between film projects, is when I do a television commercial. So I usually prefer projects I can have fun with.

Are you a man of few words? Your Twitter handle consists mainly of *Jumma Mubarak* tweets for your fans. Don't you think that as a celebrity you should use this platform for other issues, opinions or to interact more with fans?
SM: I am not very active on twitter. I use it as a means to know what's relevant these days. I have a manager who runs it.

> **"As a film-maker, my job is very consuming. I feel I would find it difficult being in a relationship with someone in the same line of work."**

You were recently termed as the 'Best Dressed', the 'Most Eligible Bachelor', and 'Man of the Month' in various editorials this year. How do you view this?
SM: I just try to have fun with what I wear and marriage is a commitment I can't commit to at this point.

Critics have been talking about your look in *Project Ghazi* since the trailer was released. How did you prepare for the role?
SM: It was a tough process. I had to put on about 8 kg of muscle and drop body fat. At the same time I had to take mixed martial arts classes. A lot of the stunts we ended up doing required me to train quite a bit. I had to discipline myself and I think that added another layer to my character in the film.

Recently a picture of you with Meera-*ji* from an event went viral and she went to great lengths to state you're the next big superstar. Do you enjoy compliments pouring in and do you share a good bond with her?
SM: I think there is mutual respect. She's always been a star and I respect her. Plus she's always kind to me.

Both your films *HMJ* and *Project Ghazi* are high-profile projects. Were these projects picked specifically?
SM: I'm not sure what that means but I'm hoping that's a good thing.

Television dramas and television actors are more popular than films in Pakistan. What made you step aside from television serials while other actors continue to do them even after doing films?
SM: I think they are both very different mediums and one needs to be focused on what the goal is. However I do miss television at times and I wouldn't mind dabbling in something that's interesting.

The song *Shakar Wandaan* became a massive hit and you recently performed to it at an awards show. Do you believe songs support the success of a film? When will we see a chart-buster again?
SM: A tastefully shot song definitely adds to the allure of a film. As a genre, film music is one that I do enjoy. In the subcontinent, I think we've been brought up in a culture that prefers to have songs as part of a narrative. Having said that, I do think we need to experiment and test that theory. *Project Ghazi* doesn't have any music. I think I'll know soon enough.

Congratulations on winning Best Supporting Actor at an awards show recently. Do you think commercial acclaim is more important than critical acclaim? You mentioned in your winning speech that you thought your role ►



"Asim is a mentor and a guru. He is one of the few people in the industry who are willing to take out the time to actually teach people. I really enjoy working with him and I hope it's the same for him."

SHEHERYAR IN A CREW NECK DIESEL TOP

Rapid Fire Sheheryar Munawar

The last text you sent?
Confirmed a work meeting.

Hashtag that describes your life
#badwithsocialmedia

One social media account that we have to follow?
Mararomrraro (Italian fashion designer).

One app we should download?
Houzz.

Favourite website?
I don't know. YouTube?

Name a TV show you love right now.
House of Cards.

Last book you read?
The Prince by Niccolò Machiavelli.

Who would play you in the movie of your life?
I would love to say Steve McQueen but that would be miscasting. No, I think a younger Hugh Grant.

Favourite fictional character?
Tyler Durden in *Fight Club*.

What's your karaoke song?
Cocaine by Eric Clapton.

What was the last movie you watched?
It was a 12-hour binge – *The Godfather 2*, *Gone With The Wind* and *Casablanca*. Can't remember the order though.

Last holiday destination?
Warsaw, Poland.

What was the last thing you bought?
Nicotine gum.

Best thing you can cook?
Fettuccine Alfredo.

Favourite sandwich filling?
Roast Beef.

Favourite pizza topping?
Goat Cheese.

Favourite restaurant in Pakistan?
I should get paid for saying this.

Dream dinner party guest?
Jack Nicholson - I have a feeling he would have interesting stories to tell.

Favourite hotel in the world?
As my mother would say, my house. I check in and check out every few days.

Favourite designer?
I should get paid for this.

Star style icon?
David Beckham.

Your biggest fear?
Mediocrity.

Celebrity dream date?
A younger Audrey Tautou, a younger Penelope Cruz, a younger Julia Roberts or Sonya Jehan (just the way she is).

Best gift you ever received?
Ma ki Dua!

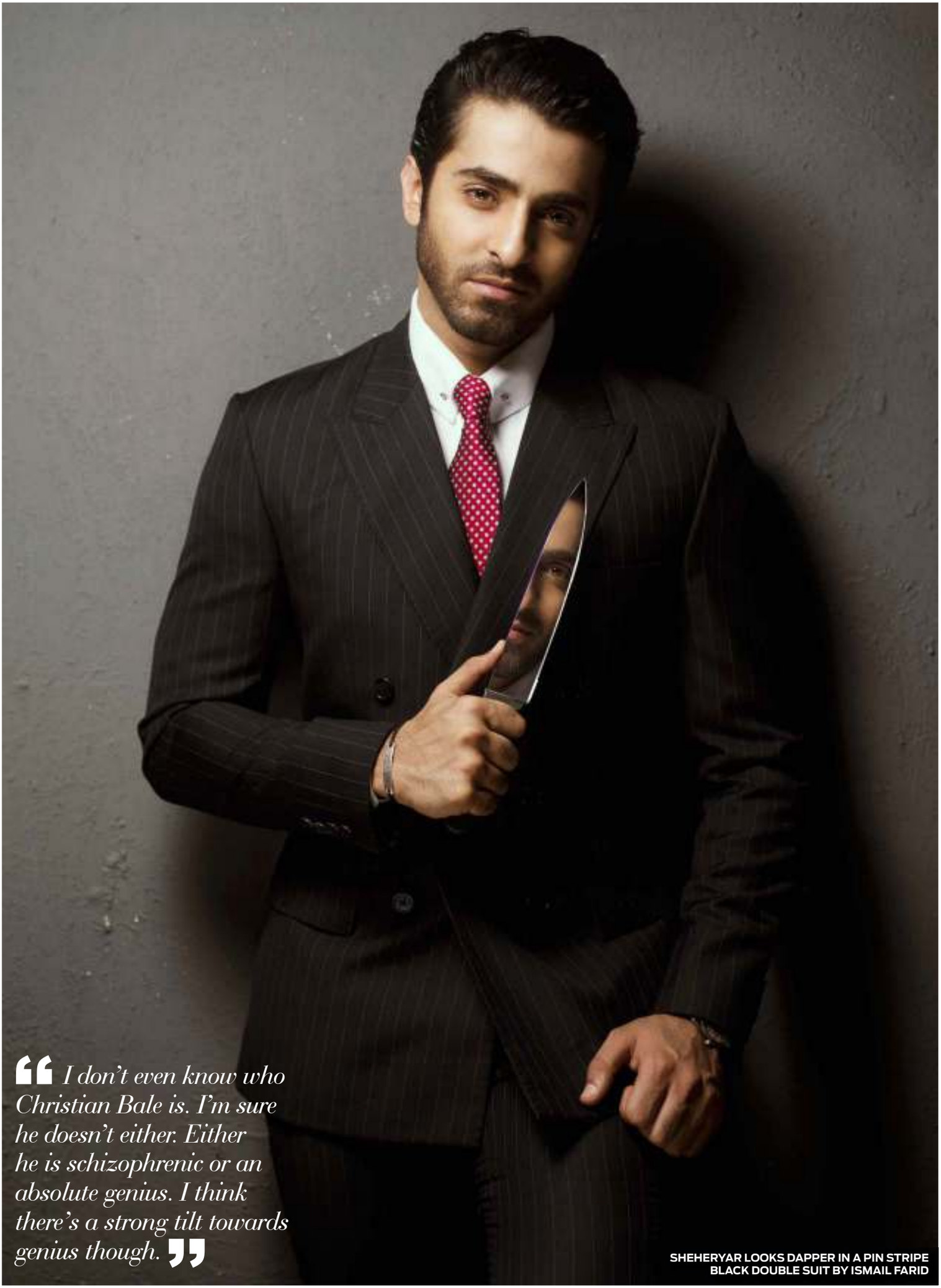
Personal motto?
Live and let live.

Word or phrase you say the most?
"Having said that."

Choose one from each option
1. Madhuri or Sridevi: Madhuri.
2. Mahirah, Sajal and Syra Shahroz: Mahirah.

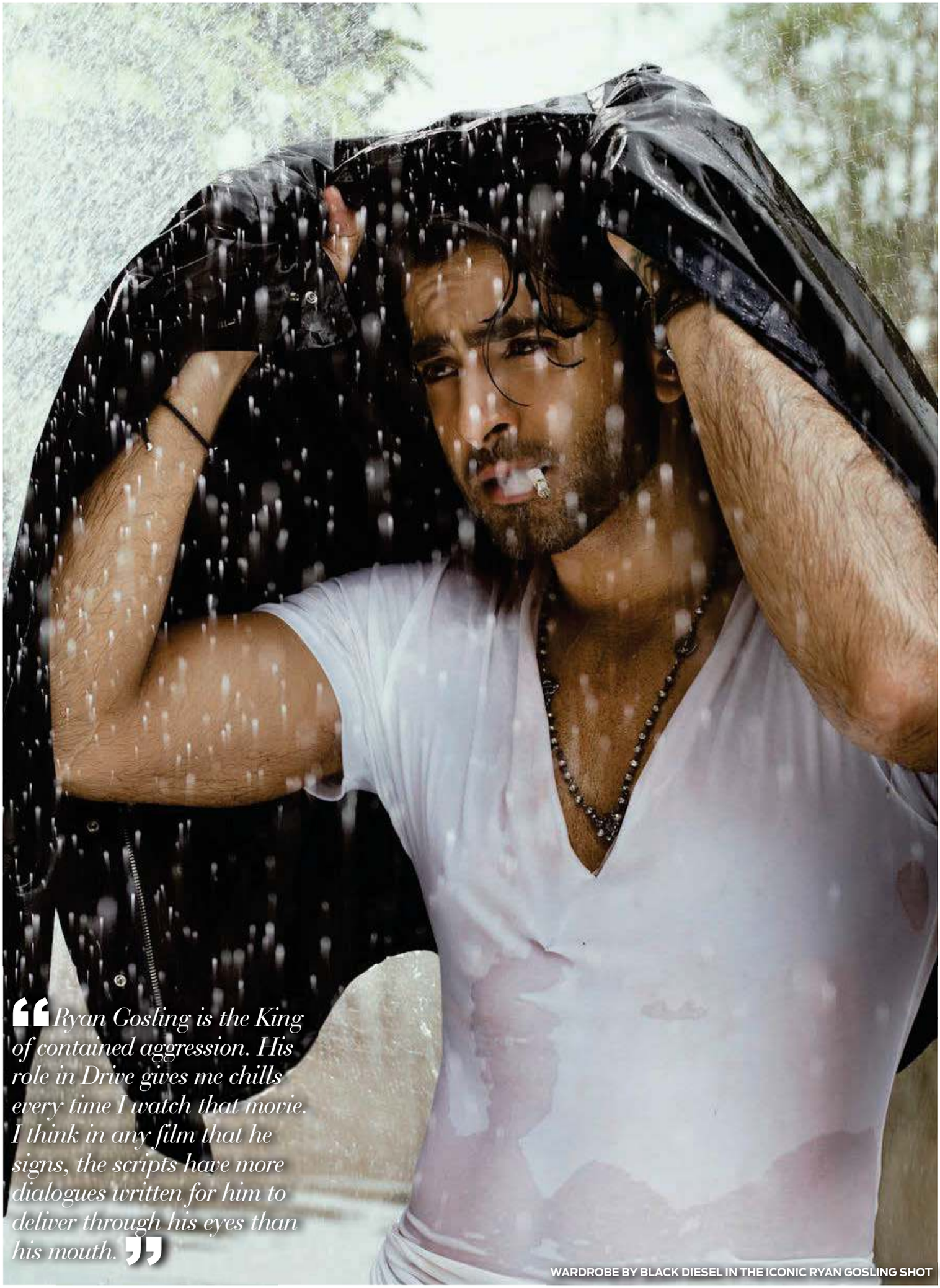
Rank the following in order of their acting ability
1. Adeel Husain, Mikaal Zulfiqar and Bilal Ashraf: Adeel Hussain, period.
2. Alia Bhatt, Deepika Padukone and Kareena Kapoor: Kareena Kapoor, Alia Bhatt, Deepika Padukone.
3. Ranbir Kapoor, Ranveer Singh and Varun Dhawan: Ranbir Kapoor, Ranveer Singh, Varun Dhawan.





“I don’t even know who Christian Bale is. I’m sure he doesn’t either. Either he is schizophrenic or an absolute genius. I think there’s a strong tilt towards genius though.”

SHEHERYAR LOOKS DAPPER IN A PIN STRIPE BLACK DOUBLE SUIT BY ISMAIL FARID



"Ryan Gosling is the King of contained aggression. His role in Drive gives me chills every time I watch that movie. I think in any film that he signs, the scripts have more dialogues written for him to deliver through his eyes than his mouth."

WARDROBE BY BLACK DIESEL IN THE ICONIC RYAN GOSLING SHOT

was more appropriate for the Best Actor category. Explain your stance on this.
SM: Critical acclaim and commercial acclaim go hand-in-hand, or at least, in an ideal world they should. I think sometimes I falter and become an idealist. Arhaan's character was one of the leading characters in a story that was about three friends. He's an anti-hero who carries the main story forward. I think we're just not ready to look beyond the basic formula where the main hero must be the one that ends with the leading lady. I believe that in stories that are more grounded, a real hero has shades of grey, as opposed to being either black or white.

Two years ago in an interview you said you were more inclined towards directing than acting. You also directed big-budget TV commercials last year with Bilal Ashraf as the main lead. Was Bilal your client's choice or yours? Why didn't you cast yourself in the commercials? Do you enjoy directing more than acting?
SM: Bilal is a great looking guy with a heart of gold. He is a dear friend who is willing to work really hard. Hence it was an easy decision for me when casting for the lead. I'm relatively new to the art of directing and I needed someone I believed would work hard. Directing and acting both fill different boxes.

From critics to fans, they all term you as one of the most good-looking actors in the Pakistani film industry. How important are looks in this profession compared to the art of acting - or do they go hand-in-hand?
SM: Looks help you become a star but it's talent that helps you become an artist. I think both are important, depending on what you want out of life. I really didn't do anything to be considered good looking so I can't be sure what that is about.

You mentioned your close association with the ace director Asim Raza, mentioning him as your "guru" in your winning speech at the awards show. Do you think he has played a major role in your career so far? What factors lead to you being his new muse after Fawad Khan? Also, how was the experience?
SM: Asim is a mentor and a guru. He is one of the few people in the industry who are willing to take out the time to actually teach people. I really enjoy working with him and I hope it's the same for him. Not sure if I agree with myself being his new muse. I think it's more about having a great working relationship. We've seen people give their best work when they find the right team, for example Martin Scorsese and Robert De Niro; Ranveer Singh and Sanjay Leela Bhansali; Junaid Jamshed and Shoaib Mansoor.

Mahirah Khan is one of your closest friends in the industry so working with her must have been fun in your last film and in a TV commercial this year. When are we seeing you both in a film again?
SM: Mahirah has always been a gem to work with. I always enjoy hanging out with her and she always gives solid advice. I try to be there for her as a friend. She's fun and has a beautiful heart and is always relatable in all her performances. She has an infectious charm that makes you like her no matter what role she is playing.

What other projects have you signed on other than *Project Ghazi*? Are you planning to produce more films after *Ho Man Jahan*?
SM: Yes, shooting for Dawn Films' first movie starts in August, it's called *Saat Din Mohabbat In*. Other than that I'm working on a production and *In sha Allah* you should hear about it soon.

There are no controversies about your being involved with any actress in the media. Is this a conscious decision to be very private or are you an introvert?
SM: As a film-maker, my job is very consuming. I feel I would find it difficult being in a relationship with someone in the same line of work. Having said that, as a rule in life, a gentleman doesn't kiss and tell. OK!



"'Only the gentle are ever really strong' - James Dean. Much of Dean's performance in East of Eden is unscripted. I wish I could learn how to pour myself into a character the way he did."

SHEHERYAR PLAYING JAMES DEAN IN A BLACK TURTLE NECK BY BILLIONAIRE INTERNATIONAL

FEATURE, CONCEPT & STYLING: RAO ALI KHAN
MAKE-UP: ADNAN ANSARI
GROOMING: JY STYLE STUDIO
LOCATION: YBQ STUDIO
PROPS: TAHA @SAJAWAT.PK
PHOTOGRAPHS: RIZWAN UL HAQ

Charlize THERON

“I’M IN A GREAT PLACE IN MY LIFE”

The Oscar-winning actress talks about being a single mom-of-two, her childhood growing up on a farm in South Africa plus how she feels about joining the Fast & Furious franchise as high-tech villain Cipher, and how her life has changed over the past decade.







JEAN RENO, CHARLIZE THERON, ADELE EXARCHOPOULOS & JAVIER BARDEM LEAVE THE *THE LAST FACE* PREMIERE DURING THE 69TH ANNUAL CANNES FILM FESTIVAL AT THE PALAIS DES FESTIVALS ON MAY IN FRANCE

Hollywood beauty Charlize Theron learnt to drive a car when she was eight years old. But her latest character Cipher doesn't get behind the wheel in *The Fate of the Furious*. The high-tech super villain controls cars remotely as she circles 30,000 feet in the air in a super jet. *The Fate of the Furious* is the eighth instalment in the *Fast & Furious* franchise and is directed by F. Gary Gray. The movie stars *Fast & Furious* veterans Vin Diesel, Michelle Rodriguez, Ludacris and Tyrese Gibson. Dwayne Johnson, Jason Statham and Kurt Russell are also back for more high-speed car action.

Here's the synopsis: 'Now that Dom [Vin Diesel] and Letty [Michelle Rodriguez] are on their honeymoon, Brian and Mia have retired from the game, and the rest of the crew has been exonerated, the globe-trotting team has found a semblance of a normal life. But when a mysterious woman seduces Dom back into a world of crime that he can't seem to escape, the crew will face trials that will test them as never before.'

So Charlize, you are now a mother of two kids and back with a new movie. How do you juggle work and motherhood?

CHARLIZE THERON: I think it's the balance that every single working mom struggles with. I really don't think my life is that much different - on that level - than any other working mom. Where you are just constantly questioning everything and you're constantly thinking, 'Is this the balance? Is this the balance? Or is this off-kilting all of that?' And I ask myself those questions every single day and I know other single moms who work ask themselves that too. I mean I'm in a great place in my life where I can say, 'I'm not going to work this year' or 'I'm not leaving LA this year because my kid's starting school'. You know, I'm very, very lucky to be in that position. A lot of working moms are not in that position so I'm grateful for that.

Do you take your kids with you when you travel for work?

CT: I'm here for six days so literally I left and I'll be home in six days so there's no need to travel two small children on a trip like that. But now that I have a little bit of freedom, I try to make my press work around my kids' schedule. I don't do anything more than six or seven days so that I can come home. And when you work on a film that's different you have to pack the family up and find schools; we stay together as a family.

How do they like film sets?

CT: They love it. I mean it's an adventure now. I'm sure that's going to change but they absolutely love it. Both my kids are very... they love the whole fantastical aspect of hair and make-up and wardrobe. They love all the side things like craft service table with all the candy on it and they like the golf carts and things that we don't think about, they make it kind of their playground.

It looks like making a *Fast & Furious* movie is a lot of fun. Is that why you took it on? To have fun? CT: No, it's a job, I mean I can have fun with my friends. No, I like the franchise and the more I talked to the guys at Universal and the more they were like, 'We really want to make this villain psychotic and have her do some very unforgiving things', the more I was intrigued by just the foundation of what this franchise has been standing on and in order to create that psychotic character you'd have to shake a lot of things up that's been kind of instilled in a story for 16 years. And I was like, 'Really?' Like, that to me seemed interesting.

Have you always been a fan of the franchise?

CT: I saw the first one and I liked the first one and then I didn't see the second one. I think I went back and saw them but I would say '5' rebooted it for me. I really liked '5' and I liked '6' and loved '7'. But I'm really impressed by...I mean there really isn't another franchise that has done, been able to do what this franchise has been able to do with its fans. I mean you cannot be jaded about that. That is just insane. I just came back from China and Hong Kong and I mean people take full ownership of this movie like nothing I've ever seen before.

What is your relationship to cars?

CT: It's a close one, actually. I was raised with engines, always kind of surrounded by engines and cars being built up. My father was an engineer but loved tinkering with cars and would buy old Ford bodies and soup them up with motorcycle engines and stuff like that. He'd build me these fun little off-road cars and I'd load all the dogs up. I mean, at eight I knew how to drive. They had a road construction company and that's just what I grew up. It was a little bit of that car culture. My dad definitely loved the car culture and I think when you grow up with that it's something that's under your skin a little bit. Like I love car shows. I don't know engines and sh-t like that but I love that kind of relationship that people have towards how much time they spend building their cars and things like that.

How did you reach the car pedals when you ▶



CHARLIZE THERON ATTENDS THE 88TH ANNUAL ACADEMY AWARDS AT HOLLYWOOD & HIGHLAND CENTER IN CALIFORNIA

"…my priorities have changed in the last ten years. I have kids and there is nothing that comes before that. And so that I didn't have. I had the freedom to kind of pack up and go away but I don't have that anymore and, by choice, I don't think want that anymore."



JACKSON THERON, CHARLIZE THERON & SEAN PENN ATTEND THE POINTS OF LIGHT GENERATIONON BLOCK PARTY IN LOS ANGELES

were eight?
CT: I'm a tall girl! [laughs]

Even then?
CT: Yeah. The first thing I drove was a little tuk-tuk that my dad bought on auction and he kind of souped it up with a scrambler motorcycle engine. And so it was this tiny little tuk-tuk that you see in Asia that had like a little pick-up truck and it was tiny. It was like a little minute car and I was just zooming up and down our farm on it. And I would take the dogs to the lake and I had tons of off-road motorcycles and things like that.

Is that the favourite car you've ever owned?
CT: I mean it was fun. How can it not be at that age? None of my friends had anything like that so I knew that I kind of had a super cool upbringing that, you know, I grew up in an environment where that was allowed. It was just farm community so no police that could pull you over or anything like that. I mean that's kind of how I consumed my days, with that little car and loading all the dogs up and driving them around like I was some taxi driver for the animal kingdom.

Do you still drive a lot in LA?
CT: Yeah. I love driving. I love road trips. For me, driving is super therapeutic. I don't like being driven, not because of the control thing, there's just like a meditation for me that happens driving that I don't necessarily get in the back seat of the car. So, I always drive myself to work and things like that. And I take road trips myself. I love road trips.

But how afraid are you when you're on the street - a car can be a dangerous weapon?
CT: I think we all know cars are incredibly dangerous weapons whether you're in them or out of them you have to be incredibly careful. Yeah, they're very dangerous weapons.



SEAN PENN & CHARLIZE THERON POSE WITH THEIR OSCARS AFTER WINNING BEST MALE AND FEMALE ACTORS/ACTRESS DURING THE 76TH ANNUAL ACADEMY AWARDS AT THE KODAK THEATER IN CALIFORNIA

Helen Mirren said that she was kind of sad she didn't get to drive in this movie – what about you?
CT: Yeah, I mean it's always fun to do that stuff but, you know, honestly for the character that I play it's much stronger that she's in this plane, like a hawk circling her prey at 30,000 feet and nobody really sees her and she's this ghost up there. I don't know how strong she would have been if she was kind of embedded in their world. There's something cool about her being so distant from all of that.

The way the last few *Fast & Furious* movies have gone, you should be a family member for the next one?
CT: Oh yeah, as it goes, right? Yeah no, I told them I won't do that so I can almost guarantee you. There's no way you can take a psychopath and turn them around into Deckard Shaw, you can't do that.

Jason Statham's character wasn't so nice, either?
CT: Yeah, but I don't think he was a psychopath. I mean he did not do anything close to what I do in this film. You can't forgive that kind of stuff.

You'd have to shoot a very long therapy movie to turn her around?
CT: Yes and then I still wouldn't believe it. This character sees nothing wrong in what she does and that is the true sign of a sociopath, psychopath.

How was it taking on a role where you can't defend her?
CT: I don't feel like I have to defend her. I think what she does is horrible but I believe that people like her exist. I really do. I've been for a very long time obsessed with the world of serial killers and just behavioural science in the sense of how our brains function and neurons and how and why we do what some of us do. I'm fascinated by that. And, trust me, I've seen people do some very horrific things and they're not werewolves and they're not monsters, they are humans. But they're not me. I'm not doing those things so there is a difference, for sure. And I think I'm fascinated by that difference.

Is it more interesting to play a villain than a hero?
CT: I mean the ones that I've played have been fun. Yeah, I mean I think, look with this, I wanted her to be grounded and I wanted her to feel really scary, not kind of fake scary. I wanted her to feel like somebody that could pull a gun on a family member and shoot their heads off and not feel anything about it. I think there was something very cold about that. So, I tried to keep her as grounded as possible but then like Queen Ravenna [*Snow White and the Huntsman*] is fantastical. There's something about her that you step onto that space and it feels like you want to raise your voice and speak out to everybody and be obnoxious almost and it allows for you to be a little bit more obnoxious. But that was really the only time I ever really did that.

