OK! PAKISTAN

FIRST FOR CELEBRITY NEWS

ISSUE 40, AUGUST 2017

THE NEWEST SPIDERMAN

TOM HOLLAND

ON TAKING FORWARD THE FRANCHISE

SARISH KHAN

ONE TO WATCH OUT FOR

ON THE LIST

OUR SELECTION OF HISTORIC LOCALES ACROSS PAKISTAN

SULTANA SIDDIQUI

THE DYNAMIC MEDIA MOGUL SHARES HER SUCCESS STORY



TENNIS ACE

ROGER FEDERER

TALKS ABOUT HIS RECORD 8TH WIMBLEDON TITLE



MEHWISH HAYAT

THE MULTIFACETED ACTRESS ON HER STELLAR CAREER, HER NEW FILM, *PUNJAB NAHI JAUNGI*, AND LIVING THE DREAM!

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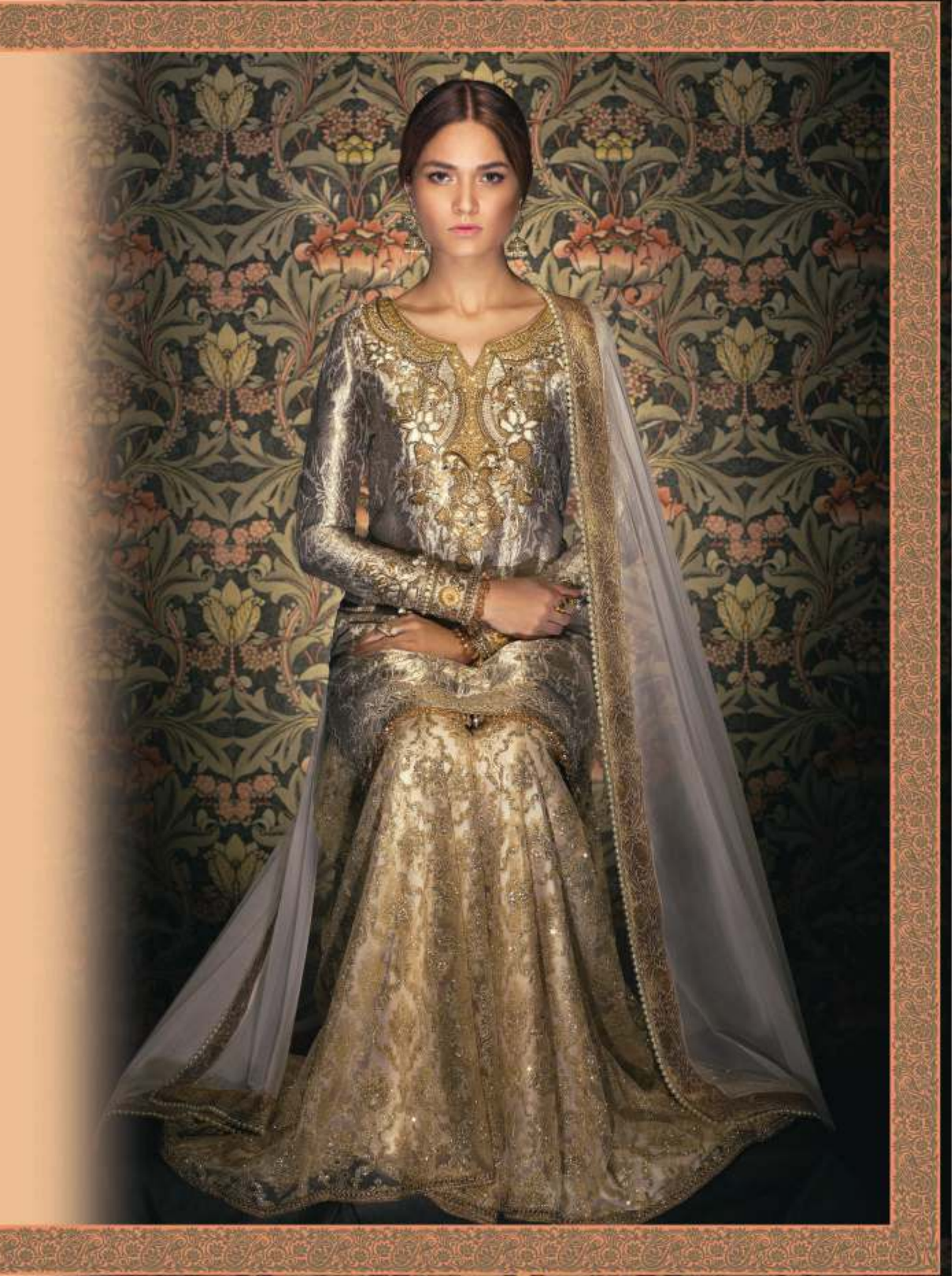