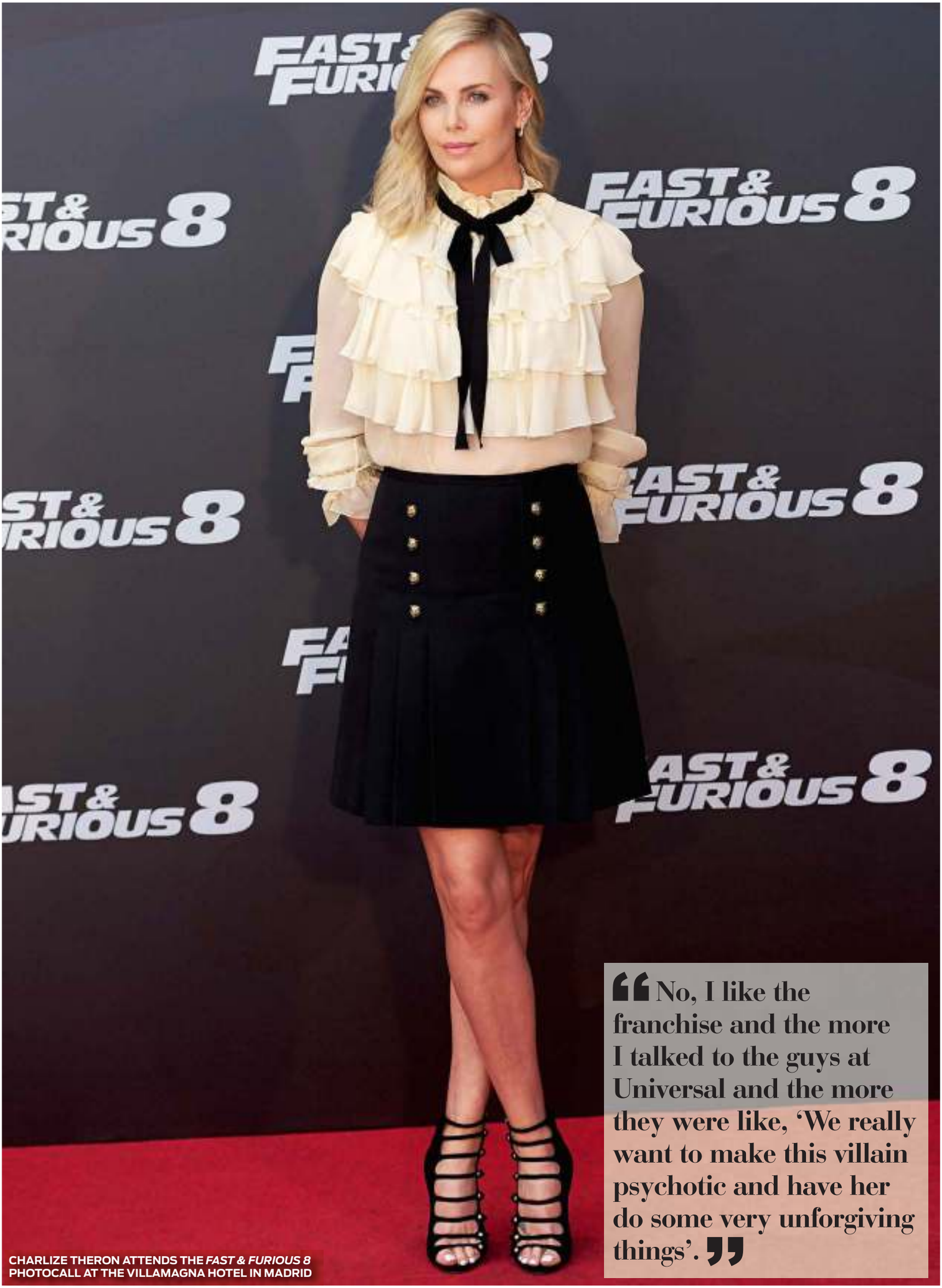
How much do you embrace the physical part of an action movie?
CT: Yeah, I mean with thisI didn't do anything. I kind of just stayed in this insular space and did everything verbally. It was kind of a verbal war that I had with Vin's character. But I've always liked the genre. I like that kind of Hong Kong storytelling. I was a ballerina for many years, I'm fascinated by that kind of storytelling. I think some of those Hong Kong filmmakers do it so well. I think we're a little behind on the idea of actually elevating storytelling through fight sequences, through stunts. But David Leitch, who did *Atomic Blonde*, comes from that world of really wanting to tell story and I really loved it. It was like a whole different world for me, though.

Your character is a high-tech villain – how comfortable are you with technology?
CT: Not so much. I feel like I'm that generation that just missed... but then when I say that my friends get really upset with me. They're like, 'Listen, talk for yourself, seriously, I'm fine with technology.' So I think maybe it's just me. I don't know. I'm good, I can get by but there's a lot of times where I'm like, 'How do you copy and paste?'

When you were talking about your childhood on the farm, do you miss that freedom? Or do ►



CHARLIZE THERON ATTENDS THE 70TH ANNIVERSARY OF THE 70TH ANNUAL CANNES FILM FESTIVAL AT PALAIS DES FESTIVALS IN FRANCE



CHARLIZE THERON ATTENDS THE *FAST & FURIOUS 8* PHOTOCALL AT THE VILLAMAGNA HOTEL IN MADRID

> “No, I like the franchise and the more I talked to the guys at Universal and the more they were like, ‘We really want to make this villain psychotic and have her do some very unforgiving things’.”

you go on farm retreats? You must travel a lot around the world?
CT: Yeah I mean I love that. I feel so privileged that I get to do that. And I never take it for granted because I always remember growing up in South Africa and looking at the map and seeing us like all the way at the bottom of the map and seeing all of this land mass above me. As a kid, just kind of dreaming and wondering what all of that was about. And the fact that I ended up doing something with my life where I got to see all of that. Most of my friends are married with children and have never left South Africa so I love that I get to live that kind of life. I feel very blessed that I live that kind of life.

Are there any places left on your bucket list to visit?
CT: Oh god, yeah. The world is a big place [laughs]. Yeah, no definitely a ton of places.

How do you feel looking back to where you were ten years ago? Do you have a new level of confidence or are different things important to you?
CT: Well yeah, I mean my priorities have changed in the last ten years. I have kids and there is nothing that comes before that. And so that I didn't have. I had the freedom to kind of pack up and go away but I don't have that anymore and, by choice, I don't think want that anymore. I love that my children dictate my life now. I'm like a soldier just being told which way to walk. It's great. [laughs] And I love that that's kind of our schedule in life now. I think as an actor of course I think you want to go through the work that you've accomplished and feel that there's a level of confidence that comes with just the technical part of being on the job. But I think the creative part of it is always a little bit scary and you don't quite know what it's going to be. There's a whole process from reading it on the page to the day that you're actually standing in front of the camera shooting it. And that whole process is still nerve-wracking to me. I like it.

How was it working with Vin Diesel?
CT: It's so funny, he was on a film with me like 17 years ago that he ended up not doing but we were rehearsing for like two weeks together. And then he left the film and I totally forgot about it until we started working on this and he reminded me. He was like, 'Do you remember?' And I was like, 'You have such a good memory.' He's interesting, you know, his process is a little different than mine but so is a lot of actors that you work with so you're just always trying to figure out that middle ground. He likes to think about stuff a lot. It takes him a while to really wrap his head around certain scenes and there were scenes where I think he's played this character for so long, the idea of a character, stepping in and turning him on his head, I think was like took some getting used to for him. He was constantly kind of fighting back and I was like, 'You've got to chill out, you've got to help me do this.' Because he's such a strong character that a lot of times I was like, 'Unless I do something really horrible you have to start like dancing in my palm [?], that's what the script says.' But I think he's so attached to this character and he's played this character one way for so long that, you know, eventually now he says he loves it. He loves that somebody came in and turned his character on its head.


SEAN PENN & CHARLIZE THERON ATTEND THE CHRISTIAN DIOR SHOW IN PARIS

What makes the *Fast & Furious* films such a great match for IMAX format?
CT: Well, I think the genre just plays really well on that giant, fat screen. And I think films like *Mad Max*, there's just the visceral experience about it that you just really can't get on a one-dimensional, two-dimensional surface. I love IMAX. I just saw *Beauty and the Beast* with my kids at IMAX. It's so good. I mean it's so intense. The kids were like freaking out in the beginning with the wolves and everything. And I got scared. It's like right on top of you but you really feel like it pulls you into the storytelling, which is great.

Is there a special scene in *Fast & Furious 8* that works best on IMAX?
CT: I think all the set pieces would be incredible. I think that whole piece that plays in Iceland is pretty spectacular.

As a South African, how important was it for you shooting *The Last Face*, which deals with problems in the continent?
CT: Yeah, I mean it was a script that I really liked. I've always wanted to work with Javier Bardem and I got to shoot in South Africa, which was great and that's a world that yeah, I am fascinated by what happens on a diplomatic level and on a ground level, just kind of like on a one-on-one level with this kind of aid work. I thought the story was really epic and beautiful and I had a great experience with everybody making the film.

Would you like to do more movies for kids, to show your children?
CT: I like those movies. I did *Kubo and the Two Strings* for LAIKA which I thought was a beautiful story and was a story that I shared with my children and they loved it. There was definitely a small part of me that was like, 'Well, at least they'll be able to see this one.' [laughs]

Rather than *Mad Max*, maybe?
CT: Yeah no, not until they're 50 probably. [laughs] OK!

INTERVIEW: JASON ADAMS/HOTFEATURES
PHOTOGRAPHS: GETTY



The Living Legend of Film:

SRIDEVI

“ *Mom* is extremely special for me. ”



Sridevi Kapoor is a powerhouse of talent who has ruled the Indian film industry for decades. Starting out as a child actor in '60s - she was only four - she went on to act in hundreds of films and established herself as the 'first female superstar of Hindi cinema'. Innately talented, she has worked in Tamil, Telugu, Hindi, Malayalam and Kannada films, and her repertoire comprises a myriad of complex roles no other actress could have essayed with such finesse. She has proved her mettle time and time again in films such as *Lamhe*, *Chandni*, *Mr. India*, *Nagina*, *Khuda Gawah*, *and Sadma* - classics that still resonate with film buffs - and fans often refer to her as 'the last empress of Bollywood'.

At the peak of her career, this prolific actress gave one blockbuster after another, leading many to regard her as the actress with the Midas touch, turning every film she worked in to gold. Over the years, she has worked in various film genres - comedy, drama, fantasy, historical and romance - and has done justice to the many roles she has embodied.

This interview was conducted on July 6, a day before *Mom* released world over, and *OK*! Pakistan is grateful to the iconic superstar for taking out the time despite her chock-a-block schedule.

This year, Sridevi celebrates the 50th year of her film career. Here's wishing her many more!

A *Padma Shri*, five Filmfare Awards, countless films and nominations over a career spanning decades - Sridevi-*ji*, you are a living legend!

> **"I feel like a newcomer on the set of every new film. I experience the same tension, the same anxiety and nervousness every single time. *Wohi excitement hoti hai*, whether it's your first film or 300th!"**

From a child actor to a star to a superstar, please tell us what the journey has been like.

Sridevi Kapoor: It has been a lifetime of beautiful memories. What can I say about my journey? That is something the audience would be better able to comment on. I was just doing my work all these years; I just followed my instincts and my heart. Looking back, I feel every film was special, every experience invaluable. I wanted to do good work and I am so grateful to all the actors, directors and fans who encouraged and supported me on this journey.

***Mom* is your 300th film, and is being released in the 50th year of your career. How did you find the experience of working on the film?**

SK: *Mom* is extremely special for me in so many ways. I don't think I can even describe it. So many emotions put together! It's about a very strong mother who goes through so much for her daughter. She is prepared to go to any length for her sake. There are so many real emotions in the film, and such intense feelings. I think all of us on the set connected deeply with the story and with each other.

I have learnt so much from each project I have done. *English Vinglish* was also very close to my heart, it was my comeback film after a sabbatical of 15 years. I loved the story and the team. But *Mom* is on another level altogether, the emotions and feelings involved are so strong!

As an actor I always put in my best effort. But I'll tell you something, I feel like a newcomer on the set of every film. I experience the same tension, the same anxiety and nervousness every single time. *Wohi excitement hoti hai*, whether it's your first film or 300th!

With all the media buzz and hype it has garnered, and considering it is also a home production, do you feel any pressure for the film to do well?

SK: *Ghar ki ho ya bahir ki*, as an actor every film is important for me. I have learnt a lot from each stage in my career. Every time I do a new film, I give it my best shot. As an actor I am passionate about my craft. I put in my heart and my soul in my work and I want the audience to connect with it. It is immaterial to me whether it is a home production or not. The pressure is always there for each and every film to do well, because each project is like your baby and has a special place in your heart.

***Mom* comes across as a suspense thriller, and we are quite intrigued by the trailer. Tell us ▶**



“For me, it has to come from the heart, it has to be natural and pure emotion. I never prepare for any role. It has to be what I feel, because I don’t emote according to a plan. I immerse myself in the story and the rest follows naturally.”



> **“*Mom* is a very strong story, about a mother’s relationship with her daughter and how she can go to any extent for her daughter’s sake. It has been made sensitively.”**

about your role as Devki in the film.
SK: (Laughs) *Aab to ek din reh gaya hai* (only one day is left before the release). You must go and watch it and then tell me what you think!

You are very selective about your work - what spurred you on to say yes to *Mom*? What did you think of the script when you read it?
SK: It is a very strong story, about a mother’s relationship with her daughter and how she can go to any extent for her daughter’s sake. There are such intense emotions involved but it has been made and shot sensitively. I think all mothers and teenagers will be able to connect to the movie. In that sense, it is a universal story.

How challenging was it to emulate this role? How did you prepare for it?
SK: No preparation at all, nothing! I don’t believe in preparation. For me, it has to come from the heart; it has to be natural and pure emotion. I never prepare for any role, in fact. It has to be what I feel, because I don’t emote according to a plan. I immerse myself in the story and the rest follows naturally. *Andhar say ana chahiye*!

What kind of rapport did you share with your co-stars from Pakistan, Adnan Siddiqui and Sajal Ali? What would you say about their contribution to the movie?
SK: Working with Sajal was an amazing experience, we bonded so well. She is immensely talented and has given an outstanding performance in the film. She plays my daughter and I can honestly say, no one else could have done justice to the role. I am so impressed by her work and just what an amazing person she is. Sajal, *mera bacha*, you are brilliant!
Adnan-*ji* suited the character so much, he is very talented and a wonderful human being as well. *Mein chatti thok ke bindas bol sakti hoon*: They are brilliant actors! This film just wouldn’t have been the same without them. We consider ourselves lucky that they’re part of *Mom*. I miss them so much during our film promotions here now. I wish they could have been here.

Thank you for your kind words...
SK: I truly mean everything I have said. They are both tremendously talented!

Are there any anecdotes or memories you would like to share from the set?
SK: We had a 15 days shooting spell in Georgia, and it was a beautiful experience. My husband and ►


Audi
toronto
international
film festival
sept.6-16.12
toronto
international
film festival
sept.6-16.12





JHANVI KAPOOR, ACTRESS SRIDEVI KAPOOR, BONEY KAPOOR AND KHUSHI KAPOOR ATTEND THE *ENGLISH VINGLISH* PREMIERE IN TORONTO

kids were also there with me. *15 days sab saath mein thay, bohat maza aya*. I have fond memories of the time we spent together and will always cherish them!

You worked in many films with the late Yash Chopra. He was a brilliant director. What was it like to work with him?
SK: He was a great director, superb! I really miss him. *Woh zinda hotay toh* 100 per cent I would have worked with him in many more movies. Unfortunately he is no more. It is a great loss for cinema.

You have evolved with every film – even your look is different for a new character. Where do you get your creative strength from?
SK: I firmly believe, *jo bhi karna hai dil se karna hai*. Actors are sensitive souls, and one of their chief qualities is that they are able to observe their surroundings and of course, the mannerisms of other people. That observation is then unconsciously filed away in the back of the mind, sometimes for many years, but the artist is able to derive inspiration from it when working on a similar character.
I'll share something with you: When I was a child, there was an aunty in my neighbourhood. I found her interesting and I used to observe her, *bina matlab ke un ko dekhti thi*. When *English Vinglish* was offered to me, something just clicked and that memory surfaced after so many decades. *Woh aunty achanak yaad a gaye*. Just the way she used to walk, talk, carry her bag etc. My persona in *English Vinglish* is deeply inspired by her. I had her in my mind when playing Shashi.

Which actors, directors and stylists do you enjoy working with?
SK: Manish Malhotra! He is my well wisher and my best friend. He stylised my look for *Mom* also. I had a great experience working with director Ravi Udyawar on *Mom* and Gauri Shinde on *English Vinglish*. I enjoy working with a number of actors and directors. It's a very long list, I don't think I will be able to name all of them.

How different is the ambience in the film studio today as compared to when you started out in the 70s? Do you feel the larger-than-life appeal of films and stars has dissipated?
SK: No no, I don't think so. *Woh zamana bohat alag tha,* the requirements were very different. The time has changed but I feel the new lot is doing great work. The magic is still there!

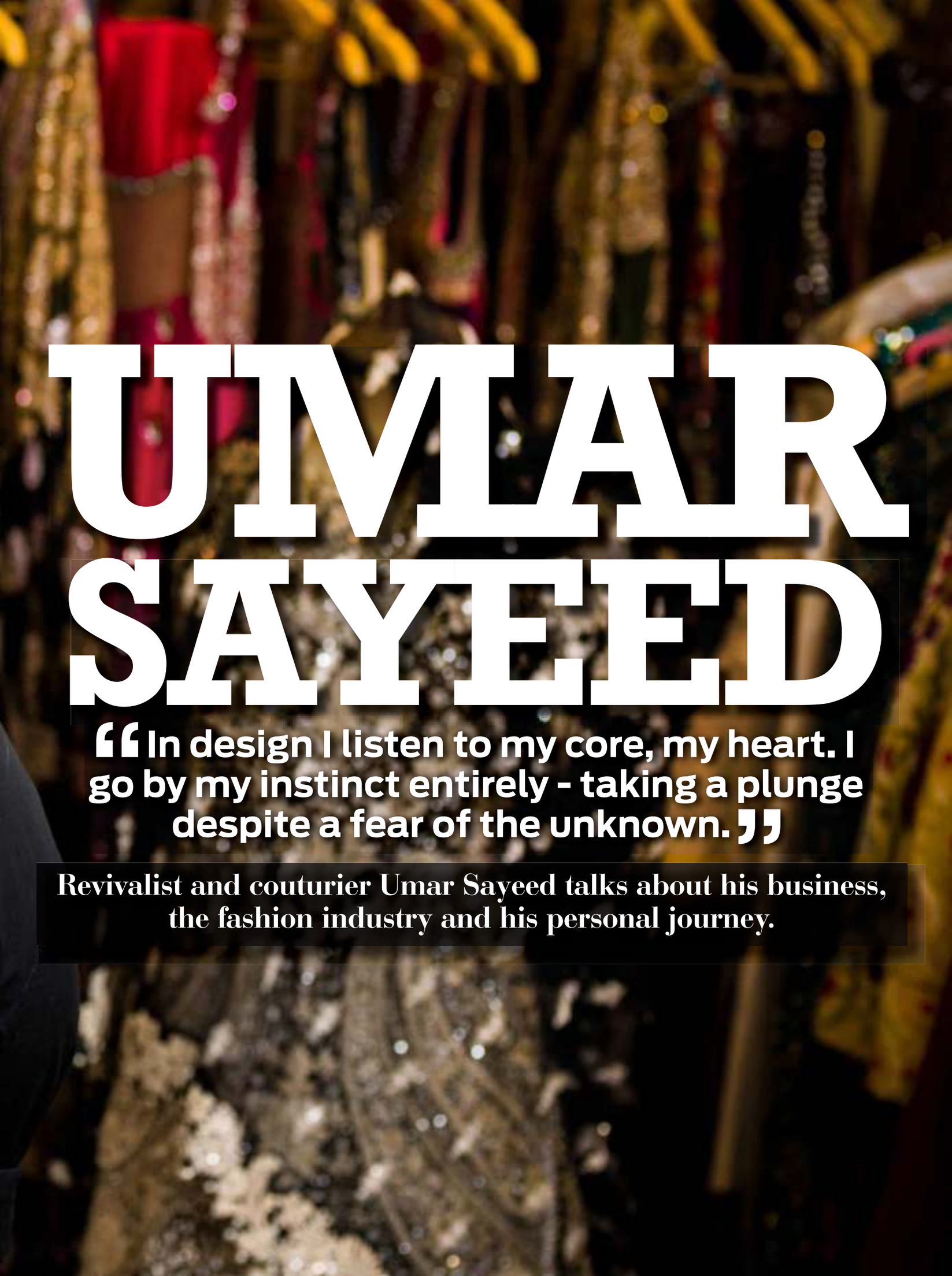
How do you spend your time when not working?
SK: (Laughs) I don't get time for hobbies. I am so busy with work most of the time. When I'm free I'm a regular housewife, looking after my husband and daughters. I do love to paint when I get the time though.

You are regarded as an eternal beauty queen. Can you share any beauty and wellness tips with our readers?
SK: *Sab sey pehlay to aap ko apnay aap say khush rehna hai*. When you are happy with yourself it automatically reflects on your face and in your attitude to life. If you are going through turmoil in your life then that's also going to show on your face, you just cannot conceal it. Be happy, stay positive and think good thoughts and you will always have a fresh and glowing face.
Apart from that, living a systematic life is essential. Yoga helps tremendously, and I am disciplined about my routine. Avoid junk food; eat healthy, and be sure to incorporate regular exercise in your routine. And please don't use too much make-up, let your skin breathe. Stay close to nature.
I would like to compliment Pakistani women, they are very beautiful and have such an elegant dress sense. They always look lovely!

***Lamhe*, *Chandni*, *Mr. India*, *Sadma*, *Nagina*, *English Vinglish* have all been groundbreaking films and have legions of fans all over the world. Which movie is your own personal favourite and why?**
SK: Every film is special and every film is my favourite. At the time you are just doing your work, and then it becomes a beautiful memory you cherish all your life. I consider myself very lucky to have been part of these films. They were done many years ago and people still appreciate them; I feel blessed. They are golden memories. OK!

INTERVIEW: SARA AMIR TURAB
COORDINATION: RAO ALI KHAN
PHOTOGRAPHS: DABBOO RATNANI, GETTY





UMAR SAYEED

“In design I listen to my core, my heart. I go by my instinct entirely - taking a plunge despite a fear of the unknown.”

Revivalist and couturier Umar Sayeed talks about his business, the fashion industry and his personal journey.



As I walk into a studio in a residential locale, I am met by the soft-spoken and gentle Umar Sayeed. Expecting to witness a flurry of clothing samples, fabrics and more, instead I am struck by the art-filled walls. Every inch from the foyer, to the hallway and the main studio is covered in works by Pakistan's finest. A cursory perusal notes numerous Sadequain works, along with Nahid Raza and Tassaduq Sohail, to name a few. Stacked against the works on neatly arranged racks are rows and rows of exquisitely embroidered samples in his signature style. I am clearly amidst a deeply artistic presence around me, his studio representing not just a space of commerce and mercenary activity but a realm of creative nuance, summoning conjecture, contemplation and creativity. Within his atelier, the amalgamation of colours, embroideries, oil and watercolour all build to reveal a microcosm, a speck of the force of creativity that has made Sayeed a household name. As spaces and corners reveal much about those that inhabit them, Sayeed's space reflects just that - the inner workings of the shy maestro where he dreams and creates for his clients.

Your atelier houses some spectacular art, care to name a few of your favourites?
Umar Sayeed: I love Sadequain, along with Mughees Riaz, Belinda Eaton, and Imran and Aisha Qureshi. I also enjoy Art Fairs, Art Basel, Miami is a favourite although I don't prefer installations, I like the ambience.

How did you get started in fashion?
US: I used to paint, and I was always interested in arts and crafts. I created my first collection, which was on muslin fabric, and it was entirely hand-painted. I did all the hand-painting myself, and that's how I started.

Do you have formal training in drawing and/or painting?
US: No, not at all.

What does couture mean to you?
US: Couture is simply a one-of-a-kind, one-off piece. There is a misconception amongst people here where they think a Chanel bag, or a Chanel jacket is couture, a one of a kind piece. But it is pret-a-porter. Couture is what Valentino produces, a bespoke piece created made-to-order. That I feel is being eliminated slowly. It's becoming extinct. Our arts and craft within the fashion industry, I feel are suffering because of the pret-a-porter industry. The standard of quality just isn't there anymore.

Is that what you prefer to make then, one-of-a-kind bespoke creations made entirely for the client individually?
US: Yes, exactly. I like to meet with them and understand what they require, and then go about creating a unique piece.

What do you feel then that the fashion industry and your profession lacks?
US: I see a lot more professionalism in the industry than before, however it lacks any form of government support, which I feel is very necessary. Look at the fashion weeks for example, we are going on 10 years of holding fashion weeks in this country, can you name one designer who has received an order of 50 pieces or more at the behest of showcasing at said fashion week? It needs to move forward from being a small-scale enterprise, to something bigger and better. Yes there is a lot of work being put in by the Fashion Council etc, but it's not getting us anywhere. I feel fashion weeks have become very redundant at this point. This is part of the reason why I don't show, and if I do it's very rare, and that's usually because I succumb to pressure. Obviously there's no denying the publicity factor, there are benefits of exposure on television, but there is the added downside that because it is made-for-tv therefore caters to a specifically tv-centric audience where they take money from any Tom, Dick and Harry, and more without any oversight or scrutiny of the collection, or even inquiring whether after these four particular pieces will there be a follow-up collection from that particular designer, the way it is carried out abroad. By that I do not mean that you ask veterans for drawings etc. such as myself, Rizwan, Bunto or Sana Safinaz, but of the newcomers who are coming forward to showcase, at least ask this of them. Which is why I keep asking, where has the quality gone? It has gone down the drain because whoever has the ability to spend, has become a designer so-to-speak.

I understand the fashion council has also received their share of flack the last couple years for this very issue, when such newcomers were allowed to show, but that ebb and flow ►



> **“I keep asking, where has the quality gone? It has gone down the drain because whoever has the ability to spend, has become a designer so to speak.”**



Rapid Fire

Name one thing you can't live without
My iPad.

Favourite designer local or international
Bunto Kazmi, Rizwan Beyg, Faiza Samee, Marchesa, Valentino and Armani.

Who would you like to dress if you haven't yet?
Charlize Theron, she's so elegant and tall, and has a personality of her own. It would be very challenging to dress her.

Favourite person living or dead/someone you admire or look up to?
My mother.

Favourite destination/s?
Italy and Turkey.

Favourite book?
Qurrat-ul-Ain Hyder's, *Gardish-i-rang-i-chaman* and Rohinton Mistry's *A Fine Balance.*

How do you unwind?
Reading, music.

Most overused phrase?
"*Jurat hai aap ki*".

Personal motto?
I have no motto as such, I want to become a better human being, learn things, sometimes even have to unlearn things, but just strive every day to become a better person.



hasn't really disappeared, is that what you're criticizing?
US: Yes, exactly.

How do you feel we've evolved from an organic industry to a burgeoning one?
US: Not as much as we should have. Look at fashion weeks conducted in other nascent countries and economies. They invite professionals from abroad, from those evolved Western States, to bring in their expertise, which they then adapt. Just like India did. They invited Fern Mallis (of New York Fashion Week) who came in and set modules. She returns every year to ensure all checks are in place and how they are carrying forward. There must always be a check and balance in place, and there are none here at the moment. We are all just playing amongst ourselves.

Can you attribute this behaviour/phenomenon to a certain possessiveness within the industry?
US: Yes, exactly. We are opening the industry up to an extent, but like I said earlier, there are no checks in place, for quality and more. It is a strange convolution. There are fashion weeks all over the world, look at Sri Lanka for example, they are so far behind us as a nation, look at Bangladesh, they are now both so far ahead of us now. In fact, our formerly burgeoning export industry has also considerably shrunk.

How so?
US: Because the government is not taking any initiatives in this respect, not even the Pakistan Business Council.

How do you think then we should proceed? Suppose you were appointed head of the Fashion Council, what would be your first move? More importantly would you accept?
US: No, I would not. On a consulting basis maybe, but I wouldn't want to take on the task. My advice to them would be to invite people from outside of here.

How do you feel about pret-wear?
US: What's happening the world over now is because of the need for instant gratification, people buy a piece of clothing, either that remains in one's closet or is worn once and then discarded. The sense of belonging or a piece or clothing as keepsake does not exist anymore. We are treating pret-wear as Kleenex, even the price point. Because of this the quality is constantly deteriorating, where one item is worn by thousands. We are a nation of followers, not leaders. I will see a floral print by the multitude that will hurt the eyes. It is definitely convenient for those who are producing it, even those who are buying and selling it, but we are going to have to break out of our comfort zones.

But pret-wear by its very virtue is meant to be affordable, easy to wear and easy to pick up, wouldn't that defeat the purpose though?
US: Why can't it just be a simple black top? Why does it have to be a print? Why not a nicely stitched tunic, that you can dress up or down. How much mileage does one get out of so much print?

Tell us then, why did you create a lawn collection, which by its very essence is a design reproduced by the thousands?
US: It is, absolutely. I don't agree with the phenomena at all. But I created it due to peer pressure. It's necessary in order to keep your name and brand relevant in the market, to compete ▶



with the myriad names on billboards across town. Look abroad, you have large conglomerates like LVMH dedicated to their brands, and building their business base. It's a multibillion-dollar industry. Here we don't have any investors and they are just beginning to realise it. Here Khaadi has investors and more who I don't want to name. My point is, if you don't have investors or government support in any form, you cannot work on that level.

In recreating bespoke pieces or designs in a mass produced manner, do you feel it ebbs away at your creativity and quality?
US: Absolutely, of course it does. In order to maintain compatibility and remain competitive with the market, we have to match an existing

> **"I have innovated and invented also, but at the same time I have also taken existing embroideries and turned them around. For example, *marori kaam* used to be created in only gold thread."**

market price point, inevitably, at the expense of quality. For example, so many pieces cannot be made by hand, or we cannot use machine embroidery here, let's use print instead, you know, so in that way we are already compromised.

So don't you feel that challenges you as a designer more? For example looking for ways to bring your expertise into a mass-produced garment?
US: That does, it really did. In the sense that the quality we are expecting does not come out.

Then how do you bridge the gap between couture and pret to bring something affordable to your customers?
US: That only leaves Lawn as the best possible option. Whether we want to do it or not, it leaves really no choice.

Do you feel it increased your clientele in any way?
US: No, but we became a household name.

How have your designs evolved over time? Do you feel like your clients have helped you evolve in that way?
US: Both really, it's a mutual enterprise. Learning comes from all angles, and I do really value my clients' opinions. Often, the client educates us such that they leave everything entirely to us so that becomes a huge responsibility. When someone comes in picks a colour, a motif and type of embroidery, they basically do half the work for us. But that is not something I appreciate. When you go to a brain surgeon



> “I’m thankful for the people I’ve encountered on my journey, you’re nothing without people. My friends have always been there for me; they are an integral part of my journey.”





you do not tell them with your brain open, how to take a stitch or what to do. Here, we have been in this business for 27 years so we know such things. Of course they should give us their opinion and let us know what they want, but telling us how to create the garment for them entirely - we are known for our quality, our *tanka*, our craftsmanship, our finishing, so you should leave it up to us. Yes you can tell us the colour, you can tell us the design, then just leave it up to us.

You create bridal couture, care to tell us about any bridal diva moments you have encountered?
US: Yes, there was one such bride, she paid a premium for my designs. She wanted a design created for her from scratch, to which I agreed. She then went on to specify that she would like to own the *khaaka* (sketch) of the original also, stating that they will belong to her, and that I am not allowed to show them to anyone else. She took the entire folder of her *jora* when she picked up the outfit. So it was a diva moment for me, as I tried to understand just what she wanted exactly.

What advice would you give your 20-year-old self?
US: To be business-savvy, which I’m not. I’m not a business person, if I were I would’ve done an MBA perhaps but my head doesn’t work that way.

What was your dream job as a kid and why?
US: To be independent and not work for anyone else, and that’s what I’ve done.

Who has been your greatest mentor/s?
US: There are so many. One can learn something from anyone. Travelling on a bus, somebody can tell you a story that can inspire you. I’m thankful for the people I’ve encountered on my journey, you’re nothing without people. My friends have always been there for me; they are an integral part of my journey. Without them I’m really nothing.

Challenges you have come across?
US: There are so many things I would like to do. I would like to design furniture, I want to do crockery, there is so much I would like to do, but do not have the time, or the resources. For example Rohit Bal is designing crockery, weddings etc. Others are designing hotels, aircrafts etc, there is so much scope - within the realm of design one can do so much. Karachi has so many external distractions, along with no government support, we’re not able to move forward. A thread colour, a fabric that once runs out is then unavailable in the market, one has to alter their mind-set to adjust to these restrictions.

Any plans then to expand your empire in those directions?
US: No, not at all. I don’t consider myself that business-savvy. What I would want to do is a collaboration with a design house that will allow me to lend my creativity.

You don’t think such collaborative opportunities are available here?
US: No, not as yet.
Have you looked to hire foreign business advisors or consultants for your own business?
US: I have but they need a large conglomerate to be able to do so. It’s futile to come in and advise a small fashion house.

Biggest risk that has paid off?
US: It’s always my instinct. I have many voices around me, but in design I listen to my core, my heart, I go by my instinct entirely - taking a plunge despite a fear of the unknown.

Would you call yourself a revivalist?
US: Yes. I have innovated and invented also, but at the same time I have also taken existing embroideries and turned them around. For e.g. *marori kaam* used to be created in only gold thread. I’ve revived the concept by doing it in cotton thread. It looks entirely different now. So lots of examples such as that.

Do you feel enough designers are doing that these days, I feel we have only a handful of couturiers who can call themselves revivalists. Considering our embroideries are better this side of the border, do you think our industry is doing enough to keeping our heritage crafts alive?
US: No, they aren’t. The craft that we have here doesn’t exist anywhere else in the world. If we don’t make an effort, then once the current generation of craftsmen die, the craft will die with them. A lot of people are trying to revive it, but that level of work just doesn’t exist anymore.

You mentioned earlier how you would like to write a book one day. Tell us more about that.
US: I would like to do a fashion book one day, comprising of our crafts, our *tankas*, our revivals, where have we reached in 70 years, the journey of fashion I guess.

Thoughts about international expansion?
US: It is a drawback within my own self. As spoken about earlier, considering our circumstances, we are unable to acquire the professionalism required of them. We are too laid back, and an international entity is a bit too demanding.

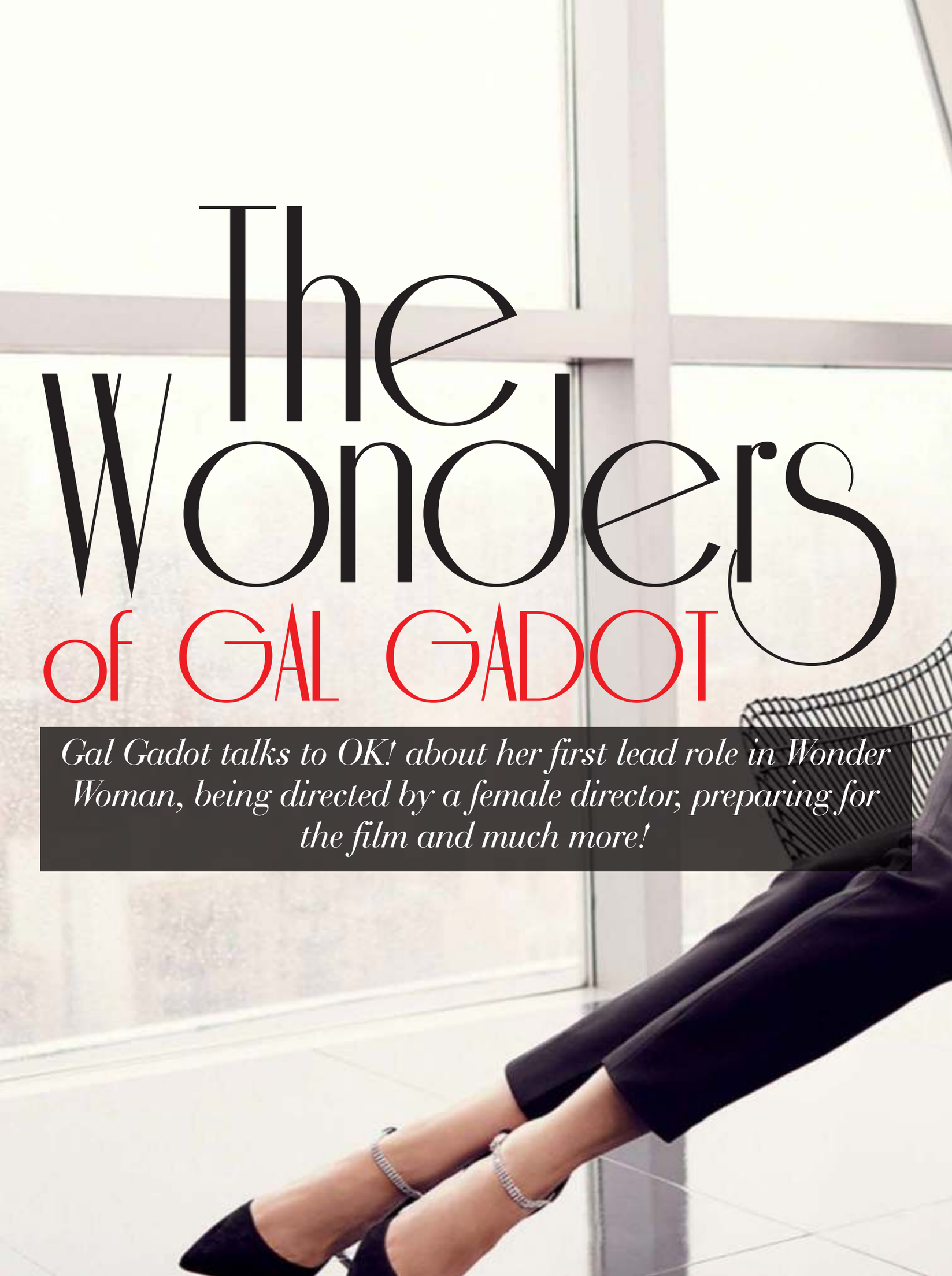
Proudest moments in your career?
US: Whenever anyone appreciates my work

What are your future plans and goals?
US: Just to remain relevant within this market. There’s a lot going on in terms of fashion bloggers etc, which I don’t quite understand, nor participate in, so just to remain relevant. OK!

INTERVIEW: FAIZA VIRANI
PHOTOGRAPHS: KASHIF RASHID

The Wonders of GAL GADOT

Gal Gadot talks to OK! about her first lead role in Wonder Woman, being directed by a female director, preparing for the film and much more!





PATTY JENKINS, PRESIDENT, WORLDWIDE MARKETING AND DISTRIBUTION FOR WARNER BROS. PICTURES, SUE KROLL AND ACTORS GAL GADOT AND LYNDA CARTER ATTEND THE PREMIERE OF WARNER BROS. PICTURES' *WONDER WOMAN* AT THE PANTAGES THEATRE IN HOLLYWOOD

Hopefully super stardom won't change Gal Gadot. The super-friendly actress has gone interstellar with the long-awaited release of *Wonder Woman*, the first superhero movie headed by a female lead. And while a title like that might inflate an actor's ego very easily, the 32 year-old Israeli is a humble, grounded delight whose sense of humour is as much a part of her appeal as her stunning screen presence.

"All day I've been saying *Wonder Woman* is 76 years-old and another journalist said to me, she's looks great for her age. And I just said, that's the result of exercise, good thoughts and saving the world. It's a simple formula."

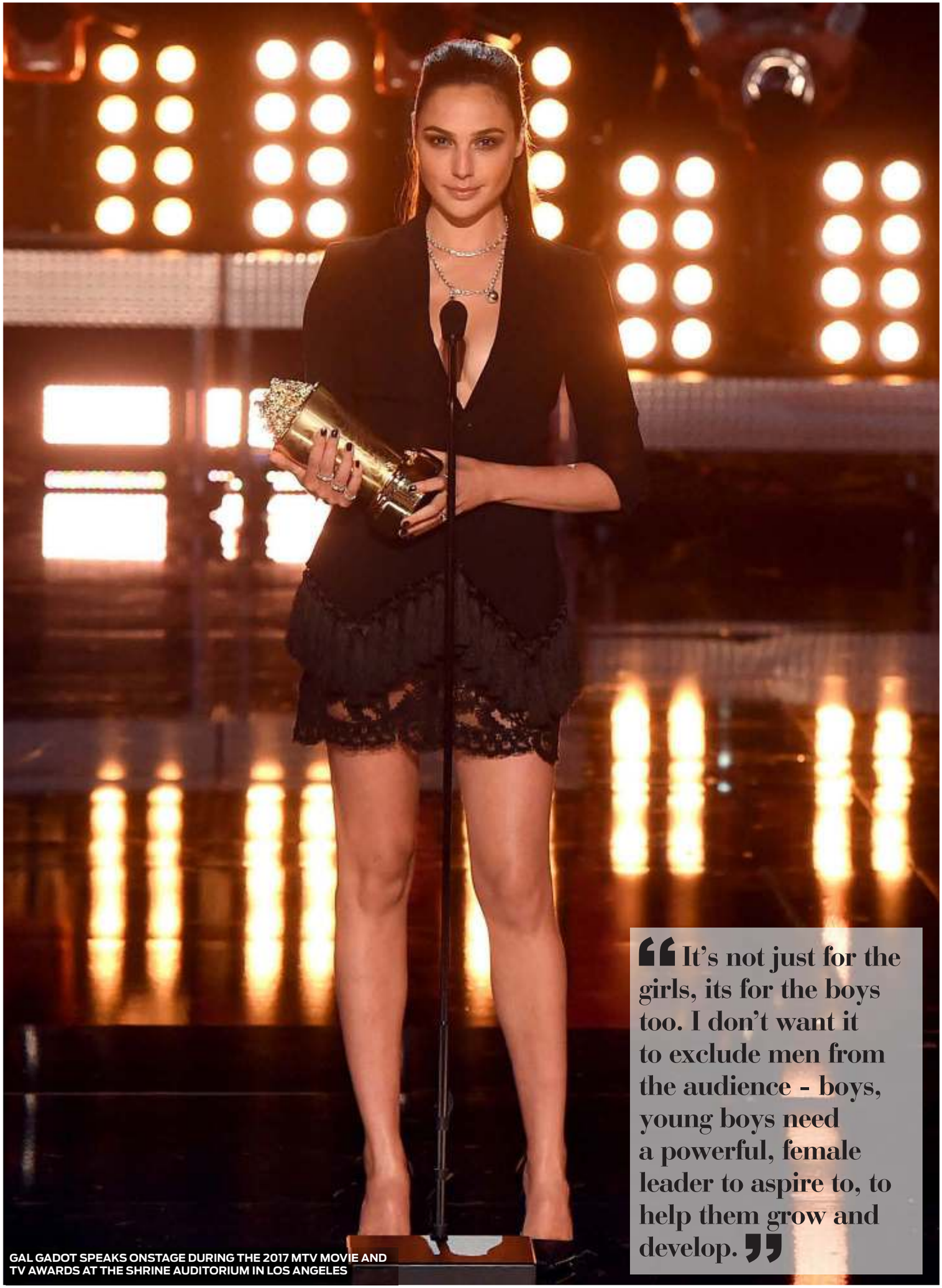
Still a relative newcomer by industry standards, huge pressure was placed on the former model and Miss Israel's shoulders when she creamed the competition to land the role of Diana Prince aka *Wonder Woman* in Zack Snyder's critically derided *Batman vs. Superman - Dawn of Justice*. Critics complained at her lack of experience; trolls baulked at her skinny frame which they deemed unsuitable when compared to the curves of Lynda Carter.

Despite the obstacles and hate, Gadot emerged as the saviour of *Batman vs. Superman*, with experts likening her performance to a phoenix from the ashes. And this only generated more expectation for the first standalone *Wonder Woman* movie. Set during WWI, our heroine lives out her days with her fellow Amazons on the island of Themyscira. But paradise is cut short when military spy, Steve Trevor [Chris Pine] crash lands on their shores. Informing Diana of the terrible events inflicting the global population, *Wonder Woman* travels with Steve to London to help bring a stop to the international conflict.



GAL GADOT AND LYNDA CARTER ATTEND THE *WONDER WOMAN* UN AMBASSADOR CEREMONY AT UNITED NATIONS IN NEW YORK

There she encounters a new evil she never could have imagined. It's a gutsy, powerful performance from Gadot and an encouraging sign of what's to come from the new star. Fun and irreverent, Gadot talks about the movie, why the role felt like an unattainable mountain and the physical demands she put herself under. The actress talks feminism, compassion and why her grandfather's horrifying experience during the Holocaust has shaped her as a person. And Gal also chats about being pregnant during the reshoots and why her eldest daughter only had eyes for co-star Chris Pine. Gadot splits her time between Tel ▶ Aviv and Los Angeles with



GAL GADOT SPEAKS ONSTAGE DURING THE 2017 MTV MOVIE AND TV AWARDS AT THE SHRINE AUDITORIUM IN LOS ANGELES

> “It’s not just for the girls, its for the boys too. I don’t want it to exclude men from the audience - boys, young boys need a powerful, female leader to aspire to, to help them grow and develop.”



GAL GADOT ARRIVES AT THE PREMIERE OF WARNER BROS. PICTURES' *WONDER WOMAN* AT THE PANTAGES THEATRE IN CALIFORNIA

> **"I needed someone to guide me and Patty is exactly who I needed. She was our strong female leader. I'm all about a strong female leader. *Wonder Woman* is the strong leader, she and Patty are the perfect combination."**

husband, Yaron Varsano and their two daughters, Alma, 6 and two month-old Maya.

Finally, finally we get our *Wonder Woman* movie, it seems like we've been talking about it a lot. How does it feel now that the whole world can watch it?

GAL GADOT: It's terrifying [laughs]. Yeah, it's pretty intense. It's my first lead and when we first started out on this journey, it felt like staring up at Mount Kilimanjaro, looking up. How the hell am I going to climb this? But we did it, it's here. I love it, I'm very proud, it's an understatement, I can't convey how proud I am. And this movie wouldn't be what it is, without Patty, I'm so blessed to have her as a director on this journey. It's a rare talent for a filmmaker to be able to connect and create a very close, bonded intimacy on any level, but usually it's quite difficult to achieve that on something of this size.

I felt very safe in her arms. Her vision was solid from the beginning, she wasn't jumping around, she wasn't shielding me from the process, she was inclusive and created this environment of harmony and taking on a job of this size, I needed that security. I needed someone to guide me and Patty is exactly who I needed. She was our strong female leader. I'm all about a strong female leader. *Wonder Woman* is the strong leader, she and Patty are the perfect combination.

Does it make you proud to be leading the first superhero movie for young girls to look up to?

GG: It's not just for the girls, it's for the boys too. I don't want it to exclude men from the audience - boys, young boys need a powerful, female leader to aspire to, to help them grow and develop.

As wonderful as it is to have worked on the first female superhero film, as great as that is for young girls to witness and absorb, it's just as important for the boys. Strong amazing women, they're the best of the best. *Wonder Woman* speaks to all genders, and I don't know if the same can be said for some other superheroes, which makes me proud. She's got the combination of femininity and super strength, what is better than that?

Do you think it would have been a very different film if directed by a man?

GG: It's not about whether a woman would have been better for the job than a man, it was about the right person, having the most talented person, someone who knew the *Wonder Woman* story so



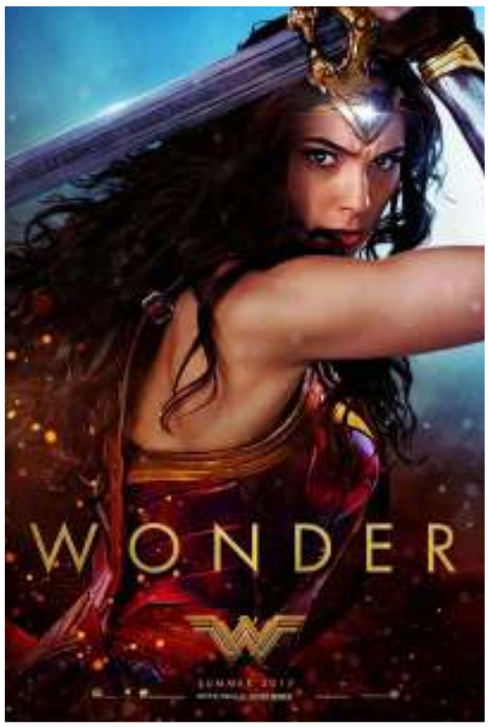
bad problem but, you know, sometimes I wasn't hungry [laughs].

So I was working out probably every day, well not every day, I had to take breaks. But I was doing two hours of weights every time to make my body strong and capable to hold the strength of Diana, a lot of boxing too, which I really enjoy. Because she is the strongest, most powerful warrior there is, I couldn't fake that. I wouldn't fake that.

And that to me was a miraculous education for myself and my body. Even the way I sit, the way I walk, the way I hold myself has changed for the better.

When I was first cast, I was very skinny and wasn't aware how much better I would feel by simply making my body stronger, strength is so often overshadowed for skinny.





well, who had a history with it. Patty is a fan, she's excited to not only tell the story, but see the story unfold like all the other fans. She truly believes in the magic of *Wonder Woman*, believes in her belief in truth, compassion, love, Patty believes in her biggest strengths because she possesses them too.

Do you think you possess them too?

GG: I would like to think I do, yes. My grandfather was a great influence on me and he remained in my mind for much of this shoot because of the dominating theme of compassion throughout. He was a Holocaust survivor and he always taught me from when I was a little girl, no matter what happens to you in life, always find your light.