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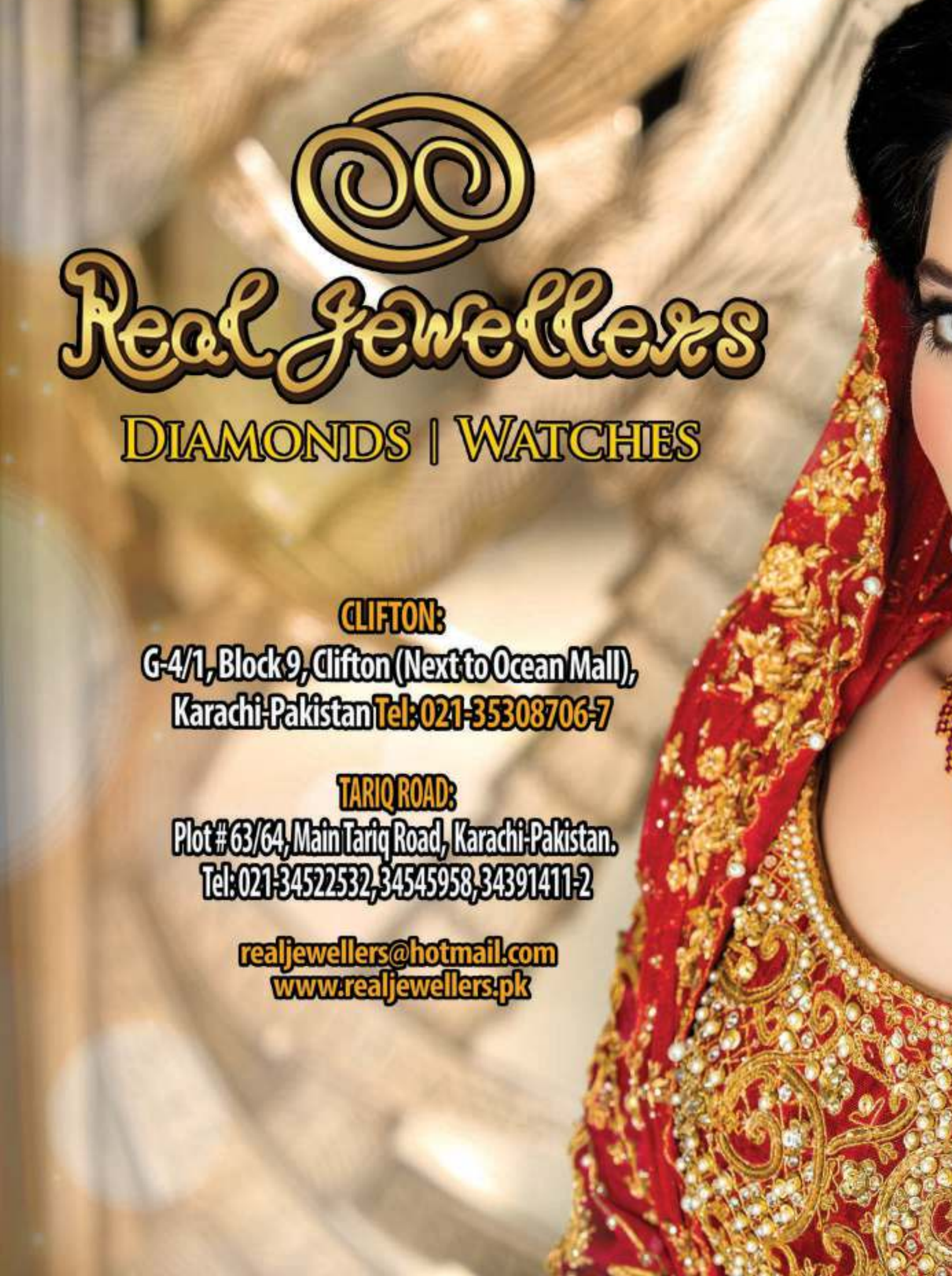
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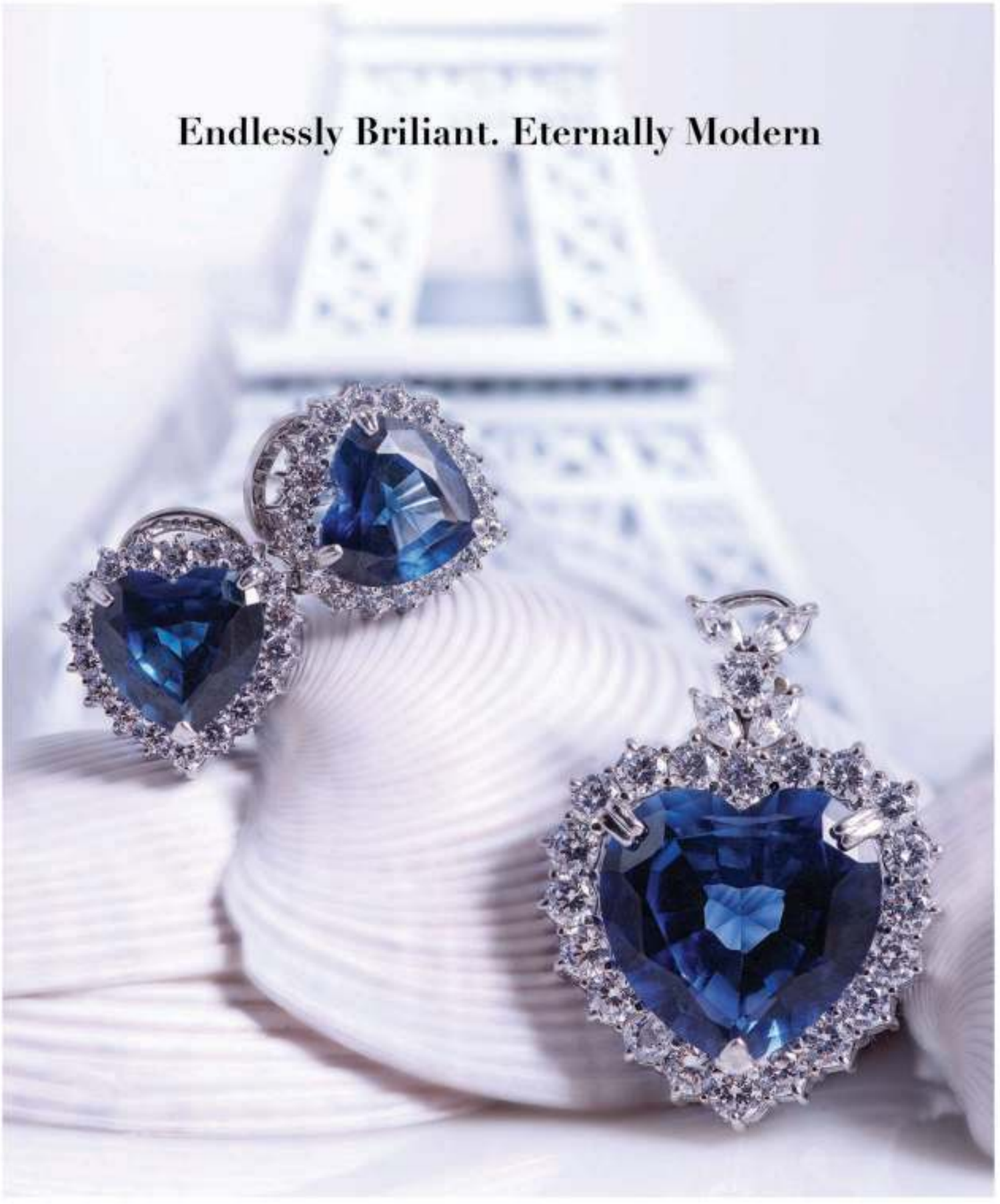








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Editor's Note



Our bumper August edition is packed with a wealth of riveting interviews and features! Gracing our cover this issue is Mehwish Hayat, a talented actress, model and singer who has cemented her position in the industry. Starting out as a child star, she has evolved into a seasoned actress over the years, one who can be relied upon to deliver a finely nuanced performance every time. She has an extensive repertoire of work and has featured in several successful TV serials and films in recent years, including *Dil Lagi*, *Manjali*, and *Actor in Law*. In this exclusive interview, she talks about her passion for her craft, her predilection for strong roles and her latest offering, *Punjab Nahi Jaungi*, one of the most anticipated films of 2017.

OK! has a rendezvous with Roger Federer, the Swiss champion who won his record 8th Wimbledon title recently and is regarded as one of the finest, most successful tennis players ever. In this interview, he talks about his triumph at Wimbledon, the strong support system he has in his wife and family, and his plans for the future.

Editor's Picks



Saira Rizwan's Modern-Day Khanum Collection

In another exciting feature, *OK*! interviews Tom Holland, who stars as a teenage Peter Parker/Spider-man in *Spider-man: Homecoming*, the newest reboot of the superhero story. In this candid conversation, Holland talks about the Spider-man franchise, preparing for stunts, and – ironically – being afraid of spiders!

International supermodel turned actress, Cara Delevingne stars in the fantasy film, *Valerian and the City of a Thousand Planets*, and has a tête-à-tête with *OK*! about the science fiction epic, personal struggles and dealing with stress and loneliness.

We have a conversation with the very inspiring Sultana Siddiqui, who started her career from scratch and has blazed her own path in life. She is the President of HUM Network Limited, the only media company in the country to be listed on the Karachi Stock Exchange, and is an acclaimed producer and director who knows the business inside out. Sultana *Apa*, as she is fondly referred to, is known to be a kind-hearted and principled lady, and is truly a strong female role model in a male-dominated society.

We hope you enjoy the issue!

Sara

Sara Amir Turab
EDITOR-IN-CHIEF



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The Duke And Duchess Of Cambridge Complete Royal Tour Of Poland And Germany



After an action-packed five days, the Duke and Duchess of Cambridge's royal tour of Poland and Germany culminated with a special treat for their son, Prince George. Before flying home, Kate and William took the youngster and his sister Princess Charlotte on a tour of the Airbus training and production facilities, an experience believed to be an early birthday present for George, who turned four the following day. The visit was the final stop on an action packed five-day royal tour of Poland and Germany, during which Kate hinted she would consider expanding their family, saying: 'We'll just have to have more babies.' Their final day was spent in Hamburg and saw William feeling a tad nostalgic as he took a look around the Hamburg Maritime Museum. While in Germany, Kate and William were taken to Berlin's Holocaust Memorial, where they were introduced to survivors of the Auschwitz concentration camp. The pair appeared to take a keen interest as they chatted with two survivors, listening to stories of life inside the camp and looking at pictures of their families.

As the first day of their tour in Poland came to an end, the royal couple headed to a garden party held in honour of William's grandmother, Her Majesty the Queen. Kate stood by William's side as he delivered his first speech of the royal tour. 'Catherine and I are delighted to be embarking on our first visit to Poland, and we hope to return many times in the years to come,' said William.

During the trip, William also spoke of his desire for the UK and Germany to remain 'firmest of friends' following Brexit: 'This relationship between the United Kingdom and Germany really matters. It is the product of many years of working closely together. It will continue, despite Britain's recent decision to leave the European Union,' he said.

Wimbledon Wraps And Sets New Records



Winning his eighth Wimbledon title, Roger Federer outdid his own record as he played through the Tournament without dropping a set. His win came over Croatia's Marin Cilic, and after five years, taking him beyond Pete Sampras and William Renshaw, who each won the championships seven times. His entire family, including his two sets of twins were all on Centre Court to watch his win and trophy presentation. "It's a wonderful moment for us as a family," Federer said.

Garbiñe Muguruza is just the second Spaniard to win the ladies' singles title, after defeating Venus Williams at the final. Winning her first title, five-time champion Williams made plenty unforced errors that led to her loss. "When I knew I was playing Venus in the final, I was actually looking forward for it," Muguruza said. "I was expecting the best Venus because I saw her, and she was playing very good," said Muguruza, who saved two sets points at 4-5 before her nine-game streak. "I knew she was going to make me suffer and fight for it." Here's looking forward to the next set in the ATP tour, the US Open that begins in New York at the end of August.





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Coke Studio Returns



Music sensation, singer and song-writer Momina Mustehsan is all set to return to Coke Studio for its historic tenth season this August 2017.

The multi-talented artist will be performing two songs in the upcoming season of Pakistan's leading music platform, with the first one being produced by Strings and will also feature Coke Studio debutant Danyal Zafar.

This marks Momina's second consecutive appearance on the platform as a featured artist. Her debut performance at Coke Studio received critical acclaim where she performed a rendition of the legendary Nusrat Fateh Ali Khan's *Afreen Afreen*, with veteran artist Rahat Fateh Ali Khan.

Ali Zafar is also set to return to the country's biggest music show, Coke Studio, for a set of highly anticipated performances for the platform's tenth season. This year will mark Ali Zafar's landmark 4th season collaboration with the platform and he is one of the only artists ever to feature in both the 1st and tenth seasons of Coke Studio. He is the only artist this season to be performing on four songs.



LUX Girls For 2017 Revealed

LUX debuted its new fragranced soap collection and to celebrate it they presented Mahirah Khan, Mawra Hocane and Maya Ali in their new TVC directed by Asim Raza. Shot at the Noor Mahal in Bahawalpur, each of the three girls has a perfumed soap to their name. Mahirah for the red Hypnotic Rose, Mawra for the pink Charming Magnolia and Maya for the white Elegant Gardenia.

Sharmeen Obaid Nabs Three Emmy Nominations

Two-Time Academy Award Winner Sharmeen Obaid-Chinoy's documentary, *A Girl in the River: The Price of Forgiveness* has been nominated at the prestigious 38th Annual News and Documentary Emmy® Awards, as announced by The National Academy of Television Arts & Sciences (NATAS) in New York. The documentary has been nominated in three categories, the most for any HBO production this 2017: Best Documentary, Outstanding Short Documentary and Outstanding Music & Sound. Her previous Emmy wins include three Emmys – Best Documentary and Outstanding Editing: Documentary and Long Form for *Saving Face*, and Outstanding Current Affairs Documentary for her documentary *Children of the Taliban*.

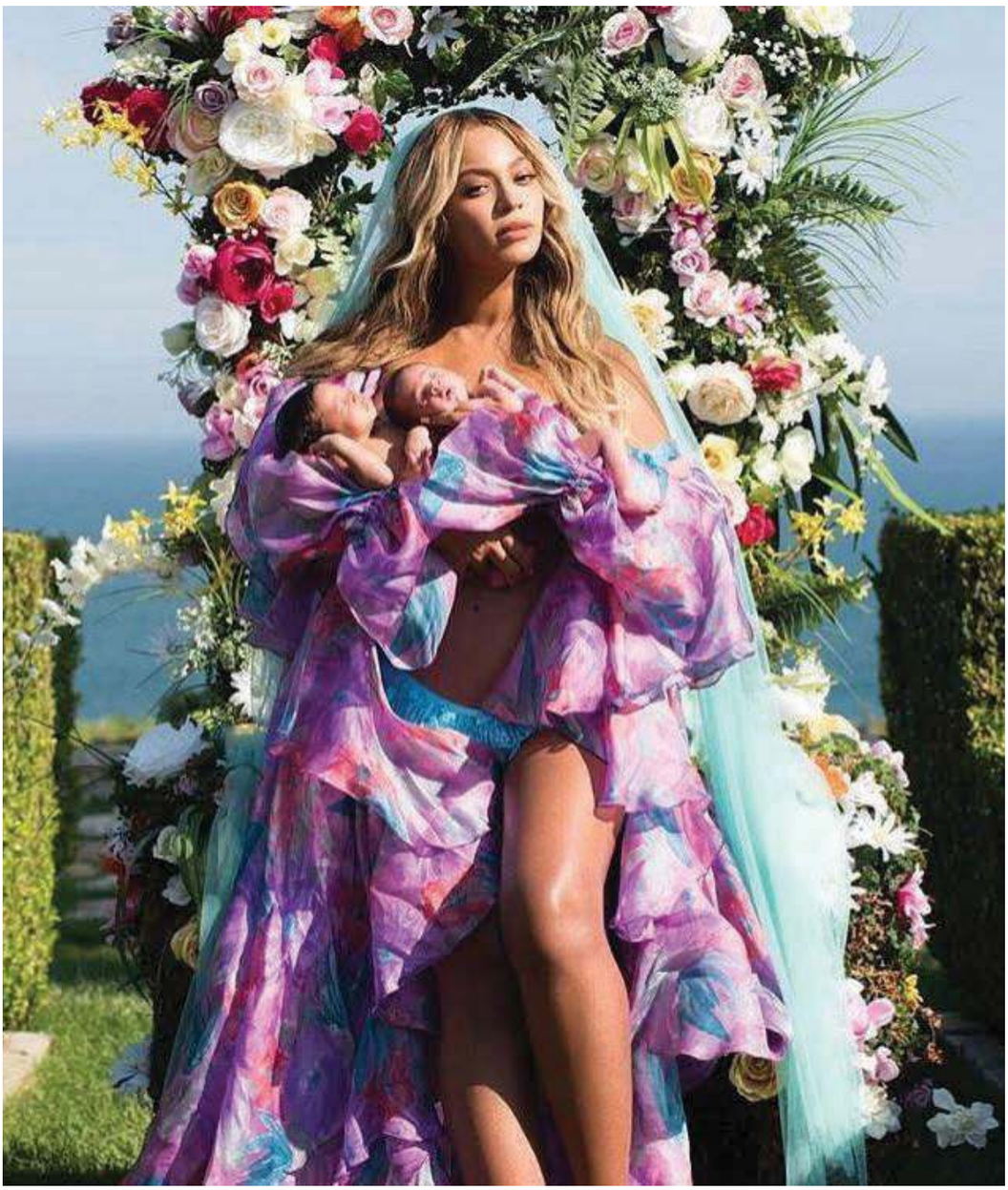
"At SOC Films, we hope that our work will spark difficult conversations that eventually lead to a change in mindsets. We have a long way to go with honour killings, which continue to impact the lives of thousands of women across the world. Through our work, we will continue to push the envelope aspiring to leave a more humane world for the next generation. My team and I are honoured to have received three Emmy nominations and aim to bring the statues home." said Sharmeen Obaid-Chinoy.