He lost his entire family in the Holocaust but always focused on love and generosity and affection. We need all those things more than ever today.

It's a shame he never got to see you as *Wonder Woman*.

GG: It is, he would have loved it so much. I miss him but I want to teach the same lessons he taught me to my children, pass it down.

You were pregnant during the shoot, not ideal!

GG: Well no, it was the reshoots where I was pregnant, I wasn't during the main shoot. But it didn't hinder the process, I could still do the action stuff and physical scenes. Maybe had I been eight months, then that could have been an issue.

So your youngest is in the movie basically.

GG: She has an entry on IMDB [laughs]. It took me years and she's not even born and already an actress [laughs]

Did you have a hint of a bump at that stage?

GG: There was a little one there, which they had to cover up with film magic. I had this green piece on my stomach so they could alter in post-production. It looked really funny.

You mentioned before that your eldest was mesmerised by the idea of you being *Wonder Woman*, she must be so excited now that it's all happening?

GG: No, not particularly. When she was on set with me, all she cared about were the treats at the craft service table. That was heaven. That and Chris, she only had eyes for Chris. Always flirting [laughs]. I didn't exist. Mum is *Wonder Woman*, that's old news. She's seen me in the costume so many times, it's boring. 'Boring Mum, when is Chris coming?' At the beginning, it was a novelty, but now it's what her mum does.

There was an incredible amount of physical prep for this role, take us through what you had to do.

GG: A lot. A lot, a lot [laughs]. And sometimes I didn't like it. I complained a little. It was five six months in the gym, but then, I was also getting to work out for my job. That was my job and I think it's pretty ungrateful to consider that a negative. They're cooking for you, you're eating this very healthy, very delicious food. It got a little repetitive after this first month, ohh great..chicken again! Every two hours. 2,300 calories a day. It's not a

So what were the worst injuries you had?

GG: Nothing that stands out as, that was so terrible. The worst was when we were filming in Italy, I stepped on a sea urchin. Oh my god, it's so painful.

I've done that and it's awful!

GG: You have? Isn't it so painful, and you have to get them dug out of the sole of your foot!

I'm still traumatised myself!

GG: Filming the UK, in the cold, in *Wonder Woman*'s outfit, that wasn't fun either. I'm used to the heat, I love the sun so that was a challenge for me. In winter, why we had to do it at that time, I don't know.

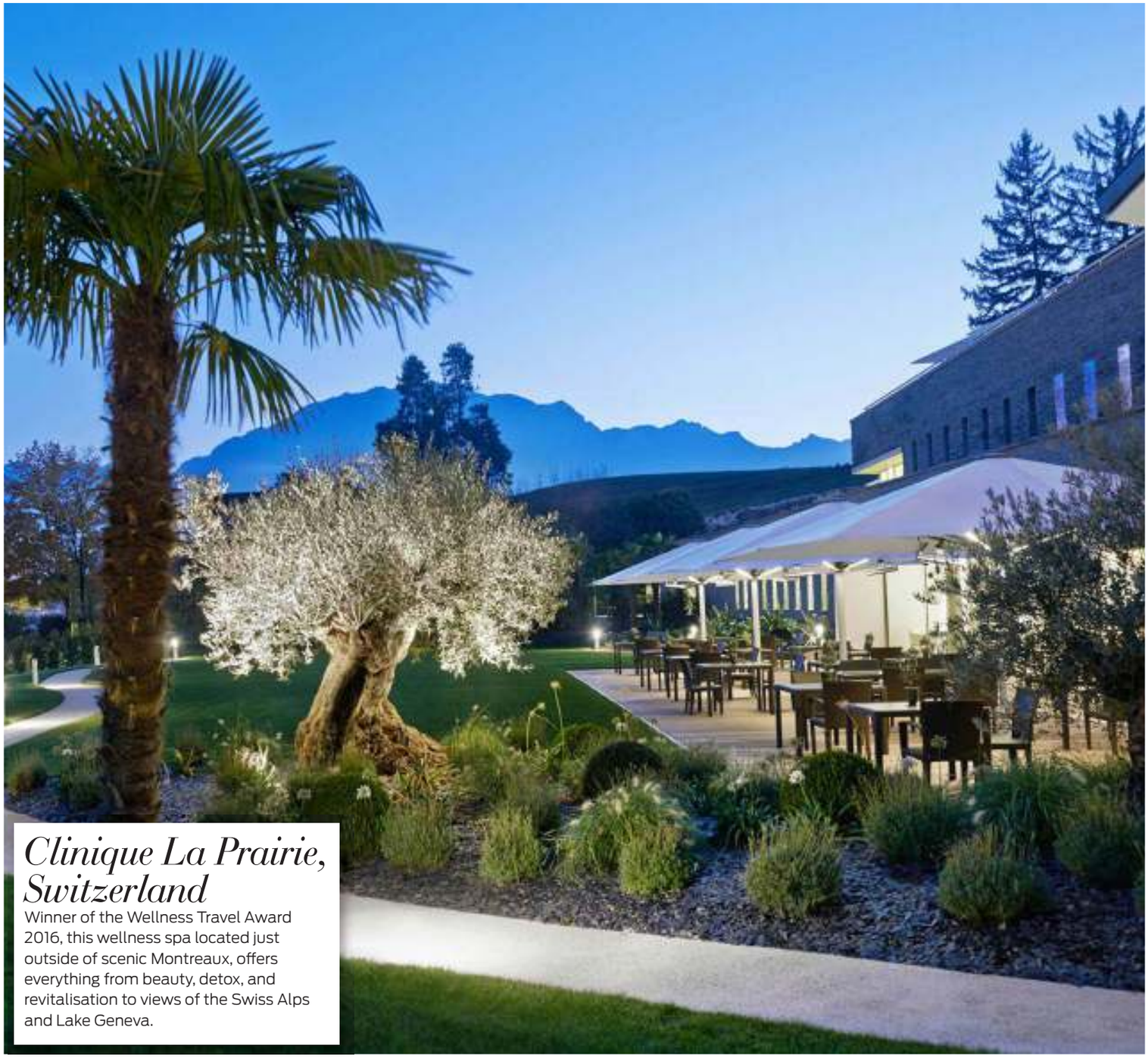
What advice did Lynda Carter have for you when you met?

GG: Lynda had such amazing advice for me, but my favourite was her take on the dual persona and personalities of Diana and *Wonder Woman* and she said to me that she never felt one overshadowed the other at any time. Allow the humanity within Diana to shine like a beacon, never compromise it for the super strength and powers. OK!

INTERVIEW: SAM CLARKE/FAMOUS
PHOTOGRAPHS: GETTY

In Search of Qi

Whether you're looking for relaxation, rejuvenation or adventure, here's our curated list of the best luxury spa and wellness retreats you can explore in order to find yourself restored and renewed. Take a look!



Clinique La Prairie, Switzerland

Winner of the Wellness Travel Award 2016, this wellness spa located just outside of scenic Montreaux, offers everything from beauty, detox, and revitalisation to views of the Swiss Alps and Lake Geneva.



Spa at Per Aquum Huvafen Fushi, Maldives

Featuring the world's first underwater spa, this luxury resort features dream therapy and an over-water yoga pavilion along with featuring visiting holistic practitioners practicing Reiki and helping cleanse Chakras.



Remède Spa at St. Regis, Aspen

Located within the St Regis resort, their therapies are geared towards post-ski fatigue. Featuring an oxygen lounge amongst others, this relaxation haven offers stunning mountain views.



Espa Riga, Latvia

Combining the elements of fire and water in their design and treatments, this luxury spa incorporates techniques from Chinese, Indian, European and Balinese concepts. The spa offers a variety of exclusive treatments including cold-weather renewal therapy.



COMO Shambhala Retreat at Turks and Caicos

Creating a holistic approach to wellness and wellbeing, the spa offers natural treatment products and traditional massage methods combining Indonesian and Thai techniques.



Six Senses Zighy Bay, Oman

Featuring the rugged beauty of Oman, the spa analyses physiological biomarkers to advise guests on wellness and nutrition as well as combining Eastern and Western philosophies in their spa treatments.



Six Senses Zil Pasyon, Seychelles

Located on Félicité, a private island, this ocean-front spa offers yoga and meditation pavilions along with local and African inspired treatments designed around the island's flora and fauna along with classic Six Senses Wellness treatments.



Chiva Som, Thailand

This luxury health resort and spa attracts glitterati the world over for its combination of relaxation and health, comprising naturopathic and conventional medicines with the intent to restore balance.



Royal Mansour Marrakech Spa

Mirroring the royal palace, the spa features a traditional Hammam with treatments tailor-made for ultimate relaxation and cleansing.



Evian Resort, Switzerland

Situated on the shore of Lake Geneva, the resort featuring three spas and two luxury hotels, includes a luxury thermal spa that offers cutting-edge treatments such as Cryotherapy and more.



The Spa at Mandarin Oriental, New York

This award-winning spa, in the heart of bustling New York City, is best known for offering serenity within the ample concrete towers. Luxurious and holistic, the ubiquitous spa offers private suites for the ultimate in relaxation, all treatments taking place with sweeping views of the city.



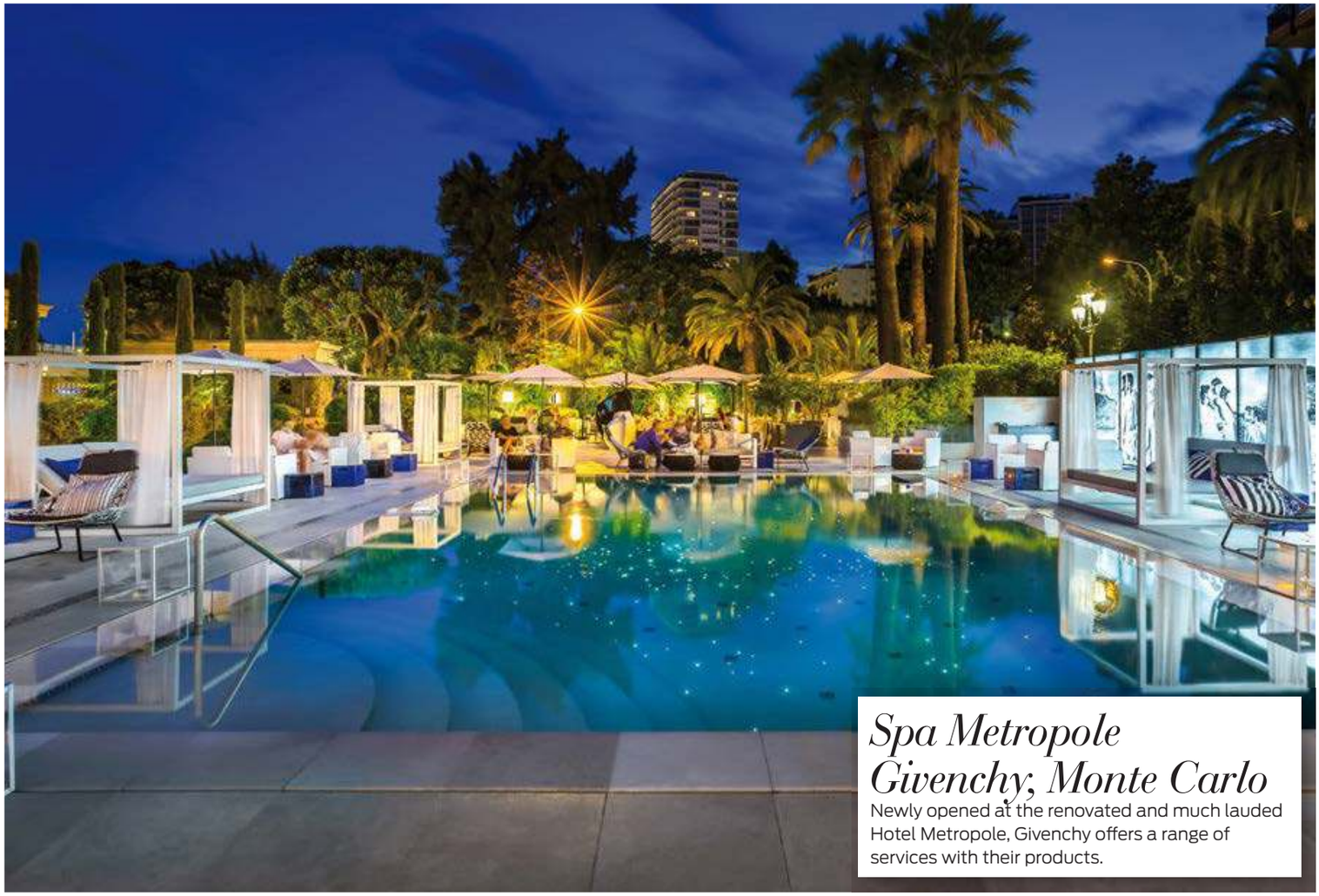
The Farm at San Benito, Philippines

This holistic wellness destination on 50 hectares of lush tropical jungle comprises an Acqua Sanctuary, yoga retreat and restaurants serving both vegan and raw cuisines.



Amangiri, Utah

A favourite amongst celebrities such as Victoria Beckham, this secluded resort situated within the Grand Canyon in Utah, provides both adventure and relaxation along with stately views of the landscape. Their treatments aim to restore *hózhó*, a Navajo term meaning, beauty, harmony, balance and health.



Spa Metropole Givenchy, Monte Carlo

Newly opened at the renovated and much lauded Hotel Metropole, Givenchy offers a range of services with their products.



The Bulgari Spa, Bali

Situated within the luxurious Bulgari Resort, this cliff-top rustic-chic spa invokes serenity by providing treatments combining both Indonesian and contemporary practices.

THE MAKEUP REVOLUTION

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Link Road
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Multan
Gulgasht
United Mall

Bahawalpur
Railway Road

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Garrison Complex Cantt
Boulevard Mall

Faisalabad
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OK! *Best* DRESSED



Laura Haddock shows us how to fabulously rock minimalism in an Emilia Wickstead gown at the premiere of *Transformers: The Last Knight* in London.



Mahirah Khan's beauty knows no bounds. The actress oozes glamour in a Nicolas Jebran gown paired with Zoughaib & Co. jewels at the Beirut International Awards Festival.



Zendaya Coleman stuns in a pink perfect Ralph & Russo couture at the *Spiderman* premiere in Hollywood, California.

OK! Red CARPET



Love Chiara Ferragni's Dior ensemble at the Christian Dior, *Couturier du Rêve* exhibition launch celebrating 70 years of creation at Musée des Arts Décoratifs in Paris.



Gigi Hadid is disco chic in an ensemble by Kreist at the Vogue Eyewear party in New York City.



Kristen Dunst dazzles in Dior at the Christian Dior Haute Couture show in Paris.

ROCKSTARS



Amna Ilyas dons a colourful Wardha Saleem ensemble at the *Mehrunisa V Lub U* premiere in Karachi.



Sara Najmi Bilgrami looks spectacular in a white Sana Safinaz custom-made gown accessorised with an Alexander McQueen clutch and Christian Louboutin heels at the annual A' Design Award & Gala-Night in Como, Italy.



Radiant as ever, Armeena Khan glistens in a HSY custom-made gown at the *Yalghaar* premiere in London.

PHOTOGRAPHS: GETTY



STYLING, CONCEPT AND ART DIRECTION: SARAH LALANI
MODEL: ZOYAA KHAN
PHOTOGRAPHER: USMAN K. YOUSUFZAI
HAIR AND MAKE-UP: KHADIJA CHAGANI
SET/LOCATION: AMBIENCE & SHINY TOY GUNS

Daytime DRESSING DECODED

Nowadays, fashion isn't as rigid as it used to be. Anything goes...From poufy sleeves to cut-out sleeves, pants both narrow and wide-leg, voluminous or tapered; even the lengths are varied – long and short are both trending. Fashion now is individualistic; how you make fashion yours is most important. A knot here and a tuck there go a long way! Mix and match textures, colours and styles to own your look this Summer!

TOP: CROSS STITCH
PANTS: ETHNIC BY OUTFITTERS
HANDBAG: FLORA
SHOES: CHARLES AND KEITH
JEWELLERY: KHM



TOP: MISS CHIC
PANTS: CROSS STITCH
SHOES AND HANDBAG: CHARLES AND KEITH
JEWELLERY: KHM



TOP: SANA SAFINAZ
PANTS: CROSS STITCH
SHOES AND HANDBAG: CHARLES AND KEITH
JEWELLERY: KHM



JACKET: WARDHA SALEEM
PANTS: MANGO
TANK TOP: MANGO
SHOES: CHARLES AND KEITH
HANDBAG: WARDHA SALEEM
JEWELLERY: KHM



SEQUIN COAT: CROSS STITCH
TOP: ETHNIC BY OUTFITTERS
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PARIS HAUTE COUTURE WEEK

Breathtakingly beautiful gowns sashay down the ramp once a year, every year, at Paris Haute Couture week. From theatrical displays to dreamy couture gowns, iconic designers take the stage and push the envelope further each year to come up with an even more swoon-worthy collection. Here are our favourite designers with their stunning collections for 2017.



Armani Privé


Chanel





Christian Dior

Elie Saab















Monique Lhuillier


Ulyana
Sergeenko



Valentino

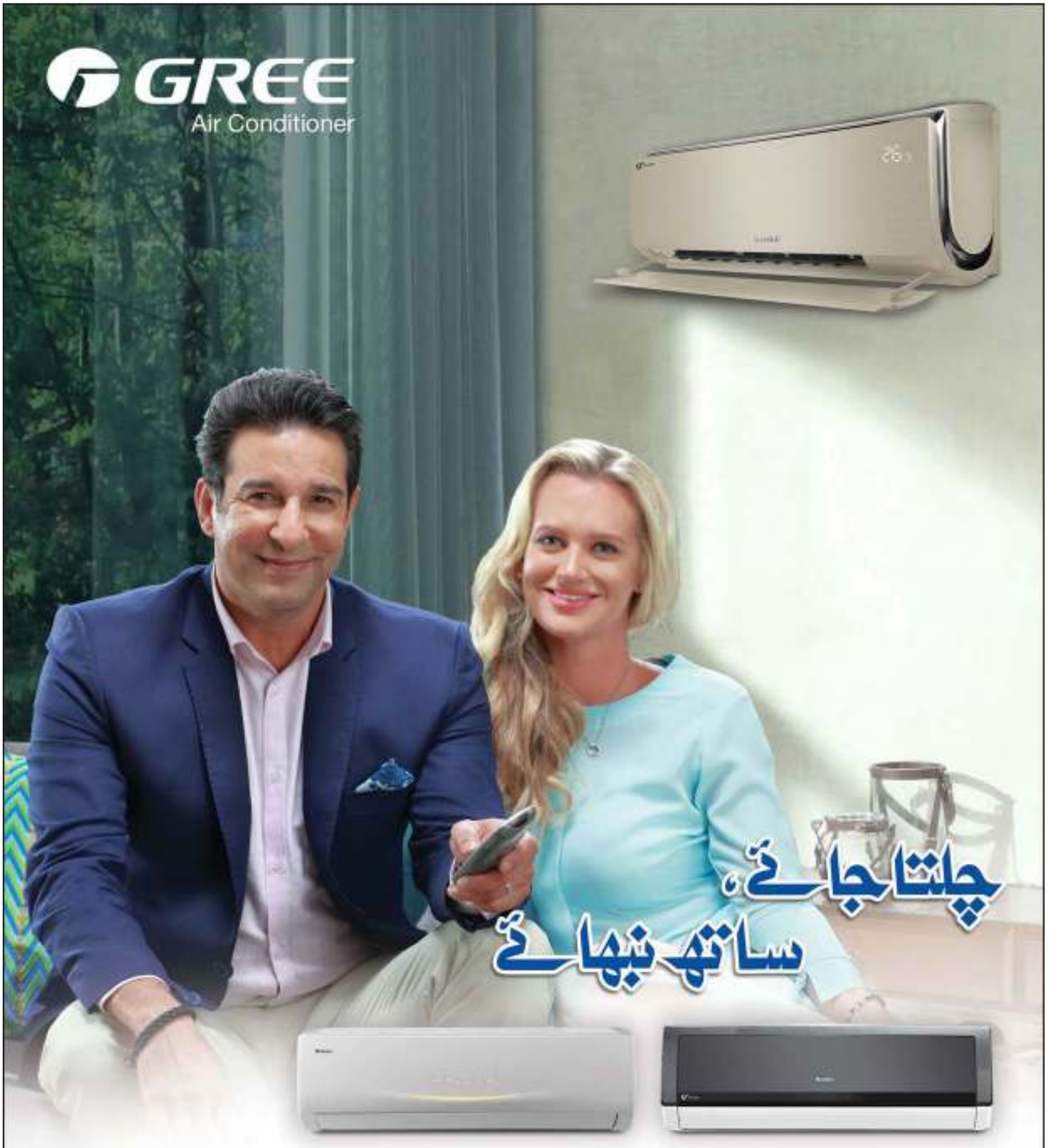
Zuhair Murad

PHOTOGRAPHS: GETTY, COVER IMAGES

WHEN COUTURE & JEWELS COMBINE

Chinese couturier, Guo Pei and Caroline Scheufele, Co President and Artistic Director of Chopard collaborated during Paris Haute Couture Week to mix haute joaillerie with couture. Guo Pei, famous for dressing Rihanna for the Met Gala *China: Through the Looking Glass* in 2015 designed 33 gowns for the show keeping Caroline and Chopard's vision in mind. Here are some exquisite gowns and jewels to swoon over!





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DEEPIKA PADUKONE

GO GREEN OR GO HOME!

Asos
Cactus Cross Body Bag with Glitter, PKR 2,200



9Lines
Air Heart Sunglasses, PKR 1,800





H&M
Double-Layer Chiffon Blouse, PKR 3,400

Balenciaga
Knife Point-Toe Satin Mules, PKR 48,000



Cult Gaia
Ark Mini Acrylic Clutch, PKR 28,000





Dolce & Gabbana
Floral-Print Midi Skirt, PKR 119,000



Zara
Long Floral Print Kimono, PKR 13,000



Mango
Ruffle Printed Blouse, PKR 5,990



Balenciaga
Triangle Leather Pouch, PKR 41,000







Alexa Chung
Ruffled Jersey Dress, PKR 55,000



Charlotte Olympia
Verdant Slipper, PKR 62,000



New Look
Palm Tree Print Joggers, PKR 2,300



Warp
Hexella Mini Bag, PKR 19,000

Topshop
Ruffle Cold Shoulder Top, PKR 3,200



River Island
Green Corset Top, PKR 3,200



Brandon Maxwell
One Shoulder Side Slit Gown, PKR 389,000

Sapphire
Necklace, PKR 1,990



Marco De Vincenzo
Green Braided Sandals, PKR 86,000



NO.21
Knot Satin Shoulder Bag, PKR 57,000



Toga
Embellished Leather Flats, PKR 35,000



Gucci
Wangy Leather Sandals,
PKR 140,000

Golden Goose Deluxe Brand
Super Star Velvet Trainers,
PKR 39,000





Gucci
GG Marmont Maxi Floral-Jacquard Shoulder Bag,
PKR 200,000



Fendi
Strap You Leather Embellished Bag Strap,
PKR 58,000



Charles & Keith
Pointed D'Orsay Flats,
PKR 4,600

Fenty X Puma
Pull Tie Sweatshirt,
PKR 14,200



Millennial pink and Fran Drescher pink were having a moment and a half but now it's time to bid them adieu! Stash those pinks away, for Summer's latest colour is green. From accessories to clothes to even beauty and fitness – the world is turning green and we think you should too!



Gucci
Striped Jersey Leggings,
PKR 79,000





Topshop
Batwing Leather Top By Boutique,
PKR 18,000



Halston Heritage
Cold-Shoulder Mini Dress,
PKR 29,000



Skinnydip
Palm Print Tote Bag,
PKR 3,200



Soma
Bahama Sandals,
PKR 2,999



Bianca Spender
Halter Draped Dress,
PKR 98,000



Fendi
Kan I Crossbody Bag,
PKR 158,000

Solace
Pleated One Shoulder Dress,
PKR 62,000



Zara
Frilled Sleeve Dress,
PKR 4,900



KENDALL JENNER

PHOTOGRAPHS: GETTY, WENN

STOCKISTS: 9LINES www.9lines.com; ALEXA CHUNG, BIANCA SPENDER, BRANDON MAXWELL, CHARLOTTE OLYMPIA www.modaoperandi.com; ASOS, SKINNY DIP www.asos.com; BALENCIAGA, FENDI, GOLDEN GOOSE DELUXE BRAND, GUCCI, TOGA www.matchesfashion.com; H&M www.hm.com; CHARLES & KEITH www.charlesandkeith.com; CULT GAIA, DOLCE & GABBANA, GUCCI, HALSTON HERITAGE, NO.21 www.net-a-porter.com; FENTY X PUMA, MARCO DE VINCENZO, SOLACE www.farfetch.com; SAPPHIRE www.sapphireonline.pk; MANGO www.mango.com; NEW LOOK www.newlook.com; RIVER ISLAND www.riverisland.com; WARP www.pollyandotherstories.com; ZARA www.zara.com; TOPSHOP www.topshop.com; SOMA (0336-3799314); *prices are approximate*



FLORALS

Son of Victoria Beckham, the Queen B of British fashion and former Spice Girl, and football hunk David Beckham, Brooklyn Beckham is now melting the hearts of girls worldwide. With his killer good looks (thanks to his genetics) and crazy teen following, he chooses outlandish styles to stand out in a crowd. We love his choice of floral dressing and think you should take cues from this style star to look cool this Summer.