The Oscar-winning SOC Films and Home Box Office [HBO] production film, *A Girl in the River: The Price of Forgiveness*, is based on the practice of honour killing in Pakistan. The documentary chronicles one young Pakistani woman who lived to tell of her escape from an attempted honour killing by her own family. The documentary had previously won an Oscar at the 88th Academy Awards and the coveted Alfred I. duPont-Columbia University Award, in 2016 as well as the Best International Television Award at the 49th Annual Robert F. Kennedy Journalism Awards in May 2017.





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Beyoncé Shares The First Photo Of Her Twins

Their arrival was shrouded in secrecy, but finally Beyoncé and her husband Jay Z have introduced their newborn twins to the world – in typical spectacular style! The precious siblings – a boy named Sir Carter and a girl named Rumi – made their social media debut on their mother's Instagram account recently. Posting an image reminiscent of her artistic pregnancy announcement Beyoncé wrote alongside the colourful picture 'Sir Carter and Rumi 1 month today.' Her comment was followed by *emojis* of a pair of praying hands, a heart, and five faces, representing herself, her husband, their five-year-old daughter Blue Ivy and the new babies. Posing in front of a floral arch wearing a purple, pink and blue open gown, blue knickers and a long blue veil, the 35-year-old cradles both babies in her arms. The singer appears to be standing in the formal garden of the family's rented Malibu abode, with the Pacific Ocean providing a stunning backdrop. It's thought that the new picture was taken by the same photographer as her birth announcement, Ethiopian-American Awol Eriku. While the gorgeous new image clocked up 1.5 million likes within minutes, along with thousands of messages congratulating the couple. The news confirmed the twins' names, which first came to the public's attention after Jay – whose real name is Shawn Carter – reportedly had them trademarked following their arrival. Sir is an unusual choice, and could be a reference to the title given to knights. It's also a form of the name Cyrus, which means 'throne'. Meanwhile, Rumi is a Japanese name meaning 'beauty', and could also be a reference to the 13th-century Persian poet Jalal ad-Din Muhammad Rumi, who is popular throughout the world for his meditations on love and spirituality.

Abbas Hasan Signs A Record Deal With ZEE Music India

Pop sensation Abbas Hasan has signed a record deal with ZEE Music India. The Canadian-French star, often dubbed Asia's answer to Justin Bieber for his heartthrob looks and mainstream pop appeal, signed the deal with one of India's biggest record labels

Of the new collaboration, Head of ZEE Music Company Anurag Bedi stated: "ZEE Music is all about finding the fresh and exciting talent of tomorrow, and we are thrilled to have Abbas Hasan as part of the ZEE Music family. His French, Spanish and other multi-lingual flavours along with his musical talent and looks make him a very unique artist and we look forward to everything that is to come."

Abbas Hasan stated: "I'm thrilled about my partnership with ZEE Music India. The team have been so amazing to work with and I can't wait to take you all on a new journey. It's been a really exciting year so far with a lot of hectic traveling, and I know my fans have been waiting patiently so I can now reveal that my new single is dropping towards the end of July. You'll hear about it all very soon!"





Abbas Hasan is best known as the French heartthrob of the Asian music scene. He was the winner of the prestigious 2015 Artist of the Year award in his native Canada, and named one of the Top 10 Asian Artists to Watch by the Canadian Broadcasting Corporation (CBC). Born in Canada and raised in Paris, France, the young star burst onto the scene after signing with legendary Indian-Brit producer Rishi Rich, who is best known for his work with Jay Sean and Britney Spears among others.

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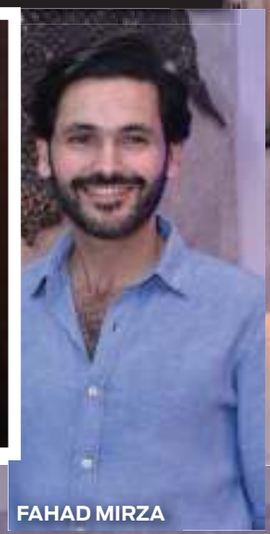

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Maybelline Hosts Soirée

Global trend-setting brand, Maybelline New York, held a soirée in Karachi to celebrate women who "make it happen", hosted by the brand's spokesperson, Ayesha Omar. In attendance at the event were powerhouses from the entertainment, fashion, film and acting fraternities.


MOMAL SHEIKH & HASAN RIZVI


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AREEBA HABIB


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MALIHA REHMAN


FRIEHA ALTAF


NABILA & IMU


HANIA AMIR


MOMAL SHEIKH


ANUSHEH SHAHID

KARACHI

Say Hello To Zero

Nabila recently launched her latest Zero make-up palette at her Karachi headquarters. The make-up maestro provided an informative beauty consultation for all those in attendance with the lucky guests walking home with the fabulous new product in hand.


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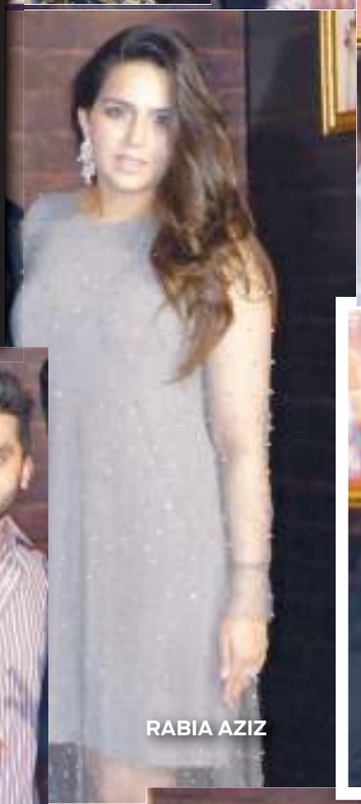

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KARACHI

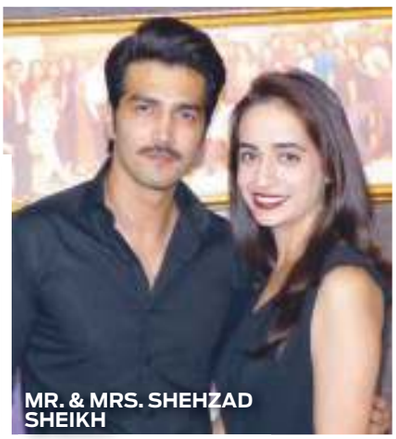
Mr. & Mrs. Hasan Rizvi's Party

Mr & Mrs Hasan Rizvi celebrated their 10th wedding anniversary with family and friends in a unique, intimate and memorable way. They invited their friends to a night filled with celebrations and surprises! A video dedication to all the friends that have been around in all the good and bad times over the course of 10 years was played at the stroke of midnight followed by dinner and cake cutting. Finally some dancing to close of the night!


ERUM SHEIKH & KIRAN HAQ


RABIA AZIZ


AADIL MANDVIWALA


MR. & MRS. SHEHZAD SHEIKH


HYDRIS


ASHAIL RIZVI


MEHREEN SONIA


MOMAL SHEIKH


RUMEENA ISHTIAQ


ZARNISHAN RAZZAK

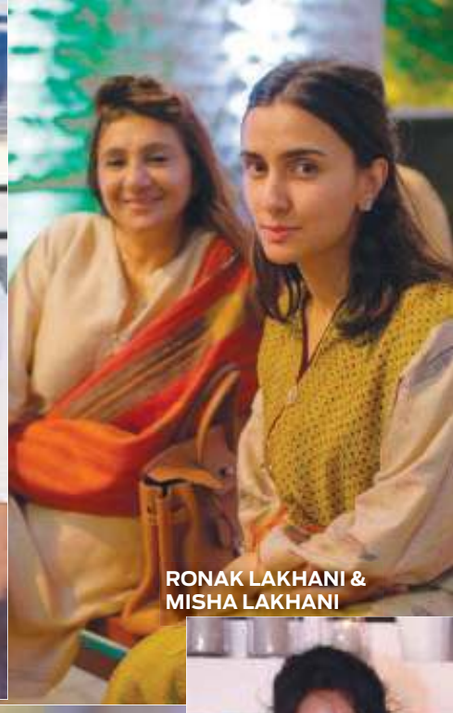

AHMER IMTIAZ & MAHEEN LAKHANI


MR. & MRS. SHEHRYAR NISHAT


MAHWISH RIZVI, MOBEEN ANSARI & KOHI MARRI


AMEENA ANSARI


AMEAN J


RONAK LAKHANI & MISHA LAKHANI

KARACHI

#WhiteInTheFlag

Two-time Gourmand Award winner, & Pakistan's leading independent publishing house, Markings Publishing, proudly launched their landmark tenth title 'White in the Flag' by photographer Mobeen Ansari at the Indus Valley School of Art & Architecture on the 3rd of August 2017 in Karachi.


UMNIA IFITKHAR & RAZA ABBAS GHEEWALA


NOOR SHEIKH


UMBER ANSARI


ADNAN PARDESY


TARA UZRA DAWOOD


ASMA IBRAHIM


SHAYAAN SAEED MEER


SALMAN ANSARI


SAYED GUL KALASH


ZAINAB MUHAMMAD


WASIM AKRAM & SHANIERA AKRAM


XENAB


ZURAIN IMAM


INSIYA SYED

PHOTOGRAPHS: KOHI MARRI & MAHWISH RIZVI


JUNAID KHAN & SONYA HUSSYN


ANGELINE MALIK


FRIEHA ALTAF


SABOOR ALY & SADIA GHAFFAR

KARACHI

Sonya's Birthday Bash

Sonya Hussyn celebrated her birthday in Karachi with close friends & loved ones. The Birthday Girl hosted a star-studded private party which was attended by Shoaib Akhter, Sajal Aly, Bilal Ashraf, Frieha Altaf, Nomi Ansari, Zhalay Sarhadi, Angeline Malik, Sadaf Kanwal, & Nausheen Shah to name a few.


SADAF KANWAL & ANEELA MURTAZA


SAJAL ALY


EHTESHAM ANSARI


SOHAIL JAVED


NOMI ANSARI


FOUZIA AMAN


ZHALAY SARHADI & AYESHA TOOR


YOUSUF BASHIR QURESHI


SAMI KHAN


NAUSHEEN SHAH


SANAM MEHDI & NADEEM BAIG


AMIR ANEES

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



"I struggled with acne for many years. Finally it has passed, but now I have acne scars. I saw an ad in a magazine about Bio-Oil and how a woman tried it on her face. I went to the drug store and got the small Bio-Oil and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! I have honestly tried anything and everything for my acne scars and who knew this might be the answer. Thank you so much, I feel so much more confident than I have ever been before."
Farzana Ahmed

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.


KUBRA KHAN & MOHSIN


JUNAID KHAN & IQRA


SANA BUCHA


HANIA & SABEENA

KARACHI

Na Maloom Afraad 2

021 hosted a Na Maloom Afraad 2 music launch, "Chal Hug Lay" party, which was attended by celebrities from across the country including the film's cast. The PR for the star-studded event was organised by Take II.