LOUIS VUITTON
Trocadero Sneaker,
PKR 68,000



SAINT LAURENT
Repaired Skinny Jean
In Over dyed Stretch
Denim,
PKR 78,630





OLIVER PEOPLES
Gregory Peck
Eyeglasses,
PKR 35,645

VALENTINO
Patterned
Shirt,
PKR 78,630



CARTIER
Juste Un Clou
Bracelet,
PKR 7,12,880





GUCCI
Floral Print Silk Bowling Shirt,
PKR 1,30,375



LOUIS VUITTON
Match-Up
Sneaker Boot,
PKR 72,860

CONVERSE
Chuck Taylor All
Star High Tops,
PKR 5,500





TOMMY BAHAMA
Long-Sleeve
Paulo Paisley Print
Woven Shirt,
PKR 9,140



GUCCI
Sea Storm
Duke shirt,
PKR
75,480

DOLCE & GABBANA
Shirt,
PKR 85,860



TOMMY BAHAMA
Short-Sleeve Tropicool
Floral Shirt,
PKR 16,955



PULL AND BEAR
Slim Fit
Jeans,
PKR 4,000

ZARA
Pink Floral
Shirt,
PKR 4,200





LOUIS VUITTON
Silk
Pyjama
Shirt,
PKR
259,670



TOMMY BAHAMA
IslandZone
Short-
Sleeve Oasis
Blooms
Woven Shirt,
PKR 16,955



SAINT LAURENT
Court Classic
Surf Rainbow
Patch Sneaker
In Distressed
Leather,
PKR 78,100

STOCKISTS: CONVERSE www.store.nike.com; CARTIER www.cartier.com; SAINT LAURENT www.ysl.com; TOMMY BAHAMA www.dillards.com; PULL AND BEAR www.pullandbear.com; LOUIS VUITTON www.louisvuitton.com; OLIVER PEOPLES www.barneys.com; VALENTINO, DOLCE & GABBANA www.yoox.com; GUCCI www.gucci.com; ZARA www.zara.com; *prices are approximate*

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Carats AT CANNES

The Cannes Film Festival is the only series of events, held each year, that displays such a magnitude of jaw-dropping, swoon-worthy jewels. Take a look at the most coveted carats worn by celebs during the festival.



CHOPARD
Rihanna Loves Chopard Earrings





DE GRISOGONO
Diamond Bracelet



PIAGET
Ruby & Diamond Necklace





AVAKIAN
Great Gatsby Earrings

DE GRISOGONO
Emerald & Diamonds Necklace



BOUCHERON
Hôtel Particulier Necklace



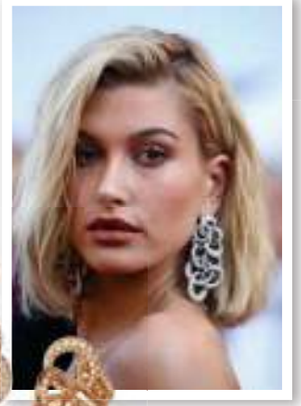


DE GRISOGONO
Onyx & Diamond Ring



BVLGARI
Serpenti Bracelet







DE GRISOGONO
Diamond & Sapphire Necklace

BVLGARI
Iconic High Jewellery Necklaces



DE GRISOGONO
Rose Gold & Diamond Earrings



DE GRISOGONO
Ventaglio Earrings





BVLGARI
Il Magnifico Pendant & Chain

DE GRISOGONO
Diamond Earrings





DE GRISOGONO
Ruby & Diamond Earrings



BVLGARI
Serpenti Necklace



STOCKISTS: AVAKIAN www.avakian.com; BOUCHERON www.boucheron.com; BVLGARI www.bvlgari.com; CHOPARD www.chopard.com; DE GRISOGONO www.degrisogono.com; PIAGET www.piaget.com



A Pair of Invisibly Set Ruby & Diamond Ear Clips

These ear clips are designed as a calibre-cut ruby flower top with over 83 carats of princess cut Burmese Ruby, with a round brilliant diamond pistil, mounted in white gold.

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#OKStreetstyle

Some super Summer trends by some super hawt ladies that we at *OK*! Pakistan have been swooning over...



@AYESHA.M.OMAR IS EASY, BREEZY, BEAUTIFUL IN THIS PRINTED NUMBER!



BLOGGER @IBREATHESHOES IS A VISION IN THIS DREAMY #OOTD.



@LANAELSAHELY IS CHANNELING MARILYN MONROE VIBES IN FLORAL!



THAT GUCCI BELT @LILLYGHALICHI IS ROCKING IS ON OUR LUST LIST!



@MEHRYNTIWANA PROVES THAT YOU CAN NEVER GO WRONG IN BLACK, WHATEVER SEASON IT MAY BE...



FLORAL VIBES AGAIN BY BLOGGER, @MORESHOESTHANVOGUE...



ADEN REHAN @THAT.PR.GIRL IS GIVING US MAJOR SUMMER HOLIDAY INSPO!



"YOU CAN'T STAND WITH US" - ON TREND AS ALWAYS; @THEREALFOUZ IS #CREWGOALS.



STRIPES AND OVERSIZED CLUTCHES, @NISA_TIWANA SHOWS US HOW IT'S DONE!

TEXT: ALYZEH RAHIM SHIRAZI



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MY WONDERFUL LIFE

Brit-born beauty, fashion enthusiast, full-time wife and mummy Alizay Shah tells it like it is



What is your favourite getaway?
A secluded beach resort with a renowned spa – packed with relaxing treatments.

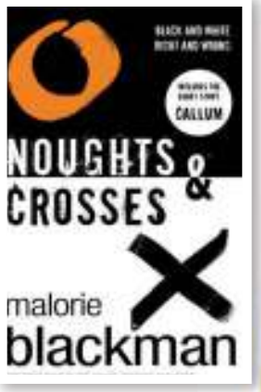


Favourite Scent?
Acqua di Parma Rosa Nobile.

Can't live without?
My phone!

Who are your favourite designers?
I love Alice Temperley! I adore the softness and romantic pieces she designs using Chantilly lace, silk and opulent embellishments. Another timeless favourite is Chanel, from the classic tweed jacket to the jewellery and bags! Currently, Gucci is also one of my favourites.

What's your favourite book?
Noughts & Crosses by Malorie Blackman.



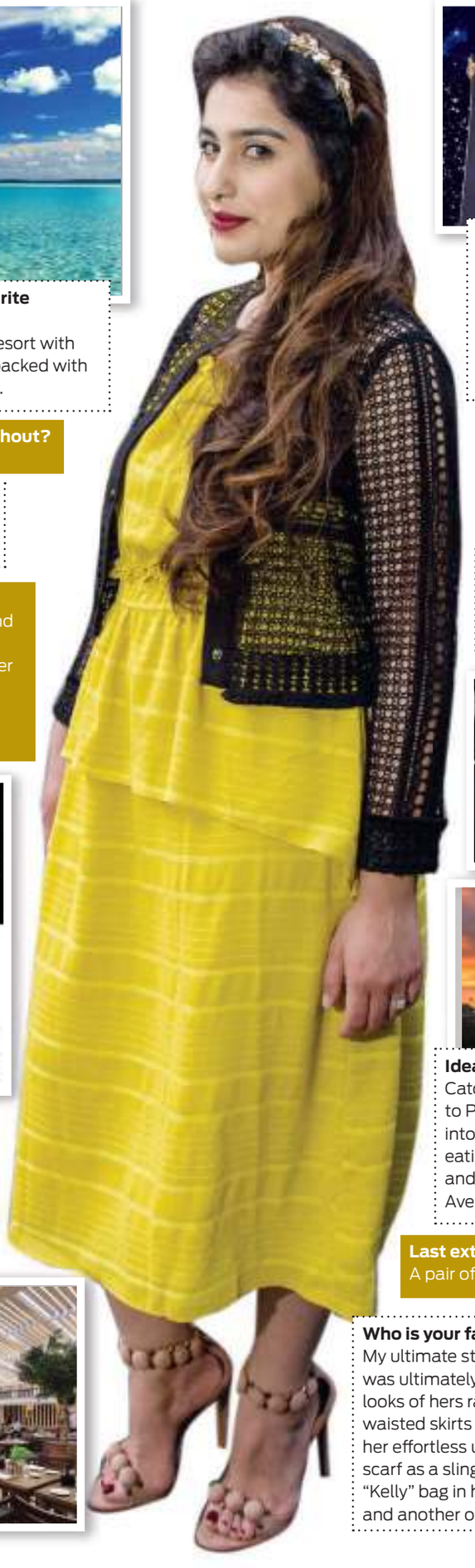
What are you most passionate about?
Giving the best to my son and raising him as best as I can.



Guilty pleasure?
Pampering myself!



Favourite restaurant?
This is extremely difficult to say! My ultimate favourites would be Novikov and Kai.





Celebrity encounters?
My fondest memory is slow dancing with SRK at a concert at the o2, whilst he had my husband suspended in the air! He later gifted us with a Harley Davidson as a wedding present! Another is sitting across from Charlie Sheen at a cafe in London.

All-time favourite movie?
Anything with Adam Sandler in it.



Beauty extravagance?
La Mer - Oil Absorbing Lotion.



Favourite past-time?
Rewatching old television series including *One Tree Hill* and *Gossip Girl*. My current favourite is *How To Get Away With Murder* – I'm hooked!



Ideal weekend?
Catching a flight to Paris, checking into The Peninsula, eating delicious food and shopping along Avenue Montaigne!

Last extravagant buy?
A pair of Alaïa sandals.

What is your favourite indulgence?
Anything sweet! I love sticky toffee puddings and Nutella and strawberry waffles!

Who is your favourite style icon?
My ultimate style icon would have to be Grace Kelly. Her style was ultimately flawless, timeless and so elegant. My favourite looks of hers range from her beautiful gowns, pin tucked high waisted skirts teamed with pearls, a red lip, hand gloves and her effortless use of Hermès scarves. She once used a Hermès scarf as a sling for her broken arm. Hermès also named the "Kelly" bag in her honour, which is a sought after classic today and another one of my favourites!


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www.realjewellers.pk
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Plot # 63/64, Main Tariq Road, Karachi-Pakistan.
Tel: 021-34522532, 34545958, 34391411-2





KIRAN MALIK

The gorgeous model, mother and owner of her own online clothing store, Styleberri, Kiran Malik is often seen sporting her own trendy and funky outfits accompanied by a pair of vertiginous, pointed-toe stilettos. Her fashion-forward style is chic to boot and we can't help but crush on her this month.

GET THE LOOK

BALMAIN
Cotton-Blend Double-Breasted Mini-Dress, PKR 2,28,020



TOPSHOP
Stripe Panelled Leggings, PKR 2,710





BOOHOO
Martha Tie Waist Slinky Crop Top, PKR 2,100



BVLGARI
Bvlgari Lady Quartz Movement, PKR 7,35,940

CHRISTIAN DIOR
Mini "Lady Dior" Bag In Rose Poudre Lambskin, PKR 2,77,600



CHRISTIAN LOUBOUTIN
Pigalle Ombré Crystal-Embellished Pumps, PKR 3,07,380





MANGO
Structured Blazer, PKR 12,580

STOCKISTS: DIOR: www.dior.com; TOPSHOP: www.topshop.com; CHRISTIAN LOUBOUTIN www.saksfifthavenue.com; BALMAIN www.polyvore.com; BOOHOOwww.boohoo.com; MANGO www.mango.com; MICHAEL KORS COLLECTION www.net-a-porter.com; *prices are approximate*



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HARRY STYLES

The former One Direction member, Harry Styles, has recently made his debut as a solo artist with his new hit, *Sign of the Time*, and ventured into Hollywood as Alex in the new war movie *Dunkirk*. His eclectic style choices and rock'n'roll chic have landed him on our fashion radar this month.

GET THE LOOK

MAISON MARGIELA
Slim-Fit Blazer,
PKR 65,000



AMIRI
Leopard Print
Bomber Jacket,
PKR 190,000





GUCCI
Wide-Brimmed
Hat,
PKR 44,560



GUCCI
Stretch
Gabardine
Slim Pant,
PKR 65,530

ZARA
Polo
Shirt with
Mandarin
Collar,
PKR 3,900



TOPMAN
Leopard
Print Suede
Chelsea
Boots,
PKR 12,400



PHOTOGRAPHS: GETTY

STOCKISTS: GUCCI www.gucci.com; TOPMAN www.topman.com; MAISON MARGIELA www.mrporter.com; AMIRI www.farfetch.com; ZARA www.zara.com; *prices are approximate*

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HIRA ALI

OK! Pakistan speaks to the budding designer about going solo and making her debut in the world of fashion.

Contemporary fashion designer with a few years of Western couture experience at renowned label, Élan – Hira Ali has just launched her independent label in Lahore after having showcased at PFDC Sunsilk Fashion Week 2016.

OK! Pakistan chats with the young designer to find out what inspires, drives and makes her tick!

Tell us about yourself and what made you enter into the world of fashion design?

Hira Ali: I have grown up looking up to my mother. She always had this little workshop that she used to run from home. Just the idea of making my own creations was intriguing and she always let the 12 year old me use her workforce to create my own designs. As I grew older I found inspiration in art, literature, history and various art movements.

Where did you study?

HA: I graduated with a distinction in fashion design from the Pakistan Institute of Fashion Design (PIFD). My thesis collection *Curiouser* and *Curiouser* was selected for the PFDC Rising Talent platform and was showcased at PFDC Sunsilk Fashion Week 2016. I also received training at the prestigious Paris-based Fashion School, Ecole de la Chambre Syndicale de la Couture.

How would you describe your design aesthetic?

HA: My aesthetics are a balance between contemporary designs and traditional elegance. They are modern takes on what we call traditional attire. My forte would be my embellishments; I'm always searching for unconventional material and techniques.







What is your creative process like?

HA: Inspiration is everywhere to be found. I carry my tiny sketching diary with me everywhere. Constantly sketching and jotting down ideas. Sometimes writings or even conversations inspire me.

What drives you to keep designing?

HA: Seeing my vision come to life is what keeps me going. I love to see the final product, to have someone wear it and look absolutely killer in it!

What is your favourite piece from your collection so far?

HA: I have designed a few pieces with mythical creatures inspired by pre-Christian European mythology. Those are my absolute favourite!

What celebrities have you dressed so far?

HA: I have worked with an endless list of celebrities during my time in Élan. Zara Peerzada has looked amazing in our studio pieces and I can't wait to dress her again!

Who would you love to see wearing your designs?

HA: I would love to see my designs worn by people all over the world. I imagine my label to be global, one day.

What are your plans for the future?

HA: We are taking it one step at a time, so we will have to see where the journey takes us. We are positive and quite sure of what we want. OK!

TEXT: ALIZEH PASHA; PHOTOGRAPHS: COURTESY HIRA ALI





MTV X ASOS

If you're one of us who has grown up being completely addicted to MTV then this news will definitely make your day brighter! MTV has recently collaborated with retail fashion house ASOS for a collection inspired by the 1980s. The collection includes an array of graffiti, neon animal prints, denim and graphic designs to create some of the best dresses, jackets and swimsuits! The collection is up on the official ASOS website and is super friendly on the pocket (ranged only between PKR 1,364 to PKR 8,189). Be sure to browse through the fabulous collection right away!



Statement Sunnies!

It's the season for fun and fabulous sunnies. Make some space in your Summer wardrobe because this new collection is too hard to resist. Sunglasses brand, Quay Australia has recently collaborated with Fashion and Beauty Queen, Kylie Jenner for a capsule collection. The collection consists of four beautiful designs available in various shades. It has a diverse range; including the famous cat eyes, geometric shapes, classic aviators and oversized frames. The collection is ranged between PKR 7,938 to PKR 8,468.











Gucci Comes to Harrods!

What happens when two power houses collaborate? Definitely a state of global frenzy! Gucci and Harrods announced a collaboration, which will showcase the Gucci Garden of blooming flowers, fluttering butterflies and slithering snakes at one of the most iconic stores in the world. The collection is expected to include a set of limited edition shoes, ready to wear pieces, sneakers and bags. That's not it; Gucci DIY will allow their customers to add a personal touch to the item of their choice by adding beautiful patches and motifs. The collection is expected to be unveiled in late July so mark your calendars and make sure you're there!





Arm Candy

Who wouldn't love a new staple watch? Set that style radar high with a new set of watches hitting the town soon. Famous distributor group for UK, Kenneth Green Associates will soon be launching a luxury range of watches by renowned fashion houses, including Roberto Cavalli by Franck Muller and Just Cavalli. They are expected to expand the range with more designers during the year. We certainly cannot wait to see the collection!







Workout Swag

Been feeling too demotivated to work out? Start anew with a brand new active wear label that we've been obsessed about! Island Feather has recently launched their first collection of sportswear, designed exclusively by Claudia Albrecht. Titled as *Raw Coast Collection*, it is highly inspired by nature, including the ocean and the coastline. The best part about the collection is that it's super budget friendly making it easier for anyone and everyone to grab a piece or two. The collection is available online and is priced between PKR 3,412 to 9,554.





K for Ketherena

Never say no to a NEW staple bag! Katherena, a new British bag brand has just hit the markets and we cannot get enough of it. Founded and designed by Katie Sykes, the label features an impressive range of clutches available in a wide range of designs. It boasts high quality materials combined with impressive features. The main rucksack openings being against the back helps prevent theft, which is super handy if you're an urban gal! That's not all; it also has a detachable compartment allowing it to convert into a make-up bag. Order it today on the official website for only PKR 10,237!





Suit up!

Want to keep it minimal but statement worthy? Join the fashion bandwagon with this new Summer trend that we cannot stop talking about! Summer suits are all the rage this season, be it wearing it to a daytime event or some evening dinner. You can never go wrong with this super minimal but oh so edgy fashion trend. Recreate this perfect stripy suit look by Kendall Jenner or make it more fierce yet casual like Zendaya's look. These amazing high street options by Zara are just equally swoon-worthy!





Timeless & Whimsical

If you're a fan of minimal jewellery, you'll definitely love everything about this brand! New York-based jewellery label, Wwake is everything amazing that you would want. Designer Wing Yau creates a perfect balance between keeping every piece timeless yet adding new modern techniques like contoured shapes and an array of precious gems and jewels that makes every design unique and super drool-worthy! Browse through their fabulous designs and make your purchase right away!

TEXT: ALYZEH RAHIM SHIRAZI

prices are approximate



ELECTRIC POUT

Electric orange hued lips were all the rage on the Spring/Summer 2017 Mary Katrantzou, Versus and Jason Wu runway. Celebs such as Emma Stone, Kate Bosworth and Drew Barrymore have been spotted sporting vibrant hued orange lips and we think you should too! Check out MASARRAT MISBAH's latest Summer varnish in Orange for a powerful tangerine pout that's long-lasting and moisturising!
PKR 750; www.masarratmakeup.com







TREE HOUSE WIPES

Whether you're travelling and in need to pack light or too lazy to cleanse your face on a hot Summer night, TREE HOUSE Cleansing Makeup Wipes have you covered. They're compact, easy to use, affordable, dermatologist tested and take off make-up effectively. Locally made and easy to source, grab a pack and add to your beauty arsenal.
PKR 270; www.qne.com.pk



GOTCHA GLOW?

Originally used in Buddhist ceremonies in the 12th century, superfood matcha green tea has forayed into mainstream with chains like Starbucks selling matcha lattes to cash in on the trend. With a high concentration of antioxidants and immunity boosters, matcha is known for its healing properties – therefore it comes as no surprise that the beauty industry has followed suit and now has a variety of matcha green tea products to restore dry, dull skin and reduce scars. SALINA COSMETICS, an all-natural, organic, local beauty company has launched a fantastic matcha stick, Gotcha Glow, and we're simply in love. All you have to do is glide the stick under your eye to combat dark circles, de-puff and hydrate the skin. You can even use it on dry patches on your face and on laugh lines to prevent wrinkles. Priced at only PKR 800, this product is a definite winner.
PKR 800; www.salinacosmetics.com

BEAUTY *Essentials*



KKW BEAUTY

The Queen of Contour, Kim Kardashian, just recently announced the launch of her beauty line KKW, leaving fans and beauty junkies across the globe screaming for joy. Not intending to rival her beauty mogul sister, Kylie Jenner, Kim K.'s first product is of course a contour kit, which includes a highlighter kit and a dual-ended brush for blending. Kim plans to launch a product every month via Snapchat and we've found out that she's working on a fragrance as well. To get your hands on her contour kit, head over to her website before stock gets sold out.
www.kkwbeauty.com

GLOWY BOX



Beauty aficionados have been enrolling in beauty subscription boxes across the globe making us Pakistanis jealous as hell. Fret not; every wonderful idea does eventually come to the motherland! The GLOWY BOX (for instance) is the first and most luxurious box to have launched locally and we can't seem to contain our excitement. Containing internationally coveted and renowned must-have products, the box can be subscribed to for one month, three, six or even 12 months or more. Each month surprise goodies will come to you in a beautifully packaged box enabling you to try products that you don't have access to, wouldn't have bought because the colour might not be your typical choice or can't otherwise afford – given that the beauty box costs a fraction of the price of the products included in it. If all this doesn't have you convinced then do know that celebs such as Zhalay Sarhadi, Sarwat Gilani and Anoushey Ashraf are also subscribers.
PKR starting at 3,000; www.glowybox.com



TEXT: ALIZEH PASHA; PHOTOGRAPHS: GETTY

prices are approximate

FEST FRIENDS

HAVE A FIELD DAY WITH THESE COOL, COMPACT, AND CONVENIENT BEAUTY BUYS



1. RIMMEL LONDON #INSTA FIX & GO SETTING SPRAY, PKR 950 Long-wearing and shine-proof, this is the answer to all make-up concerns. A two-in-one primer and setting spray, it can be applied before your make-up or on top to hold everything in place for up to eight hours. You'll always be selfie ready!

2. L'OREAL PARIS MISS BABY ROLL MASCARA IN BRIGHT TEAL, PKR 1,070 Take a risk with this bold turquoise colour that will boost a classic look to the next level. From the very first stroke, lashes will be curled while the volumising formula lifts and holds.

3. WELLA SHOCKWAVES STYLE REFRESHER & ROOT REVIVAL, PKR 200 Not only does it keep those greasy roots at bay, but thanks to its lightweight formula, this spray allows you to style your hair too. It creates volume and fully lifted roots, adding texture for an effortless festival look. It's not out until mid-July, but it's definitely worth the wait!

4. TOPSHOP THE AIRCUSHION SKIN PERFECTOR IN 3.0, PKR 1,600 This weightless liquid foundation has a sheer yet buildable finish that blurs imperfections, evens skin tone and hides any redness. Perfect for when you don't have a bathroom or a set of brushes in sight, it comes with a mirror and a cushion applicator.

5. ESSIE NAIL NEON LACQUER IN THE FUCHSIA OF ART, PKR 1,70 For an eye-catching statement polish, look no further than this bright magenta hue. Vivid colour and a chip-resistant formula is the recipe for a successful manicure, and this polish has the full package.

6. IN YOUR DREAMS PURPLE UNICORN GLITTER, PKR 750 You can't go to a festival without a splash of glitter! Recreate the trend of a shimmering central parting in your hair, highlight your cheeks or apply all over your eyes for a standout finish. The possibilities are endless.

7. DOLCE & GABBANA SHEER SHINE LIPGLOSS IN MIRROR BALL, PKR 3,350 Add a touch of sparkle to your festival look with this translucent shimmery gloss. You can either layer it up or apply a coat over your favourite lipstick to make it shine.

STOCKISTS: DOLCE & GABBANA AT www.harrods.com; ESSIE AND WELLA AT www.superdrug.com; IN YOUR DREAMS www.inyour-dreams.com; RIMMEL AND L'OREAL PARIS AT www.boots.com; TOPSHOP www.topshop.com; *prices are approximate*

COMPILED BY HARRIET WHEELER; PHOTOGRAPH BY CAROLINE LEEMING

GET THE LOOK

PRIYANKA CHOPRA

The star of Baywatch and Quantico, Priyanka Chopra mesmerises us with her sparkly eyes and hot red lips at the CFDA Fashion Awards. Here's how you can get the look.