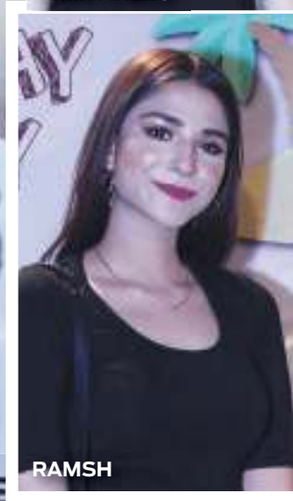

AYESHA TOOR & ZHALAY SARHADI


SAIMA AZHER


AMIR ANEES


MANTAHA


TEHMINA KHALID


RAMSH


ADNAN PERDESI


UMAIR MIRZA


NADIA HUSSAIN


FAHAD & DEEPAK


SAQIB MALIK


NIKHIL


RUBAB



AREEBA HABIB


TAPU JAVERI & ADNAN PARDESY


AMIR ANEES & ATIF


ZHALAY SARHADI


AYAZ ANIS & SHAKIR

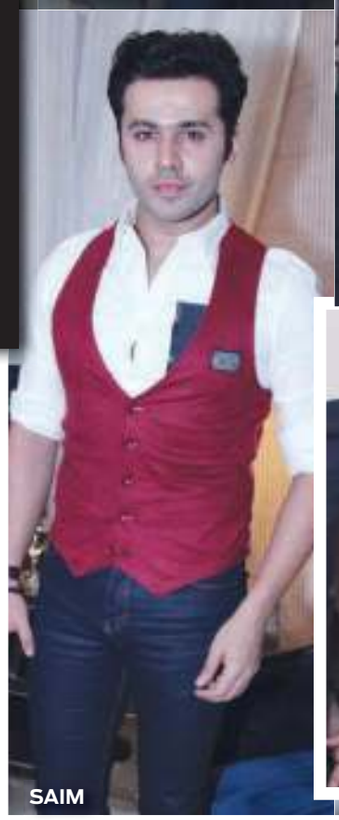
KARACHI

Birthday Celebration

Amir Anees and Zhalay Sarhadi recently hosted a birthday party for Imran Khan Kakar, which was attended by celebrities and notable media personalities.


SADIA & TALHA NAWABI


NUBAIN ALI


SAIM


EHTESHAM ANSARI & FAISAL


MAHGUL JAWED


SIDRA YOUNUS, AMNA JILLANI & HIFZA JILLANI


HASSAN KAMAL, WAQAS HASAN RIZVI & HASSAN HAYAT KHAN


ALI KAZMI


MASHUD SHAHID & AMNA KHAN


KANDEEL


SANAM & WARDHA SALEEM


SARWAT GILANI & FAHAD MIRZA


DEEPAK PERWANI


HASHAM RIAZ SHEIKH & SHARMILA FAROOQI

KARACHI

Mon Amour by Wardha Saleem

Wardha Saleem hosted a fun 'Mon Amour' themed evening of cocktails and celebrations in Karachi.


HASAN AHMED & SUNITA MARSHALL


TAPU JAVERI


FAYEZA ANSARI


ALI ZEESHAN


FAHAD & ZARA


FRIEHA ALTAF


HASNAIN LEHRI


MANTAHA




AMAL & ANOUSHEY ASHRAF


AZFAR REHMAN


NUBAIN ALI

SADAF KAWAL


ANDLEEB RANA


NADIA HUSSAIN

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ANAM SALMAN & SALMAN TARIQ


ANMOL


AMANAT ALI


SOMAYA & JAVIAD MIANDAD

KARACHI

Anam Salman's Debut Eid Collection

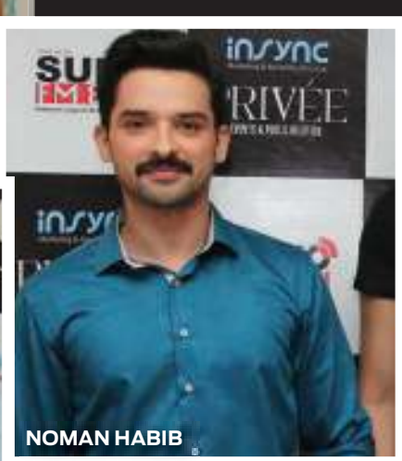
Fashion designer Anam Salman, a graduate from the Asian Institute of Fashion Design, unveiled her Eid collections Chimera and Khayal in Karachi's Brands Just Pret at Dolmen Mall, Clifton.


MR. & MRS. JAM SAADAT ALI


MARYAH MIANDAD


HAIDER ALI


NAZIA MALIK


NOMAN HABIB


HIRA HUSSAIN


TALAL REHMAN


NAZNEEN TARIQ


SHAZIA NAZ


FATIMA


SABIHA SAQIB & SAQIB


ANZA


FARRUKH MIAN


SANA ZEHRA



AHMED & ANUM AT THEIR WEDDING RECEPTION

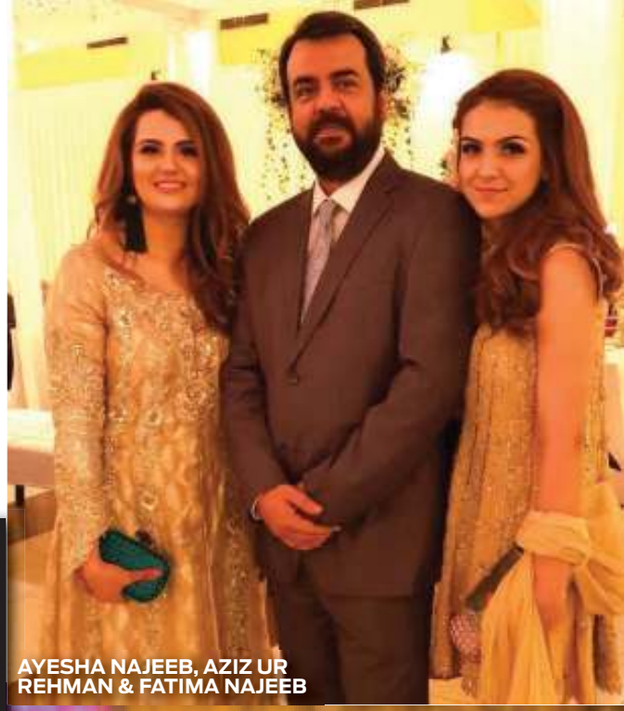


AHMED WITH HIS MOTHER, REHANA NAJEEB

KARACHI

Ahmed Weds Anum

Mr and Mrs Chaudhry Najeeb ur Rehman hosted the wedding of their son Ahmed Chaudhry with Anum Rajwani. The wedding festivities included a fun mehndi night, a wedding reception, and ended with a valima and a qawali night by Rahat Fateh Ali Khan.



AYESHA NAJEEB, AZIZ UR REHMAN & FATIMA NAJEEB



RAHAT SANGEET



BEENISH OMAR & FARHEEN SOHAIL





AHMED & ANUM AT THEIR MEHNDI RECEPTION



AHMED & AUM - RAHAT SANGEET



KOMAL MALIK



AHMED WITH FATHER


AHSAN KHAN & TEHMINA KHALED


GOVENOR SINDH MUHMMAD ZUBAI


HIRA HUSSAIN & GARY CHAPMAN

KARACHI

Marhaba Lounge

Gerry's Dnata has opened a new Marhaba Lounge at Jinnah International Airport in Karachi. The lounge is currently accessible to business class passengers of Emirates.


ANGIE MARSHAL & KEN MARSHALL


RAMSHA AKMAL


MISHALL


MISBAH MUMTAZ


TASNEEM SADAF


JAMAL MIR


ROHAIL KHALID


TAUQEER MUHAJIR


ZOBIA MOTIWALA

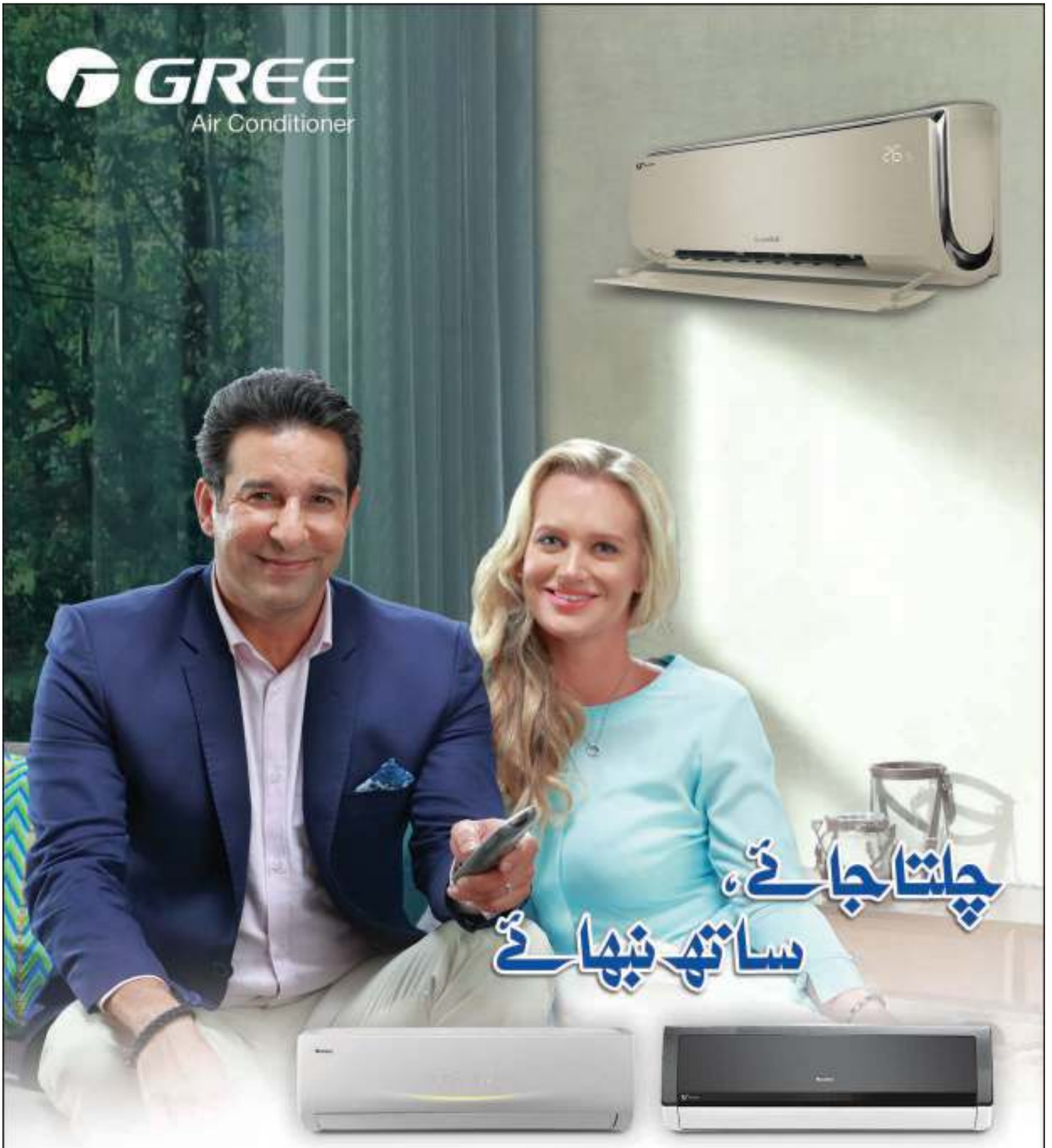

NADIA HUSSAIN & RUBAB MASOOD


FAISAL KAPADIA


SUZAN RASHEED


ESHA ARAIN


ANUSHEY ASHRAF



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KH PARK & YJ KIM


JUNAID KHAN


MAHAM AMJAD


MOMIN ALI MUNSHI


NAYAB QAYUM

LAHORE

QLED Launch

Samsung Pakistan launched its new QLED TV at Nishat Emporium. The event was managed by JbnJaws & PR by Cartel PR.


ADEN & REHAN


ANAM RAHEEL


DR. FARZEEN


AHMAD ALI BUTT


RUBIA MOGHEES


IMAD WASEEM


SHEHRYAR KHALID


HADIQA KIYANI


UMER GHUMMAN


SARAH SARFRAZ


MIKAAL ZULFIQAR


MIRA SETHI


ADEN REHAN &
REHAN BABER


HAMZA BOKHARI


ANUM RASHEED


LINA SHAHID


SARA ZAHID

LAHORE

HKB x Awesamosas Party

HKB Express and Awesamosas joined hands to host the HKB x Awesamosas party on 28th July, 2017. The event was attended by journalists, bloggers and socialites and was enjoyed by everyone.


DANIYAL &
NEHA


SARA


MEENAL KHAN


MAHNOOR AHMAD


MASHALLE HIRA


NIDA


WARDA SAEED


NOMITA KIYANI


RAMSHA SOOFI


ANAM


SARAH GANDAPUR


MOHSIN ALI


KAMIAR ROKNI & REHAN


MUNEEZA & FARWA


SAM DADA


UMAIR & ALI FAZLI

LAHORE

The Black Prince Premiere

Rose Petal & McDonald's hosted the premiere of The Black Prince, a biopic based on the story of the last Sikh Maharaja. The event was managed by Bilal Mukhtar & Fakir Khana Museum.


MINAHIL & SADAF


RABIA


DR FARZEEN MALIK


MYDA & FAIQ


KUKI


RUP MAGON


UZMA


ZARMINA




SUMAYRAH

USHNA SHAH


SADAF FAWAD & FAWAD KHAN


HAMZA


SOPHIE STEVENS


SHAMEELAH



AAMIR MAZHAR &
NISHAT MAZHAR



DAVINDER SINGH &
MAZHAR QAYYUM



AYESHA IBRAHIM

WASHINGTON

Trunk Show

The annual trunk show took place in Washington D.C.'s Marriott Hotel, with an array of Pakistani designers who participated. The event was well-attended by fashion enthusiasts from Maryland, Virginia and D.C.



FAOOQ & FAIZA MAZHAR



HAMNA AMIR



HAFSA IQBAL & SADIA CHEEMA



ANOUSHE & SEEMA



ABIDA MUFTI & AISHA IMRAN



ANJU, DIMPLE & ZAKIA



Kehrish HAYAT

"I never feel that I am just reading lines from a script. I feel that I am living those characters on-screen."

The box office queen talks about her new film *Punjab Nahi Jaungi*, inspirations in life, her passion for acting, and much more!





Actress, model and singer, Mehwish Hayat is truly a multifaceted performer and has made a niche for herself in Pakistan's burgeoning media industry. Starting out as a child star in the '80s, she has an expansive body of work to her credit and is regarded as one of Pakistan's leading and most versatile actresses today. Over the years, she has garnered the adulation of audiences in Pakistan as well as the South Asian diaspora, with several record-breaking TV serials including *Dil Lagi*, *Manjali*, *Mere Qatil Mere Dildar* and *Kabhi Kabhi*, to name a few.