1 **M.A.C.**'s Cremesheen Lipstick in Brave Red hydrates your lips, is long lasting and makes a statement for day or night wear. PKR 2,300



2 Sweep the **CHANEL** Joues Contraste Powder Blush in Love onto the apples of your cheeks in upward strokes for a subtle yet fresh, natural look. PKR 4,700



3 **E.L.F.** Lash Extending Mascara conditions while its enhanced brush head allows for defined and exaggerated coating leaving you with full, fluttery lashes. PKR 680



4 Long-lasting, matte and flash (camera) friendly, cult favourite, **LAURA MERCIER**'s Translucent Loose Setting Powder gives coverage like-no-other! PKR 4,000



5 The **GIORGIO ARMANI BEAUTY** Luminous Silk Foundation is one of the most lightweight, liquid foundations available to date. It glides on seamlessly, provides ample coverage and leaves skin silky smooth. PKR 6,700



6 Apply **BECCA**'s Shimmering Skin Perfector Liquid Highlighter in Opal to highlight your cheekbones, browbones and on the bridge of your nose for a dewy, effortless glow. PKR 4,300



7 If you want metallic eyes with a deep pigment then opt for **STILA**'s Magnificent Metals Foil Finish Eye Shadow. Its one-of-a-kind formula is packed with oodles of sparkle to light up your eyes. PKR 3,355



8 Apply **FARSALI**'s fast-absorbing, gold-infused dry oil before foundation to prep and prime the skin for a satiny, dewy finish. PKR 5,660



9 **ANASTASIA BEVERLY HILLS** Brow Wiz's ultra-fine, retractable tip is perfect for spot-filling in areas where brow hair is sparse. 'Tis perfect for Millennials who regret over-plucking their brows now! PKR 2,200

STOCKISTS: STILA, FARSALI, GIORGIO ARMANI, LAURA MERCIER, ANASTASIA BEVERLY HILLS, BECCA, www.sephora.com; E.L.F. www.elfcosmetics.com; CHANEL www.chanel.com; M.A.C. www.daraz.pk;
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WHAT'S IN HER BAG?

Make-up Guru Natasha Khalid of Natasha's Salon reveals what she totes around in her bag and the items she can't live without!



I love my collection of Celine bags as I feel they really go with my style and personality. The one I am carrying at the moment is the Phantom Handbag in white textile with calfskin border in black.

My Celine Rectangle Havana sunnies.





M.A.C Teddy eye pencil, which is my go to kohl look.

Benefit Professional Matte Rescue primer.





NARS Deep Throat Blush.

My pocket size Bath and Body Works hand sanitisers.





La Prairie Skin Caviar.



Can't ever have enough hair clips in my bag as I feel I am always losing them!



My Red Calfskin Celine wallet. Someone once told me that it's good luck to carry a red wallet as it brings prosperity so hey, no harm in trying!



I cannot do without my Filofax as I am an obsessive organiser.

I am perpetually on my phone hence a backup charger is forever charged and in my bag.





My scent is the classic Chanel No. 5. My grandmother wore it, as did my mom so it reminds me of them.

I always buy about 20 of the Bobbi Brown Rose Lip Pencils whenever I am travelling so there is always one in my bag.

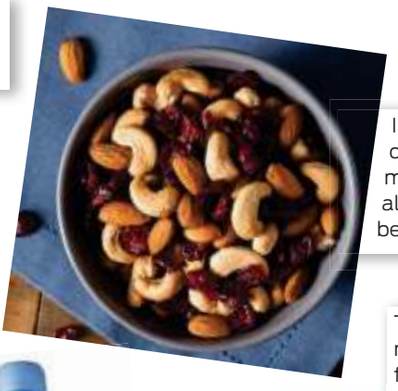


My current favourite mascara, the Dior Pump 'n Volume.





My iPhone 6S in Rose Gold.



I always carry a glass container with a trail mix I make at home of almonds, cashews, goji berries and pine nuts.



I always carry my Extra chewing gum.

The SK II sheet masks, which are my facials on the go!



The Light Wonder Foundation by Charlotte Tilbury.





I like to have about three litres of water a day therefore I am never without a bottle of water in my bag.



The gloss I wear all the time, M.A.C Plush Glass in Ample Pink.

I always carry a copy of the Manzil in my bag as I feel it protects me. I also read it at least once a day, if not more.



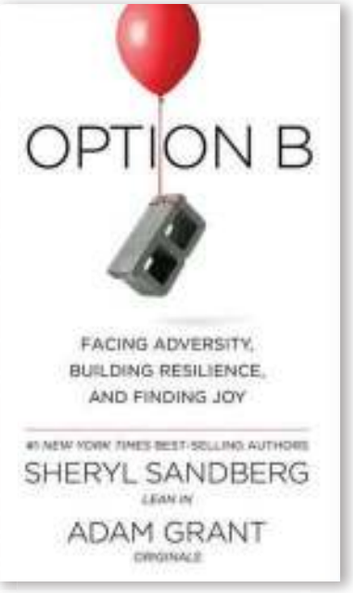
The Charlotte Tilbury Legendary Brows in Supermodel.

Dr.Hauschka's Rose Day cream, which is one of my all time favourite moisturisers.





Charlotte Tilbury's Dolce Vita palette, as I love a brown smoky eye.



I always have a book in my bag to help me pass time during long waiting periods.



Kiehl's Cactus Flower & Tibetan Ginseng Mist which purifies and hydrates the skin as soon as you spritz it on.

NEW NUDES

PUT DOWN THE BRIGHTS AND GO BACK TO BASICS



1. NARS NAIL POLISH IN ITHAQUE, PKR 2,000 For a subtle touch of colour, look no further than this light peach hue. Apply just one layer for a sheer finish or apply multiple coats to get a bold and intense look.

2. OPI FIJI COLLECTIONNAIL POLISH IN GETTING NADI ON MY HONEYMOON, PKR 1,670 Not only is it the perfect hue for spring, it'll shake up your everyday mani. Long-wearing, high-shine and vivid, this is the full package.

3. SALLY HANSEN COLOR THERAPY NAIL POLISH IN CHAI ON LIFE, PKR 1,200 This taupe colour will leave your nails with flawless coverage as well as a treatment. Formulated with argan oil to intensely nourish and hydrate, what more could your nails want?

4. DEBORAH LIPPMANN NAIL LACQUER IN I'M TOO SEXY, PKR 2,400 Its new rounded brush follows the curves of the cuticles to give a precise, streak-free application. With an innovative formula, it also provides a long-lasting, shiny finish. A real all rounder.

5. NAILS INC GEL EFFECT NAIL POLISH IN MAY-FAIR LANE, PKR 1,500 Just one sweep will coat your nails with a gel-like shine – no UV lamp required! Enriched with a nourishing floral extract to condition and strengthen, it also contains a plumping agent to hide imperfections.

6. DIOR VERNIS COUTURE COLOUR, GEL SHINE, LONG WEAR NAIL LACQUER IN OPTIC WHITE, PKR 2,670 This colour complements a summer tan, but will look great on every skintone. If you're feeling creative, this shade really pops as a base for a bold nail art design. Make your mani your best accessory!

COMPILED BY HARRIET WHEELER; PHOTOGRAPH BY MEGAN BRAMLEY

STOCKISTS: DEBORAH LIPPMANN AT www.feelunique.com; DIOR www.dior.com; NAILS INC www.nailsinc.com; NARS www.narscosmetics.co.uk; OPI AT www.johnlewis.com; SALLY HANSEN AT www.boots.com; *prices are approximate*


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CATHERINE BODEN

OK! Pakistan talks to one of Britain's most sought-after hair colourists about styling, celebs, waiting lists and tons more!





Long waiting lists, a huge fan following and a roster of star-studded clients are nothing new to stylist, Catherine Boden. Her career began in her early teens and after a few years in the industry she ventured on her own and started her business, specialising in a unique colouring technique, known as the Hollywood Colour Blend Technique. Catherine now has clients flying in from all over the world to get their hair coloured from her. She not only styles celebs but also teaches, aspiring and junior hair colourists, her renowned techniques. *OK*! Pakistan catches up with the leading hair stylist to find out more.

What inspired you to become a colourist?
Catherine Boden: I've been interested in hair from the age of five. I would style my own hair and my sisters' when they would allow me to. At the age of 14, I joined Toni&Guy in Manchester as a 'Saturday girl' and I qualified at 19. After that, I worked in a salon in Manchester called Razors Edge for a few years and at 23 I decided to set up my own business up and convert my parents' utility into a salon. Last year, I opened my salon in Sale.

How many years have you been in the field?
CB: 20 years.

When did you start amassing a big fan following and a fully packed waiting list?
CB: It started a couple of years ago with the rise of social media. My celebrity and blogger clients such as Sonia Fyza and Faryal Makhdoom would post their images on their social media pages ▶



> **“My motto is that ‘everyone deserves to feel like they are going to the Golden Globe Awards’ - celeb or not!”**

which led to a huge fan following.

Describe your Hollywood Colour Blend Technique?
CB: The Hollywood Colour Blend technique uses up to 15 different shades and tones in the hair to give it a beautiful dimension as well as shading around the roots to make it look more natural. It means the colour lasts a lot longer without dark roots coming through.
My motto is that “everyone deserves to feel like they are going to the Golden Globe Awards”- celeb or not!

On an average, how many clients do you see on a regular day?
CB: I see six clients a day.

Name some of the celebrities you have worked with.
CB: I have had many famous bloggers including Sonia Fyza, Faryal Makhdoom and Tulisa at the time she was in *X Factor* and extremely popular. I took Tulisa from a dark brown colour to a blonde colour overnight. I have also worked with a lot of the soap stars, footballers’ wives and even the Manchester United footballer, Marouane Fellaini. The latest famous client being Seema Malhotra, from the reality TV show, *The Real Housewives Of Cheshire*.

How does one maintain hair colour post salon treatment?
CB: It is really important not to use cheap hair products on your hair. They can really strip the hair colour. Using professional hair care products and shampoos helps keep the colour fresh and bright.

What treatments and frequency of treatments should one indulge in post colour processing?
CB: I would use a reconstructive treatment before the colour processing, then I would do one after and continue to do so every week to keep all the natural oils in and protect the hair from the bleaching process.

When did you start your training academy?
CB: Two years ago.

How often do you have courses? Can anyone sign up?
CB: Every month. It’s mainly hairdressers that sign up for the course but if you





have a keen eye and passion for hair then everyone is welcome.

What techniques should a good colourist have?
CB: A natural flair for colour, one should see hairdressing as an art rather than just a job. I think being a make-up artist has really helped me as I keep my client's skin tone and eye colour in mind when helping them decide what suits them best.

> **"Colourists should tone the bleach lift by two shades darker. This makes the colour last longer and eliminates any orange. Most hair colourists are taught to tone on tone, meaning putting the same colour toner on as the hair colour after it has been bleached."**

Dark hair tends to become orange very easily. How should one avoid it?
CB: Colourists should tone the bleach lift by two shades darker. This makes the colour last longer and eliminates any orange. Most hair colourists are taught to tone on tone, meaning putting the same colour toner on as the hair colour after it has been bleached. This doesn't work on dark hair and means the colour only lasts for a couple of weeks before going orange.

Advice for women wanting to go lighter but are scared to do so...
CB: Make sure you go to a good salon. Read reviews online. Ask for a consultation before you actually start so both you and the colourist are aware of the colour you want to achieve. If you are nervous, you can always go up in stages to see if you like it as it gets lighter. OK!

INTERVIEW: ALIZEH PASHA
PHOTOGRAPHS: COURTESY CATHERINE BODEN

Catherine's Celebrity Clients



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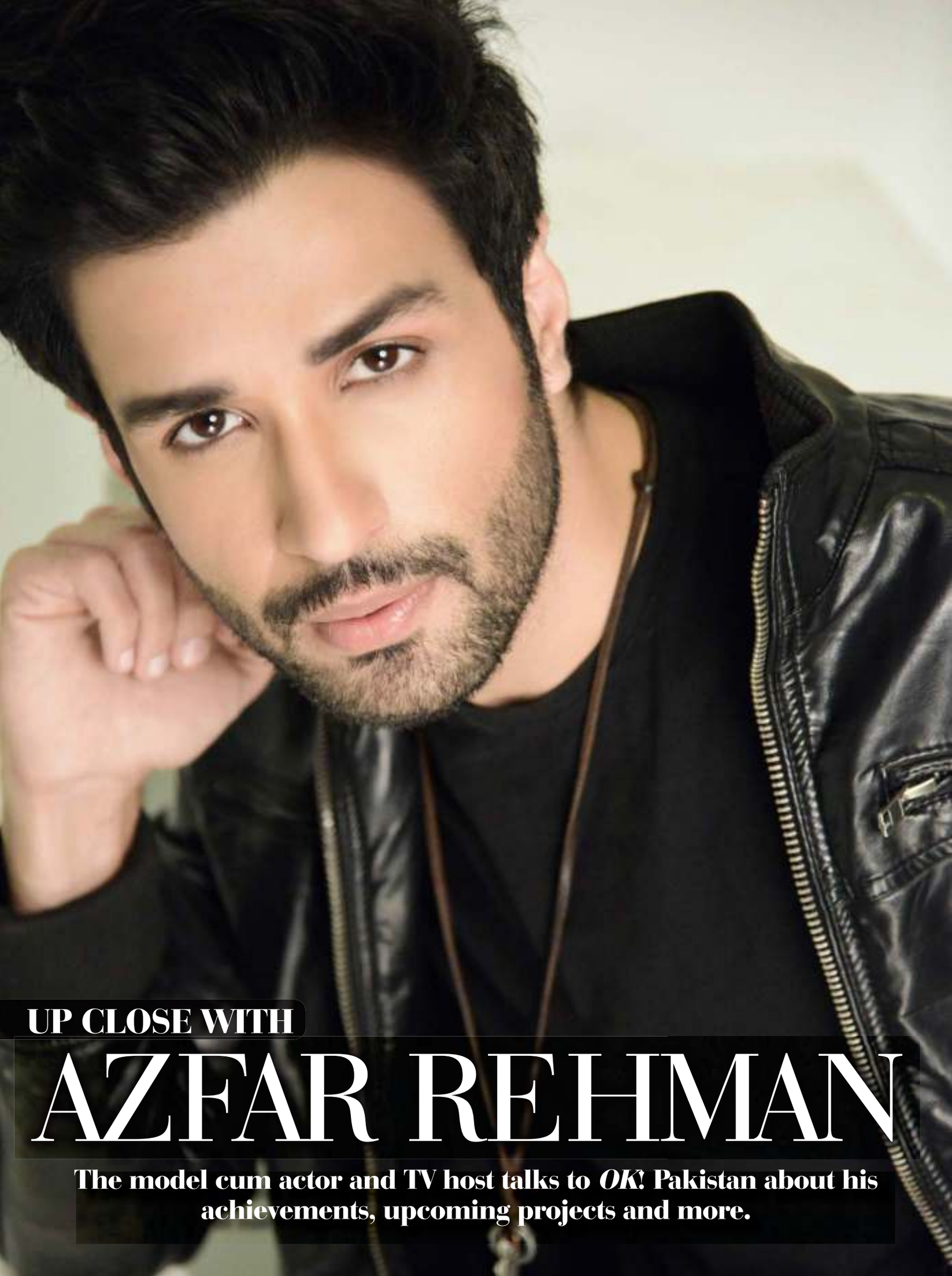
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UP CLOSE WITH

AZFAR REHMAN

The model cum actor and TV host talks to *OK!* Pakistan about his achievements, upcoming projects and more.











Azfar Rehman's career started from modeling to hosting and then acting. He is best known for his role in serials *Dugdugi*, *Ladies Park*, *Sitamgar*, *Baityaan*, *Mehar Bano Aur Shah Bano*, *Noor Pur Ki Rani*, *Mohabbat Rooth Jaye Toh*, and *Phir Chand Pe Dastak*. With his charming smile and the guy next-door personality, he has captured the hearts of many and is among the favourites of the Pakistani media fraternity. Who wouldn't want to know how Rehman made it to the big screen? Well here he is, telling us what makes him Azfar Rehman.

When did you realise a career in the entertainment industry was for you?
Azfar Rehman: My first television stint came about in 2006 when I got my own talk show, *Spotlight with Azfar Rehman*, for TV One that was a roaring success. I was spotted by director Raana Sheikh who gave me my dream debut with Ayesha Omar and Kirron Kher in *Kaisa Yeh Junoon,* which is touted to be the most expensive television serial shot in Pakistan to date.

What is your training and background?
AR: I'm naturally gifted! [Laughs] Other than the random school plays I participated in, I learnt and honed my talent onground.

What do you think are the strengths and weaknesses of the Pakistani film industry?
AR: The cinematographers/D.O.Ps are Pakistan film industry's biggest strength. As far as weaknesses are concerned we need to stop treating films like television serials. It's high time!

Do you still get nervous when performing?
AR: Only in front of a live audience!

Who has been your mentor?
AR: Saqib Malik, Seema Taher Khan and Fahim Burney.

What motivates you to act?
AR: My eternal love for the craft itself.

Your favorite co-stars in modeling & acting?
AR: Mehwish Hayat for acting and Sadaf Kanwal for modelling.

Current projects you're working on?
AR: I just finished shooting/dubbing for *Punjab Nahi Jaoungi*, a film by Six Sigma Productions. Currently I'm shooting another television serial *Aadhi Gawahi* with Sohai Ali Abro. Once that concludes, I'm looking forward to the nationwide hunt for *Miss Veet Pakistan 2017*.

Your biggest achievement so far?
AR: It's safe to say *Nazr e Bad* and *Miss Veet Pakistan*. These two projects have given me renewed vigour to perform and host along with an overwhelming response and recognition worldwide.

What would be your dream role and who would you cast alongside you?
AR: Ishwar Langda Tyagi in *Omkara* and I'd like Mahirah Khan to play Dolly Mishra.

Your favourite role to date?
AR: Pervaiz in *Nazr-e-Bad*, hands down!

How do you balance your personal and professional life?
AR: It's not that difficult when your priorities are sorted.

Modelling or acting? And why?
AR: Hosting! It gives me the leverage to put my personality, spontaneity, wit and mettle at display.

Favourite fashion campaign/show you've done?
AR: Amir Adnan has been my favourite campaign to date. Also walking for Fahad Hussayn with Mehwish Hayat at the Bridal Couture Week 2017 was truly special for varied reasons.

What do you enjoy most about your job?
AR: Travelling! And of course the irreplaceable and continuous love and adulation I get from my fans.

Favourite movie?
AR: Too many to list but currently it's got to be *La La Land*.

Favourite designer?
AR: YSL.



Guilty pleasure?
AR: Listening to lecherous Punjabi songs!

One thing you don't mind splurging on?
AR: Food!

Most memorable moment?
AR: When my debut serial got me my first Best Actor nomination at theLSA's in 2007

One thing you absolutely can't stand?
AR: *Jahalat* and pretence.

Favourite food?
AR: Sushi. Nigiri, specifically.

Favourite perfume?
AR: D&G Oud and Acqua Di Parma.

The one thing you can't live without?
AR: Water.

What would we always find on your bedside table?
AR: My car keys and cell phone.

Favourite travel destination?
AR: Istanbul and Koh Samui.

What do you do when you aren't working?
AR: Travelling.

Words to live by?
AR: Love conquers all!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: COURTESY AZFAR REHMAN



AUBERGE

A rendezvous with Anusheh Irfan and Munira Lotia, the dynamic duo behind interior design house Auberge.



A business venture that developed over many coffee sessions and chit chats, Auberge is known for its unique design philosophy, cutting edge designs and high quality of work. *OK*! Pakistan catches up with the dynamic duo behind the successful design house, Anusheh Irfan and Munira Lotia, about taking the leap and starting a creative business together.

How did you first get into the interior industry and what keeps you motivated to date?
Anusheh Irfan: I decided much earlier in life that I just have to be in the creative field. I could not imagine myself doing anything else. When I was little I used to constantly rearrange the furniture in my room. I think being able to design is a gift, you must develop your vision and style and be proud of it. Our philosophy is that simple.
Munira Lotia: I have always been passionate about reinventing my personal space, constantly researching new techniques and home furnishing, which led me to explore this as a profession. My fascination with materials and finishes still hold me captive.

Have you studied interior designing?
AI: Yes, I have studied Interior design at the Chelsea College of Art and design.
ML: I haven't but my partner has.

Why the name Auberge- what does it mean?
MI: It means 'Inn' in French.

What is it like to work with a partner?
AI: Munira and I have been working together for almost a decade. I think the secret to a successful partnership is that the other designer needs to be complementary to your design approach and style. You need to have personal chemistry together. And the partnership should generate excitement in both of you. Ours is a hassle free one, thank God!
ML: Anusheh and I complement and balance each other perfectly. We have a very easy going and honest relationship and we are able to troubleshoot quickly and effectively. We are lucky to have been able to combine our business and friendship successfully and have been in partnership for 10 years now.

How would you describe your own interior design style?
AI: Personally my style is very eclectic. I like to mix textures, trends, colours and styles, and play with lighting as it affects the mood more than any other element.
ML: We are constantly evolving as it's a very competitive business; we have to keep up with the trends yet offer something unique to our clients so we can stand apart in this line of work. We also prioritise the quality of our product over everything else.

What would you say are your main influences when conceiving a piece of work?
AI: A piece of work is mostly conceived after one has been inspired by the environment or surroundings. That is the first stimulus for any creation. For example, a new piece of work is conceived while Munira and I sip a hot cup of tea.
ML: We keep ourselves updated on current trends.

What comes first - the materials or the design idea?
AI: The design idea comes first. The materials are chosen accordingly.
ML: The basic design idea is the starting point for our work.

How do you choose your materials?
AI: We are very particular about our chosen material; keeping in line with our design philosophy, durability and comfort are a few main factors when choosing the material for our pieces.
ML: Depending on the design and structure of a particular piece we decide what material is best suited to execute that design.

What part of the process excites you the most?
AI: We are excited about each and every step taken towards the finished product. We help our workers give their very best input and that is most rewarding and satisfying. ▶





Rapid Fire

If you could work on the interior design for any celebrity's home in the world, alive or dead, who would it be and why?
AI: Sadequain- because it would be a piece of art.
ML: Audrey Hepburn- she was the epitome of elegance.

Your favourite design motto?
AI: "No matter how educated, talented, rich or cool you think you are, how you treat people ultimately tells all." Integrity is key!
ML: What doesn't kill you only makes you stronger!

What is your most treasured possession?
AI: My grandmother's ring.
ML: My children.

If you hadn't gone into interior design, what would you be doing?
AI: An artist for sure, I would love to paint.
ML: Haven't really thought of that actually.

Who is your design hero?
AI: Zaha Hadid. Hands down!
ML: Habib Fida Ali.

What is on your nightstand right now
AI A lamp, my night cream, a water bottle and TV remotes.
ML: *Rumi's Daughter*.

What natural talent would you like to be gifted with?
AI: Singing.
ML: Patience.

What has been your favourite journey?
AI: *Hajj*. It just puts your life in perspective.
ML: My trip to Hong Kong in 2010.

If you could change one thing about yourself, what would it be?
AI: Time management.
ML: Self-discipline.

One goal you hope to accomplish in 2017?
ML: To have our furniture and accessories exhibition.

Your favourite local interior designer?
AI: These days, Jonathan Adler.
ML: Kelly Wearstler.

ML: Personally, wood finish excites me the most. The colour and kind of polish that enhances the design and influences the end product in unimaginable ways.

What makes you different from other furniture makers?
AI: Our design philosophy is unique as we not only cater to clients looking for a contemporary modern look but we also have classic pieces of furniture for that timeless vintage feel.
ML: We are not afraid to experiment with new ideas.

In your opinion, how is design evolving?
AI: In the world of design, whether it be graphic design or product design or even textile, the best designs are usually those which evolve as the world around them changes. Our designs are ever evolving!
ML: I feel now, more than ever before, in Pakistan, people are more aware of changing trends and are open to new ideas. This gives us - as designers - more creative license to be experimental and creative.

What type of material do you prefer to use?
AI: We prefer materials which are closer to nature as their wear and tear is easily replaceable. However, the materials chosen are according to the designs conceived.
ML: I love to use modern materials such as brass and stainless steel. These are more durable and have a funky, edgy feel.

What would you most like to make that you haven't so far?
AI: We are always looking forward to projects that excite our imagination. I hope we can design a set for a film one day!





ML: I would like to design outdoor furniture and spaces using organic materials with a natural and rustic finish.

What do you have in mind when making or buying the accessories?
AI: I like to buy whatever I feel would look good in my own house.
ML: The novelty factor. We keep in mind what's trending at the moment and also like to bring in new ideas so that we can offer our clients something different.

There are a number of people doing accessories - how are you different?
AI: As designers we are more focused on work and creating pieces rather than comparing ourselves to other designers. Our work speaks for itself and that's the only thing that matters to us.
ML: I don't really know if we are that different... we are not trying to be cutting edge in our designs but we do make sure that we offer beautiful pieces in the best quality and at a reasonable/affordable price.

From all your pieces which is your favourite and why?
AI: My sofa in the lounge. It's where I belong.
ML: My study, as that's where I like to spend most of my time.

Did you have an inspirational teacher?
AI: Yes, most definitely. Good teachers influence you in various ways, not only academically but teaching important life lessons that help you succeed beyond school tests.
ML: As I said I haven't studied interior design... but travel is my biggest inspiration.

What are your future plans?
AI: I want to learn gilding and plaster techniques in Italy this year.
ML: An accessories and furniture outlet is in the pipeline.

Any individual's house that you've enjoyed designing and why?
AI: I have loved working with clients who are open minded and receptive to new ideas.
ML: I have enjoyed working with all my clients, each has been a unique learning experience.

What do you enjoy doing apart from designing and making furniture?
AI: Spending time with my daughter. She's super fun!
ML: I enjoy spending time with my family and friends, and I also enjoy travel.

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: COURTESY AUBERGE

WHAT'S ON?

ART EVENTS & EXHIBITIONS AROUND THE WORLD

Jeff Koons

On going until August 18,2017, Gagosian, LOS ANGELES



This exhibition showcases the work Jeff Koons, an American artist known for referencing popular culture in his works. Koon is famous for exploring the work of art in a media-saturated era. The *Gazing Ball* series is substantiated with unique stories and historical art patterns. Displaying pieces from his Ballerina series, Koons draws attention to the continuity of images as they pass through time.

Sally Mann Remembered Light: Cy Twombly In Lexington

On going until September 8, 2017, Gagosian, NEW YORK

This exhibition showcases the work of Cy Twombly by photographer Sally Mann. Mann is known for her black and white photography, Twombly captured his daily life in pictures. Through his passion he preserved the green landscape of Virginia and the coasts of Italy, minute details of ancient buildings and sculptures, studio interiors and still lives of objects and flowers. This show has a special significance in Italy, Twombly's second home. Twombly and Mann were both born and raised in Virginia. Mann recalls Twombly's ironic humor and nature in her biography *Hold Still*.





Posing for the Camera: Gifts from Robert B. Menschel.

From September 17, 2017 – January 28, 2018, The Museum of Modern Art, NEW YORK

This exhibition features a series of 60 photographs in the Gallery's collection made by Robert B. Menschel. It examines how the act of posing for a portrait changed with the invention of the medium over the years. The exhibition is curated by Sarah Greenough, senior curator and head of the department of photographs, National Gallery of Art.

Summer Exhibition

On going until August 20, 2017, Royal Academy of Arts, LONDON



The Royal Academy School's member decided 250 years ago to hold an Annual Exhibition that will assist all artists with a specific goal to help fund the preparation of young artists. The exhibition displays the work of some amazing artists including Rosemarie Trockel, Julian Schnabel, Hassan Hajjaj, Secundino Hernández, Isaac Julien, Tomoaki Suzuki, Mark Wallinger and Sean Scully RA, as well as submissions by new Royal Academicians including Gilbert & George and David Adjaye. The exhibition consists art of all media, from painting, printmaking, film and photography to sculpture, architectural works and performance art.

Robert Rauschenberg: Among Friends

On going until September 17, 2017, The Museum of Modern Art, New York



This exhibition showcases the work of the creative and unique American abstractionist artist Robert Rauschenberg, spanning over 250 works across mediums from his 60-year career. He invented different artistic techniques that helped set the art of present day. This exhibition is curated by an artist and filmmaker Charles Atlas with the purpose to show Rauschenberg's deep connection with dance and performance.

TEXT: FAIZA VIRANI

A Better Night's Rest

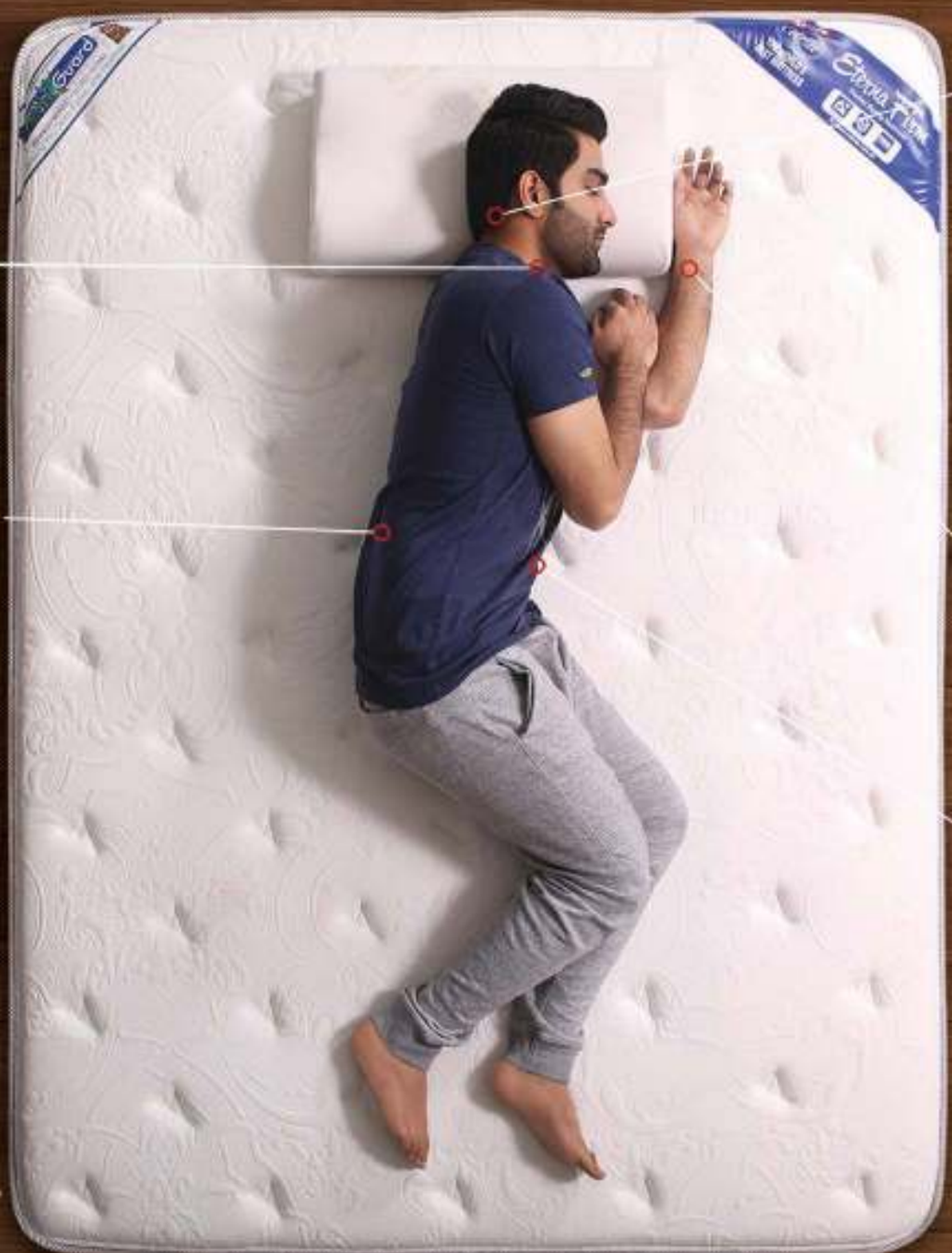
How to sleep if you've got





Shoulder Pain

Avoid sleeping on the side with the painful shoulder. Sleep on your back, or, if you sleep on the other side, place a pillow at chest height and rest your arm on it, almost as if you are hugging another person.



Neck Pain

Try to keep the neck in a neutral position. Avoid sleeping on the stomach. Too many pillows can put your neck in a bent position. Keep the pillow above your shoulders. Some experts suggest using a rolled-up hand towel to support the neck.

Back Pain



Lay on your back, place a pillow under your knees or a rolled towel under the small of your back to maintain the body's natural curve. In general, experts say sleeping on the back is the best for this condition.



On your side, put a pillow between your knees for extra support. This is also good for people with hip and knee problems. A fetal-like position can help with lumbar spinal stenosis.



Sleeping on your stomach can be hard on your back and neck. But if you must, put a pillow under your pelvis and lower abdomen to help relieve strain.

The most common sleeping position is on the side: 57% of people at least start the night in that position, 17% lie on their back and 11% on their stomach. Most people vary the position they start the night with.

Obstructive Sleep Apnea/ Snoring

Sleep on your side or stomach to avoid the collapse of the tongue or tissues in the throat, which impair breathing. One way to keep from rolling on to your back is to sew a tennis ball to the back of your pyjamas.



Acid Reflux

Experts recommend elevating the head with pillows or raising the head of the bed by placing bricks under the back legs. Otherwise, sleep on your side.



Plantar Fasciitis

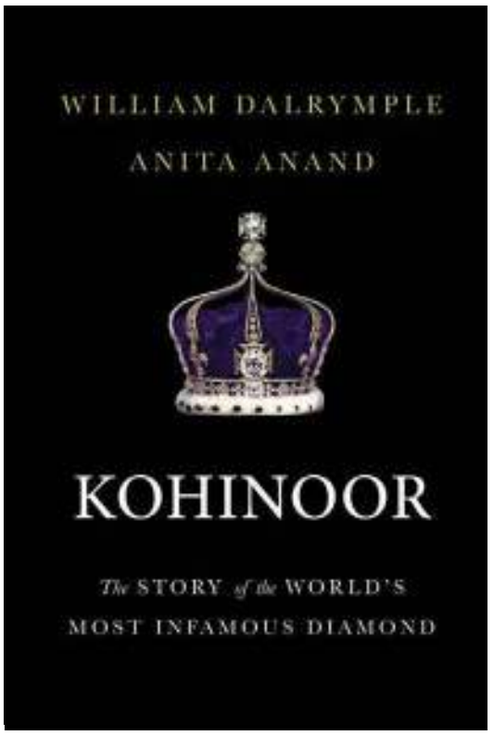
It is important to keep your feet and ankles in a relaxed position with plantar fasciitis, an inflammation of the tissue on the bottom of the foot often caused by running or poor arch support. Avoid tucking the sheets in too tightly.

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Kohinoor –The Story of the World's Most Infamous Diamond

Lacking the spark of William Dalrymple's earlier works, Kohinoor is nevertheless a riveting read- a history, a biography and a fable all packed into one.

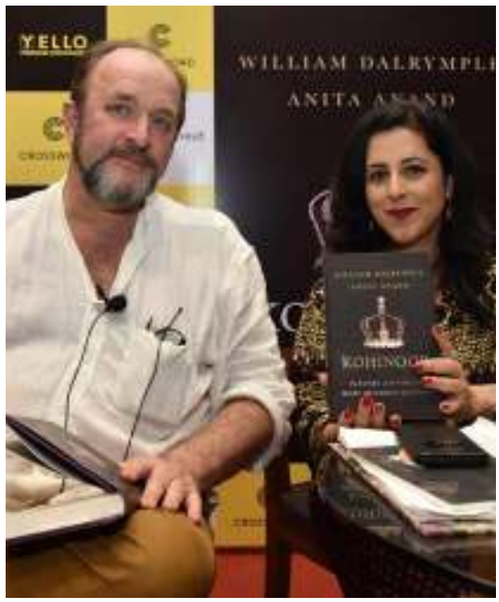


No one does historical narratives quite like William Dalrymple, weaving colourful stories, folklore and anecdotes with historical facts grounded in painstaking research. The result is a spellbinding work of non-fiction, as informative as any history book and as engaging as any romantic thriller. *Kohinoor* is no different when it comes to having a gripping story backed by extensive facts, peppered with entertaining scandals and myths and enlivened by enigmatic characters which leap out of the pages like apparitions come alive. Suitably matched with Anita Anand, whose debut work *Sophia* was a remarkably astute, poignant and captivating biography of Ranjit Singh's granddaughter, the duo uncover and trace the history of arguably the most famous diamond in the world, the *Kohinoor*. Offering a treasure trove of delightful anecdotes and vivid character sketches, the pen flows seamlessly across time and geography to paint the tumultuous journey of the diamond while also attempting to clear the fog of mystery which clouds the most sought-after and fought over gem in subcontinental history.

The novel is set in two parts; the first- tracking its journey across the hot plains of Punjab, skipping over Iran to the forbidding mountains of Kabul till it reaches Ranjeet Singh -is written by Dalrymple while the latter half, chronicling the life and fall of his young son and heir Duleep Singh and journey of the young *maharaja* and the diamond to England is penned by Anita Anand. While in the first half, the story is tethered by quotes and clarifications on historical ambiguities, the second half captures a clearer picture with the characters appearing larger than their stories.

For a historian, the greatest challenge is to remain objective and not let personal judgment or biases manipulate historical facts uncovered through research and verified by authentic sources. For a storyteller, the bigger challenge is to show events and people not shackled to the pages but conjured up in the heightened imaginations of the readers with effortless ease. In so far, the *Kohinoor* is infinitely readable, you can sail through the entire book in one go without feeling you are being bombarded with a history lecture. Dexterously leading us through the minds and hearts of characters like a trip down someone else's memory lane, it is a reflection of our greatest strengths and weaknesses magnified by the trappings of wealth, power and glory. *Kohinoor* is an illustration of the illusive and elusive desires we are wont to chase, unmindful of the havoc and self-destruction we wreak along the way.

The most touching story is that of boy king Duleep Singh and his courageous mother Jindan, the rightful heirs of the throne and the stone, who were duped into giving up their land and their wealth to the British, with the young King stripped of all except a ceremonial title and consigned to the care of British wards while his headstrong



mother was locked up to prevent her from inciting a rebellion among loyal Sikhs for her son's cause. The touching bewilderment of a boy with no one to turn to for help, the gentle courtesy of a young man schooled into obedience and obeisance by- and to- those he owed all his losses, the wily ambition and fierce protection of a *maharani* turned into the impotent fury and helpless grief of a mother, and the fiercely clashing loyalties and duties of a conflicted *maharaja* struggling to comprehend and reconcile his past and present- Anand writes with quiet empathy and gentle honesty to show the hitherto little known human side of the story of the diamond.

Much like the fire of the gym hidden inside and not immediately discernable to the eye, as the novel progresses, this tragic and hopeful history of the *Kohinoor* is also seen to be the tale of the country whence it originated from. As a metaphor for the subcontinent, it is striking but one neither blatant nor forced. As a symbol of royalty, it signifies the strength of the ruler who owns and wears it- denoting power, wealth and virility. As the rumoured curse of the stone shadows it wherever it goes, ultimately bringing destruction to whoever possesses it, so do deceit and death always hover like an unsmiling angel over the shoulders of those who rise up in the world, gaining riches and influence as rapidly as they acquire enemies and traitors. From adorning the famed peacock throne of the dreamy Shahjahan to the brutal warlord Nadir Shah, from the scholarly Shuja to the courageous Ranjit Singh's armband, the *Kohinoor* not only changed hands and places but also fates of its owners. Ultimately taken by the British for Queen Victoria, the diamond was cut to smooth its roughness and give it the shine which they valued so highly but despite all the promises of retaining its size, the stone was left half of what it was- from the biggest diamond in the world to one of a hundred. No more fitting analogy could be used for the subcontinent controlled, plundered and then decimated by the British.

What lends this stellar work an air of unmistakable authority is the use of indigenous sources to ensure it does not stray from the truth. Layered with credible citations and alluring myths, it carefully sieves fact from fiction while writing a thriller replete with heroes and anti heroes, villains and rebels, *maharajas* and soldiers with a tantalizing dose of drama, deception, and destruction. With much of the history of the diamond being rooted in hearsay rather than authenticated facts, the story lacks the substance that has been Dalrymple's hallmark in previous novels. The vague feeling of dissatisfaction stems from the inability of the authors to really dig deep and produce a historiographical gem. But what was lacking in research was more than made up for by the effortlessly winsome style of writing which sweeps across the subcontinent and thence to England, touching and tortuous, painful and perceptive. Even without a happy or decisive ending, this is a story that will stay with you long after the last page has been read. OK!

TEXT: HIRA SALMAN

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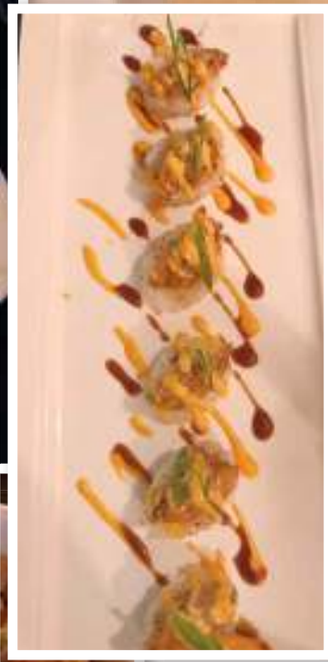


What is it: Always welcome to the growing dining landscape of Karachi, a new Asian restaurant, Market: Modern Asian Kitchen, was well-received as it opened its doors this past month.

Where is it: Bukhari Commercial, the new hub for the cluster of new eateries in the city.

What we had: The ambience was contemporary, warm and inviting. We began with a couple of starters and shared plates to taste the palette on offer. The Rock Shrimp Tempura were cooked to perfection, and the accompanying aioli was delicious, we only wish we had more of it! Of the sushi, we tried the Spicy Tuna On Crispy Rice, a modern take on a classic. It was a flat, open roll on a bed of sticky rice - an interesting take on a traditional sushi roll, and delicious nonetheless. Of the Dim Sum we tried the Steamed Shrimp Dumplings in Chilli Oil, which were sublime. Cooked to perfection and served piping hot, they tasted very authentic and the seasoning was perfect. We moved on to the Steak Tacos, which were seasoned with Wasabi Crema, Asian Slaw and Habanero Hot Sauce. They were spicy and excellent tasting, a fabulous fusion dish with both Mexican and Asian elements and the sliced steak was seasoned and cooked to perfection.









The Steamed Bao Buns were next, although the bun was authentic, the dish lacked flavour and zest overall, paling in comparison to the ones already tested. The beef seemed to lack seasoning, leaving definite room for improvement.

From the mains, we tried a popular one also recommended by the owner, the Charred Filet of Beef with Japanese Mustard Sauce, served with roasted sesame potatoes. The Steak was excellent, cooked perfectly to a medium rare, served with an excellent wasabi and what tasted like a Maille mustard sauce, along with potatoes seasoned with sesame seeds and scallions. It was perfectly filling without being overwrought with flavour, each unique seasoning balancing and complementing the other perfectly -- unanimously the best dish of the night! On the side with our main, we ordered a Korean Cheese Corn, which was the perfect gourmet comfort food. Again a fusion dish, tasting equally Southern and Korean, with a spicy, creamy seasoning, pairing very well with our steak.





We moved on to the desserts where we ordered the popular Chinese Donuts with cinnamon sugar coating. The donuts were a perfect end to the meal, light, fresh and flaky, that melted in our mouth, served with two dips, chocolate and a toffee/caramel. Along with that we ordered a Matchamisu, blending two popular cultural favourites to make a matcha tiramisu. Served as a crumbly, flaky, mealy base topped with ample white chocolate shaving was good with a well-balanced matcha taste, was very authentic, but paled in comparison to the donuts which were the clear winner.

All in all a fabulous experience, the restaurant has clear potential, the space having made a place for itself with its fusion dishes. The dishes were inventive and authentic tasting -- a must-try for all aficionados of Asian-fusion cuisine. OK!

TEXT: FAIZA VIRANI

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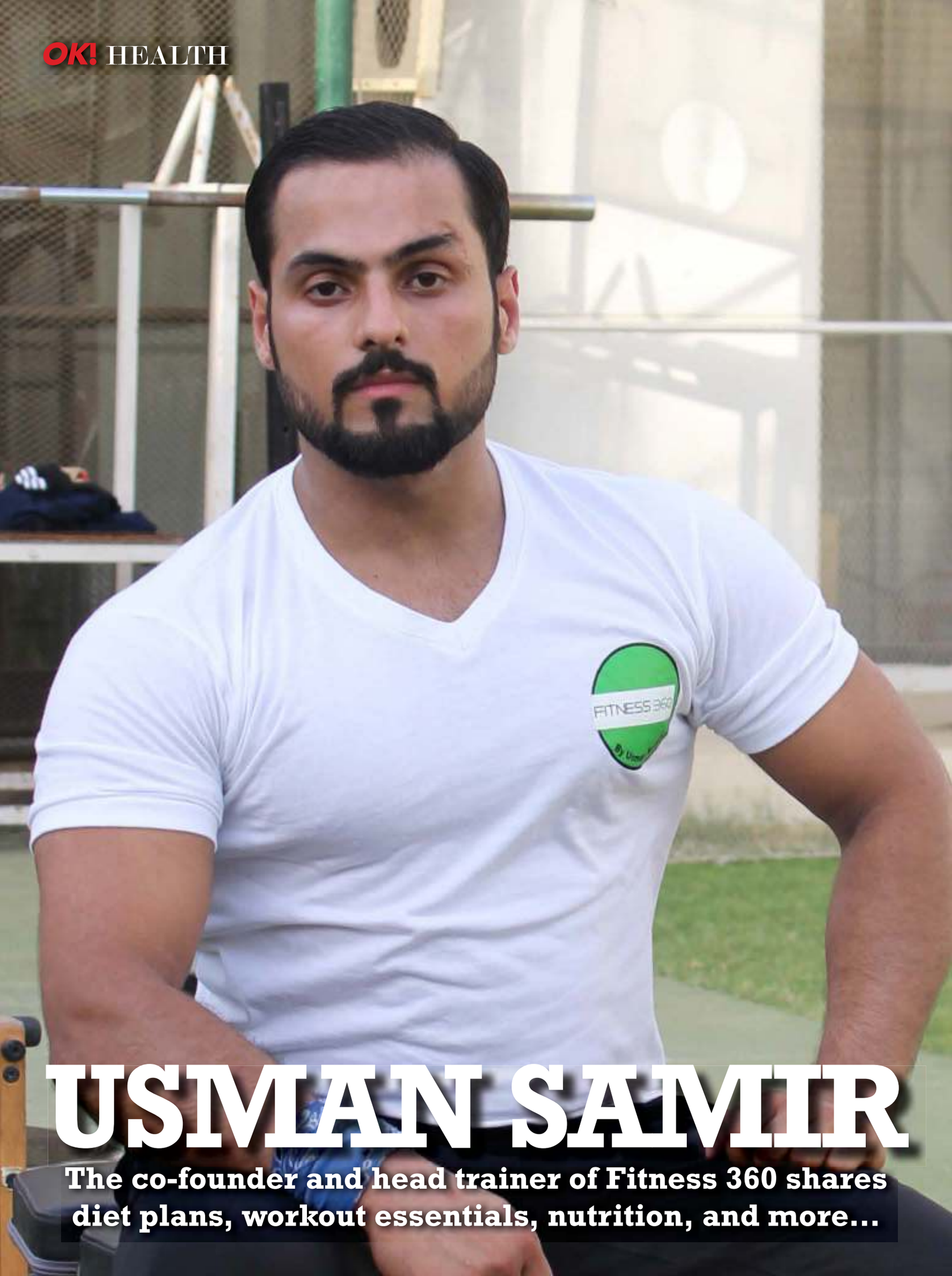


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USMAN SAMIR

The co-founder and head trainer of Fitness 360 shares diet plans, workout essentials, nutrition, and more...



The increase in awareness about health and fitness in today's world has given birth to many nutritionists, gym instructors and trainers. Usman Samir is the co-founder and head trainer at Fitness 360, and offers effective, modern and challenging ways of training with promising results. The fitness buff has changed the way people look at exercise with his innovative workout routines. He speaks to us about how he started, his inspiration, different workouts and more.

How did you become a trainer?
Usman Samir: I enlisted as a cadet in the Combined Cadet Force (CCF) while I was in boarding school in the UK. My passion for functional training and fitness sparked from there. Fitness became a way of life for me; I chose to pursue it as a career after I studied the art of movement, basics of human anatomy and function. I have always believed that one should pursue their passion and if you can make a career doing what you love, do it! And so I did.

If you had to define all that you do in a word, what would you say?
US: Inspire.

Who or what gives you most inspiration?
US: I am motivated by many people, some of them are related to me and others are my clients who have succeeded and given back to their community, to the world and inspired others to believe in themselves. I aspire to inspire others with my craft and help them believe in themselves, and empower them to be better. As a trainer I have been blessed to be able to do that for many people everyday.

What are your favourite workout routines?
US: I am a big fan of functional training. I believe it is one of the best ways to remain an all-rounder with regard to fitness, strengthen your core and be able to physically perform at one's optimum.

Do you have any relevant certifications?
US: I have studied the basics of human anatomy and biomechanics.

If a client comes to you seeking weight loss, how do you develop a plan for them?
US: I would first ask them several questions about their daily routine, what their food intake is like, are they active or inactive most of the day, do they have any pre- existing injuries or health conditions that may hinder them from losing fat or performing basic compound movements. After I get an idea as to what I am dealing with, I test their fitness level and mobility, and based on the same I make an individual workout program for them and I get them in contact with my nutritionist, who makes a diet plan for them based on their goal taking all their food preferences, allergies and health conditions into consideration.

Name a few essential exercises suitable for almost anyone.
US: The basic bodyweight squat, push up, pull up, plank and swimming (freestyle/breast stroke).

How do you determine a person's workout potential to avoid pushing them to the limits?
US: By testing their fitness level on the first day. I am very well versed in the art of movement/ exercises. I believe strongly that form= function. If I am not satisfied with a client's form, we will start from scratch or the basics and slowly progress. I never push a client past a point where they may be at risk of injuring themselves. When it comes to fitness, core strength and proper form is key to optimum athletic performance.

Do you have any knowledge regarding nutrition?
US: I have basic knowledge regarding nutrition. I know enough to help one lose weight/ fat or gain muscle but it is not my area of expertise so I leave that job to my nutritionist.

What works best in motivating an aerobics group?
US: Good music and intense energy from the trainer; the key is to push the group past all self-imposed barriers within an interval and keep them performing at their max.

Do you prefer in-group or personal training?
US: I prefer personal training to groups being as I am able to focus all my energy on one person, which ensures that my client remains satisfied and is more likely to achieve their goal. It is very difficult to train a group of individuals who are of different fitness levels. Personal training is always the way to go.

What do you do to enhance clientele?
US: I train very exclusively and only work through referrals.

What do you think is the relevance of a personal trainer in today's world?
US: The relevance of a personal trainer should be based on the experience and knowledge that ▶



Rapid Fire

Favourite destination?
London.

Favourite snack?
Lindt Excellence Dark Noir 70%.

Favourite beverage?
I don't consume carbonated drinks. Will have to go with Malee coconut water.

Favourite book?
The Art Of War by Sun Tzu.

Favourite song?
Lie To Me by Bon Jovi.

Favourite movie?
Legends Of The Fall.

I would not be caught in...
Action.

Greatest extravagance?
Food.

One thing that annoys you the most?
Arrogance.

What store do you shop at the most?
Nike.

What is your favourite cuisine?
Italian.

Favourite car?
Range Rover.

Pet peeves?
Procrastination.

Favourite hashtag?
#Fitlifestyle.

> “Fitness trainers are as important in today’s world as a GP. Just because all the answers are on Google and YouTube these days doesn’t mean you don’t go to your doctor for guidance.”

a personal trainer/fitness coach has about the subject. Training is an art. When you go out to sea, you do not compromise on engaging the services of an experienced captain just because in today’s world boats come with an inbuilt GPS.

How important do you think that trainers are nowadays especially since there is so much information regarding health and fitness available on the Internet?
US: Fitness trainers are as important in today’s world as a GP (general practitioner). Just because all the answers are on Google and YouTube these days doesn’t mean you don’t go to your doctor for guidance. A knowledgeable fitness coach has the ability to motivate, inspire, educate and guide one properly. Google cannot motivate you and watch your form.

How do you ensure that a fitness program is effective?
US: By monitoring my client’s results every two to three weeks – if they are making progress, then it is working, if not then we change things within their fitness program or diet plan. Being as every client has their own individual goal, the way to monitor varies.

What makes you a good personal trainer?
US: I am committed, passionate about my craft, disciplined, focused, motivated, goal/result oriented, professional, well informed about new ways of training and most importantly I form a very close bond with my clients. This bond allows me to understand my client and helps me ensure that they always remain safe and satisfied with my services.

What does your actual typical day look like?
US: My day starts at 6:00 am and ends at 10:30 pm, six days a week. I wake up at 5:30 am everyday and I am out of my house by 6:15 am. My first session of the day starts at 7:00 am sharp and I am busy all day till 10:30 pm at night. Grateful.

In your opinion, what’s the biggest reason people fail to meet their fitness or weight loss goals?
US: The biggest reason as to why most people do not achieve their fitness goals is because most people do not understand the importance of proper nutrition. They do not research nutrition and they want results too fast. The body is like any other machine; it performs best when it is well lubricated and fueled efficiently. A proper training programme, which complements your goal and diet plan, is also important.



How would you describe your philosophy about being fit and healthy?
US: I believe in being the best version of yourself. We live in a physical world. When we are physically able to perform at our optimum, we are able to serve the ones we love and help ourselves. Making healthy choices and keeping fit helps us stay younger, fight diseases, deal with daily stress and in some cases depression, boost creativity and cognitive function.

Fueling your body with workouts and living lean takes work, what are your recommended meals throughout the day?
US: First thing upon waking: drink at least three tall glasses of water.
Morning: breakfast, which consists of healthy fat, protein and complex carbs. An example is boiled or poached eggs, avocado, sweet potato, almonds and walnuts.
Afternoon: tuna sandwich or tuna with whole-wheat pasta or grilled chicken with sweet potato.
Evening: grilled chicken or fish with vegetables.
I keep my meals simple. OK!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: UZAIR KHAN

GREECE IS THE WORD

OK! ENJOYS THE SIGHTS OF THE CAPITAL ATHENS, BEFORE HEADING TO THE ISLANDS

Combine some city culture with an idyllic island break on a twin-centre trip to Greece this Summer. Our first stop was the Greek capital Athens, where we enjoyed an outdoor history lesson among sun-bleached ancient ruins and sampled the artier side of the cosmopolitan city while leaving time to sip cocktails and soak up the Athenian ambiance. Escaping the hustle and bustle of city life, *OK!*'s Nancy Brown then took the short flight to Crete, the largest of the Greek islands, staying in a charming seaside town where the welcome was as warm as the blazing sun...

WHAT CAN I DO IN ATHENS?

Set aside a morning to explore the glorious Acropolis Of Athens, a UNESCO World Heritage Site that sits atop a rocky outcrop high above the city. Offering commanding views across Athens, this ancient citadel dates back to the fourth century BC and is home to the ruins of several buildings, the most famous of these being the Parthenon, a former temple dedicated to the goddess Athena. Celebrities have been flocking to the site for years, with everyone from Amal Clooney to Jennifer Lopez and Catherine Zeta Jones among the visitors.

Afterwards, wander down the steep cobbled streets to Pláka, where we browsed the souvenir stores – picking up a white marble fridge magnet of the Acropolis for less than £1 – before tucking in to traditional chicken gyros outside at the Karyatis Taverna on Palea Agora Square.

After enjoying the sights, *OK!* took a taxi out to the leafy northern suburb of Ekali, where we checked into the Life Gallery Athens, a 29-room boutique hotel with a contemporary vibe and an eclectic artwork collection. Our lovely bedroom had a low Japanese-style bed and huge glass shutters on the balcony that opened out to views of lush greenery and the mountains beyond. And, while it may be small, the hotel is perfectly formed, with a pool, spa and the stylish Kool Life Bar Restaurant that has an outside courtyard where we enjoyed the best Greek salad we've ever eaten.

For late-night drinks in the city, head to The Clumsies – it's been rated the ninth best cocktail bar in the world and, after one look at the extensive menu, we can see why!



JENNIFER LOPEZ

WHERE CAN I STAY IN CRETE?

After a 50-minute flight and a scenic hour-long car journey, *OK!* checked into the five-star Minos Beach Art Hotel, just outside the charming harbour town of Agios Nikolaos. Overlooking the glittering Mirabello Bay, the resort's 129 white-washed bungalows and villas are dotted around the scented landscaped grounds and beachfront. We loved breakfast al fresco at Bacchus, where vibrant bougainvillea and fragrant roses cling to the restaurant's white window-less arches, offering views across the pool and sea beyond. Dinner under the stars at La Bouillabaisse is a gourmet affair, while the traditional Greek night – complete with dancers and delicious barbecued food – is one not to be missed at the foliage-covered Terpsis Cretan restaurant.









By day, guests can relax by the pool, in the spa, at one of the hotel's two private beaches or on the platforms that jut out from the sea-front bungalows and offer steps down into the ocean. Take time to explore the artworks that are dotted around the resort, too – there's even a sound installation under the sea. Or head along to the water sports centre, where windsurfing, water-skiing, sailing and diving are all on offer.

A member of the Small Luxury Hotels Of The World, Minos Beach has played host to HRH Prince Andrew as well as Walt Disney, whose message and signature can be seen in one of the hotel's early guest books at the reception.

WHICH STARS WILL I SEE?

The Greek islands are awash with celebrities during the summer months. While some, such as Beyoncé and Jay Z, cruise around the idyllic waters aboard a super-yacht, others check in for a longer stay. Lady Gaga enjoyed a two-week break on Crete after flying in by private jet. She was spotted soaking up the sun by the hotel pool. The picturesque island has long been an A-list favourite, with Jennifer Aniston, Irina Shayk, Leonardo DiCaprio and Rihanna also checking in for some R&R.



AMAL CLOONEY

WHAT MUST I DO?

Book into the hotel's Ananea Wellness Spa. *OK*! signed up for the Cretan massage in the privacy of one of the spa's air-conditioned rooms, but you can also enjoy your treatment in a gazebo at the water's edge. Our masseuse used local olive oil, orange and raki extracts (a Greek spirit) and we left smelling exactly like our Mediterranean surrounds! No two massages are the same as the treatment is tailored to the individual, and we were told we needed most work on our knotted back and shoulders!

Head into Agios Nikolaos (Ag Nik as it's affectionately known by Brits), a ten-minute stroll along the waterfront from the hotel. *OK*! wandered around the charming harbour, taking in the pretty white-washed religious shrines, browsing the souvenir shops and picking up some olive oil and baklava, before popping into a quayside taverna for lunch. With views of traditional wooden fishing boats bobbing on the water, lunch at Ntakos featured traditional Cretan dishes such as deep-fried saganaki cheese, smoked meat with honey and sesame and delicious slow-cooked lamb.

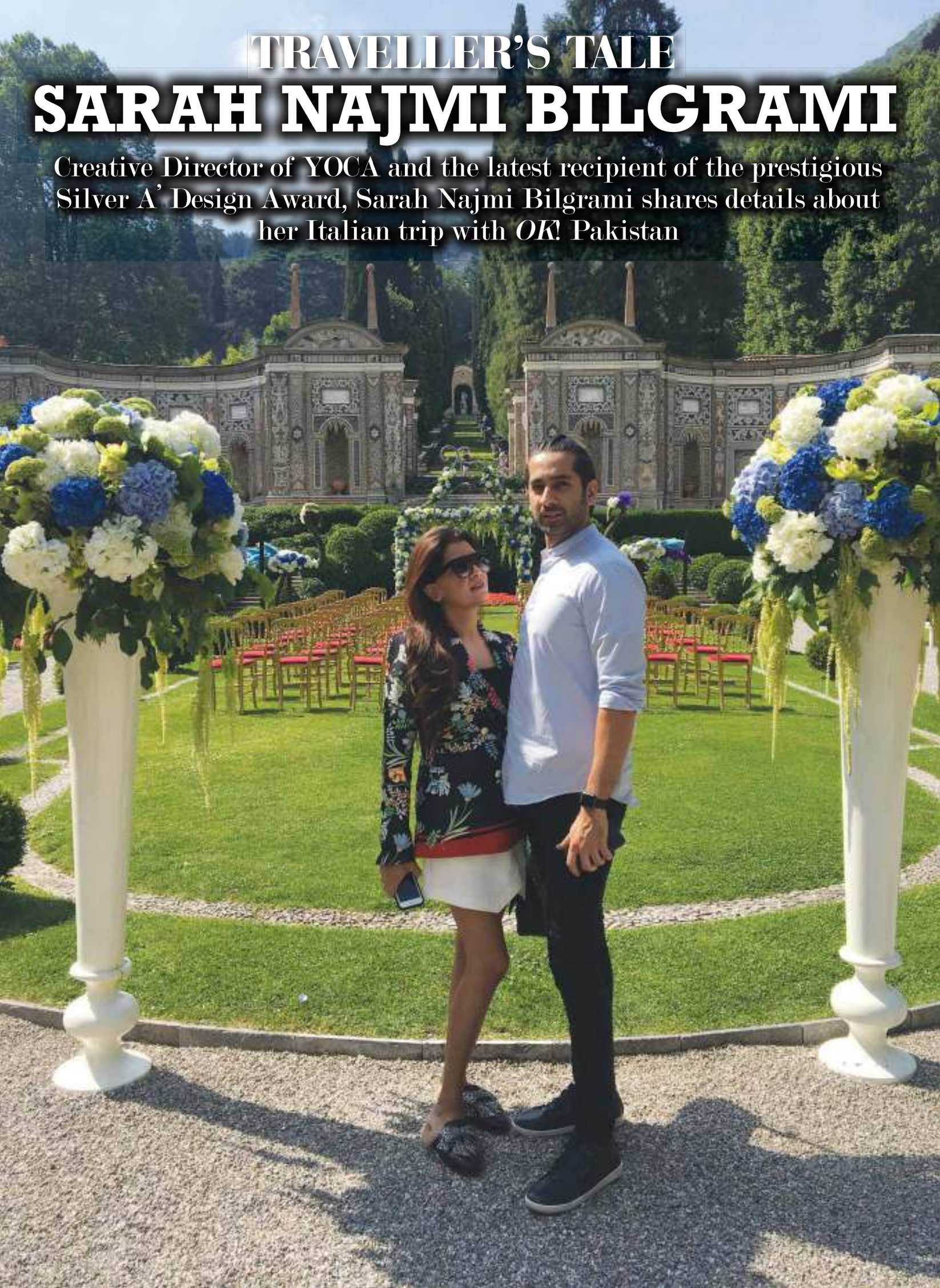
Hop aboard one of the boat excursions on offer from Ag Nik harbour for a half-day guided tour of Spinalonga. The now-deserted rocky island, which was run as a leper colony until 1957, was the setting for British author Victoria Hislop's poignant best-selling book *The Island*. We wandered around the ruins of the buildings of this eerily silent ghost town, taking in the tiny island's churches and 400-year-old fortress while learning about the lepers who were once quarantined there. OK!

REPORT BY NANCY BROWN
REPORT EDITED BY ANNABEL MACKIE
PHOTOGRAPHS: SHUTTERSTOCK, GETTY

TRAVELLER'S TALE

SARAH NAJMI BILGRAMI

Creative Director of YOCA and the latest recipient of the prestigious Silver A' Design Award, Sarah Najmi Bilgrami shares details about her Italian trip with *OK!* Pakistan




MILAN CATHEDRAL - THE DUOMO IN ITALY


TEAM YOCA - AHSAN NAJMI, SARAH NAJMI BILGRAMI, RUMEENA ISHTIAQ AND ZAYD BILGRAMI AT THE ANNUAL A' DESIGN AWARD & GALA-NIGHT AT THE ICONIC AND HISTORIC VILLA OLMO IN COMO ITALY




AHSAN NAJMI, SARAH NAJMI-BILGRAMI & ZAYD BILGRAMI WITH THEIR SILVER A'DESIGN AWARD IN ITALY


SIBLINGS SARAH NAJMI BILGRAMI & AHSAN NAJMI


THE FOOD AT SETA - MILAN - A MICHELIN GUIDE RESTAURANT - TEAM YOCA




VILLA OLMO IN COMO ITALY - TEAM YOCA

Pakistani home couture brand, YOCA led by architects Sarah Najmi Bilgrami, Zayd Bilgrami and Ahsan Najmi, won the prestigious Silver A' Design Award at the A' International Design Award and Competition 2017. YOCA is the only Pakistani brand to win the prestigious award, which is deemed one of the most influential design awards in the world.

YOCA was awarded for its design project Amoeba – The Coffee Table in the Furniture, Decorative Items and Homeware Design Category. The team received their unique 3D printed award at the annual A' Design Award Ceremony & Gala Night held at the iconic and historic Villa Olmo on the 9th of June 2017 at Via Cantoni in Como, Italy.

This award is a manifestation of YOCA's quality and perfection in design, which has enabled for 'a made in Pakistan' project to be acknowledged along with some of the most acclaimed brands in the world.

Where did you go?
Sarah Najmi Bilgrami: Italy, specifically Milan and Lake Como.

What made you go here?
SNB: We went to attend the Annual A' Design Award Ceremony & Gala Night held at Lake Como and we visited Milan for its architecture history, really fun vibe and nice nightlife.

What did you pack?
SNB: Jeans, Gucci slides (most comfortable), great sunglasses (Céline), sunblock, dresses and a selfie stick.

What was your favourite meal/ restaurant?
SNB: Contraste was a truly exceptional experience! The tasting menu for the gastronomic restaurant is a mirror. Dining at this amazing place is a magical experience. There were thirteen courses and each dish was an explosion of flavours. The plating was spectacular.
The Dolce & Gabbana Bar and Café was a great chill out place and the truffle pasta is a must!
Seta at the Mandarin Oriental is a two Michelin-starred Italian restaurant and it is set in the very cool courtyard of the Mandarin Oriental. It had amazing food and the saffron dessert was just breathtaking!

What was the biggest highlight of your trip/ most memorable moment?
SNB: We won the prestigious Silver A' Design Award at the A' International Design Award and Competition 2017 for our design project Amoeba – The Coffee Table. We received the award at the annual A' Design Award & Gala-Night at the iconic and historic Villa Olmo in Via Cantoni situated in Como, Italy. We were so humbled to represent Pakistan at a platform that essentially sets the tone for design excellence worldwide.

Favourite shopping destination?
SNB: Galleria Vittorio Emanuele II, which is one of the world's oldest shopping malls, housed within a four-story double arcade in central Milan. Via Spiga in Milan, which is lined with all my favourite designers. In addition to this, Villa Nopoletana and Excelsior Milano are great as well.

Some sights worth seeing?
SNB: The Duomo (Milan Cathedral), the Sforza Castle, Museo del Novecento (museum), and Villa d'Este in Lake Como, which is spread out on an absolutely stunning property with breathtaking views and excellent cuisine.

What are some spots for a night out?
SNB: Cavalli Club is superb and the Navigli District is fun. OK!

PHOTOGRAPHS COURTESY: SARAH NAJMI BILGRAMI

OK! WORLD IN ACTION



PAKISTAN PLAYERS POSE WITH THE TROPHY AS THEY CELEBRATE THEIR WIN AT THE PRESENTATION AFTER THE ICC CHAMPIONS TROPHY FINAL CRICKET MATCH BETWEEN INDIA AND PAKISTAN AT THE OVAL IN LONDON



A PICTURE TAKEN ON JULY 4, 2017 SHOWS A REPLICA OF THE EIFFEL TOWER AS PART OF THE SET FOR THE CHANEL 2017-2018 FALL/WINTER HAUTE COUTURE COLLECTION IN PARIS



SWIMMERS LEAVE THE START OF THE ANNUAL LAKE ZURICH CROSSING SWIMMING EVENT IN ZURICH ON JULY 5, 2017



PARTICIPANTS RUN AHEAD OF CEBADA GAGO'S FIGHTING BULLS ON THE FIRST DAY OF THE SAN FERMIN BULL RUN FESTIVAL IN PAMPLONA, NORTHERN SPAIN ON JULY 7, 2017

PHOTOGRAPHS: GETTY, AFP

OK! ASTROLOGY & TAROT

Mariam Aftab puts your cards on the table

Aries
Mar 21 – Apr 20

It's a great month for travel to nearby places. You may sign up for a course or seminar. Make important phone calls early this month. It is a time of productivity and accomplishment. You'll do some shopping for your family. It's a good time to begin home improvements. Socialising may not be a top priority. Remember to be careful about how you project yourself right now or some of your actions could end up being misinterpreted.

Aroma Therapy Oil: Ylang ylang
Lucky Numbers: Series of 2
Antidote for Evil Eye: Rotate 1 ½ kg red meat over crown chakra and throw to birds of prey every Monday

Cancer
Jun 22 – Jul 23

This is a good month for you. You may set new priorities for yourself concerning business interests. Find a way to socialise with others as you can meet an admirer. Romance is the theme this month. It's a good time for travel and recreational interests. You may receive good news from an adviser or elder family member.

Aroma Therapy Oil: Sweet Grass
Lucky Numbers: 3,5
Antidote for Evil Eye: Keep a money plant in the office area

Libra
Sep 24 – Oct 23

Focus your attention on job interests and matters related to physical fitness. Light exercise is necessary for your health this month. Don't let a friend take up too much of your time. Spiritual gains will bring comfort and mental peace. Helping co-workers and colleagues will bring you appreciation. Do things at home that you have been postponing for a long time. Be careful as older relatives are likely to make unreasonable demands.

Aroma Therapy Oil: Lemongrass
Lucky Numbers: Series of 3
Antidote for Evil Eye: Burn Sandal wood incense at your home's entrance

Capricorn
Dec 22 – Jan 21

You and a partner will enjoy quality time together. Some will sign a contract. Home-based activities will be rewarding this month. Take care while driving long distances. Focus on your friends, loved ones and various social and romantic opportunities. Try not to trample on others' feelings. Be careful at work, as your seniors will be closely monitoring your activities.

Aroma Therapy Oil: Ginger
Lucky Numbers: 1,2,3
Antidote for Evil Eye: Bathe with sea salt

Taurus
Apr 21 – May 21

This month will bring success. You will have a greater understanding of a child's behaviour. You may receive a favour or a gift from a VIP. Mental work will go well. Your close relatives will find you charming and persuasive. Don't become involved in a contest of decisions. Some old behaviour patterns might start popping up – examine these patterns. Spend some loving moments with your family.

Aroma Therapy Oil: Frankincense
Lucky Numbers: 1,5,9
Antidote for Evil Eye: Burn lemongrass incense in the office area

Leo
Jul 24 – Aug 23

Time is in your favour. You are confident, assured, and envisioning new goals for yourself. Things start to go your way. Enjoy your improved attitude with travel and other fun. Teamwork is the key to success this month. Don't overtire yourself; health problems may occur. You will probably take a very serious approach to all your relationships, and you are not likely to be shy about engaging with all sorts of different people right now. You should stick to your earlier plans and not change them for others.

Aroma Therapy Oil: Rose eucalyptus
Lucky Numbers: 7,9
Antidote for Evil Eye: Burn white candles in the office or living area

Scorpio
Oct 24 – Nov 22

Some minor problems in communication may arise in connection with your job. However, you will be blessed with new inspirations and you will be formulating new plans. You will be quite effective in getting your ideas across to others. Agreements will be easily reached and creative urges will be strong. You may get carried away and end up spending a little too much money. Get together with family or close friends to make it an excellent month.

Aroma Therapy Oil: Pine
Lucky Numbers: 2,8
Antidote for Evil Eye: Keep a red wallet for financial gain

Aquarius
Jan 21 – Feb 19

You will need to meet a relative halfway regarding an issue of mutual concern. An unexpected invitation comes from a friend. Do your best not to quarrel about matters of intimacy. You will be tempted to overspend. Feelings in romance may be overly intense this month. You will have success with a job-related project. You will be eager to explore many issues in depth.

Aroma Therapy Oil: Garlic
Lucky Numbers: 5,7
Antidote for Evil Eye: Rotate 7 chillies clockwise over crown *chakra* and burn on stove

Gemini
May 22 – Jun 21

You may meet someone socially who will be valuable for your business. Be on the lookout for new chances to get ahead. Finances look good! You may make travel or pleasure plans at the end of the month but don't overtire yourself. Younger people in your family may seek your advice. Avoid disappointing your mate or partner. You can achieve success through teamwork and understanding.

Aroma Therapy Oil: Rosemary
Lucky Numbers: Odd numbers
Antidote for Evil Eye: Hold citrine and recite *Ya Akhiro*

Virgo
Aug 24 – Sep 23

Logic seems to dictate a certain course of action, but your intuition may point you in a different direction. If you feel there are still things left unsaid, why not have a heart-to-heart talk? A colleague may be touchy and disagreeable. A plan needs further thought. Home-based activities are perfect for relaxation this month. You should follow your intuition. You might have some new ideas about how to best handle your resources. Romance seems good this month.

Aroma Therapy Oil: Tea tree cedar wood
Lucky Numbers: 1,9
Antidote for Evil Eye: Keep a red wallet for financial gain

Sagittarius
Nov 23 – Dec 21

It is good time to fulfill a promise you made last month. Shopping will be one of the things on your agenda. Be careful not to inadvertently hurt the feelings of a loved one. You may experience a conflict between the things you want to do and the things that must be done. Avoid domestic disputes. You could end up meeting someone this month who causes you to take a closer look at yourself or you might have that effect on someone yourself.

Aroma Therapy Oil: Vanilla
Lucky Numbers: 3,7,9
Antidote for Evil Eye: Burn rosemary oil in the bedroom area

Pisces
Feb 20 – Mar 20

You'll reach an important agreement. Your partners are in tune with you. Focus on positive thinking. An old friend would like to see you. Mental interests are favoured. Try to take a look at the effect that some people have on you. Avoid negative thinking. Romantic time with your lover will keep you in a pleasant mood. You can get great success by compromising major differences.

Aroma Therapy Oil: Lavender
Lucky Numbers: Series of 3
Antidote for Evil Eye: Keep blue agate in your bedroom


JENNIFER LOPEZ
JULY 24, 1969


GEORGE ALEXANDER LOUIS
JULY 22, 2013


MEERA
JULY 15, 1976


HUMAYUN SAEED
JULY 27, 1971

PHOTOGRAPHS: GETTY

MERGED TO EMERGE STRONGER

NIB Bank has merged with and into MCB Bank Ltd. effective Close of Business July 7, 2017. This merger is taking place under a share swap arrangement in accordance with the Scheme of Amalgamation approved by the State Bank of Pakistan on June 13, 2017, without involving any foreign exchange transaction.

MCB Bank enjoys the confidence of foreign investors including Maybank, and with this strategic merger, MCB Bank is honored to welcome Fullerton Financial Holdings (International) of Singapore as another significant international shareholder of the Bank. This magnitude of foreign investment is a mark of Excellence, reflecting the Bank's commitment to a culture of Thought Leadership, Innovative Financial Solutions and World Class Service.

All our valued customers will now enjoy the benefits of MCB Bank's larger Branch & ATM Network, enhanced portfolio of Products & Services and state-of-the-art Digital Banking Services.

For further details, customers of former NIB Bank may visit their branch or call (021) 111 642 111.

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