Since 2014, she has been on a roll, and has featured in some of the biggest blockbuster films in recent years: *Actor in Law*, *Na Maloom Afraad*, and *Jawani Phir Nahi Ani*. Her latest venture *Punjab Nahi Jaungi*, which also stars industry stalwarts Humayun Saeed and Urwa Hocane, is poised for release around *Eid-ul-Azha* and the trailer certainly looks promising. *Punjab Nahi Jaungi* is a romantic-drama directed by Nadeem Baig and features an A-list ensemble cast. Will Mehwish Hayat make waves yet again with her new film? Time will tell, but if her repertoire of work is anything to go by, it would not be presumptuous to say that she will deliver yet another finely nuanced performance.

Always one to tread her own path, Mehwish Hayat has made eclectic choices over the years, varying from demure roles such as Aima in *Mirat-ul-Uroos* to spunky characters with gumption, such as Anmol in *Dil Lagi*. She admits to a disdain for "glamorous, showpiece" roles and says she is now in a position to refuse such projects. Instead, she prefers performance-oriented scripts that push her as an actress and give her the opportunity to demonstrate her acting skills.

OK! Pakistan has a conversation with the talented Mehwish Hayat about work, inspirations in life and what the future holds for her!

How did you foray into the world of acting? When and how were you discovered?

Mehwish Hayat: My mother, Rukhsar was an established drama artiste so showbiz was very much in the family. As a child my first appearance on the screen was for a bubble gum television commercial when I was six-years-old. I think that they were looking for a confident child who could emote on screen and I must have fit the bill. I was a very cheeky and outgoing child and loved playacting. Appearing on screen was just an extension of that and I loved all the attention.

From a child star in *Wajood e Laraib* to becoming one of the biggest names of the industry, you have come a long way indeed. Tell us about the journey that has brought you this far.

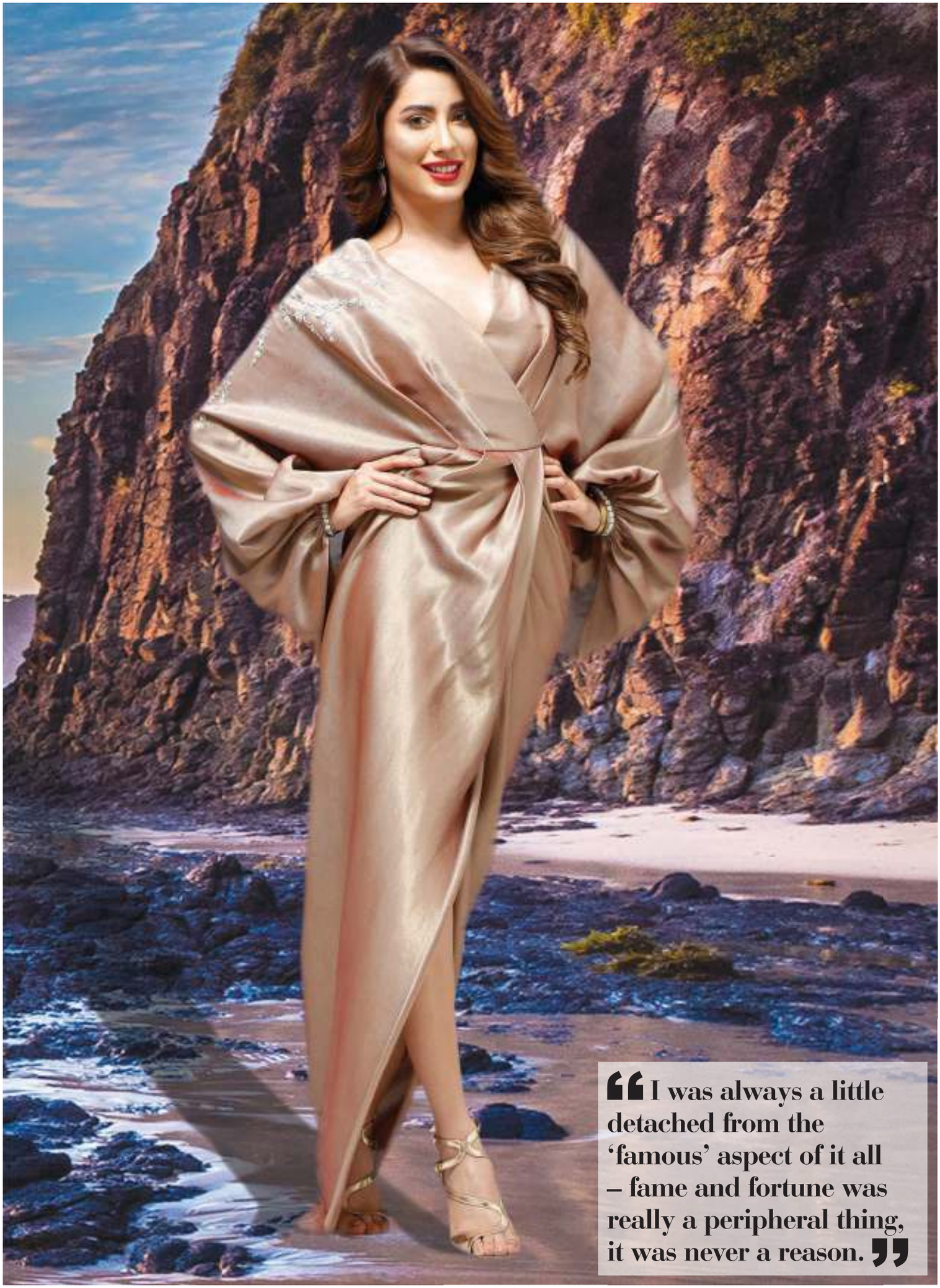
MH: I feel very blessed with the way that my career has progressed and will always be grateful to God for all the opportunities I have been offered. Like any journey it has been full of ups and downs, a real roller coaster. But I guess that what maybe helped me establish myself in the public's psyche was the revival of the nascent Pakistani film industry. With very many talented people coming into films from the drama and commercial industries there were some very good projects being made. I was fortunate to be involved with three of the biggest films in Pakistan; the films and fortunately my roles clicked with audiences.

There's a lot of hype about your new movie, *Punjab Nahi Jaungi*. The trailer looks good and it's resonated with film buffs. Can you tell us about your role in the movie?

MH: I think that the trailers have given the public a very good idea of what my role entails. I play a modern girl, educated abroad, with very strong independent views. Through the relationship with Humayun's character – who is much more traditional – those views are well and truly tested. Romance, comedy, drama and tears all ensue as the story reaches resolution. I cannot say much more but audiences are in for a really entertaining ride, I promise you.

How was your experience of working on *Punjab Nahi Jaungi*?

MH: Working with this team never feels like I am ►



“I was always a little detached from the ‘famous’ aspect of it all – fame and fortune was really a peripheral thing, it was never a reason.”



> **“I am a firm believer in women’s empowerment and look to taking on roles that can inspire young girls. Not all women are demure or submissive as often portrayed on-screen, we are independent and aware of our rights.”**

working! The atmosphere is very relaxed and jovial on set which helps create the on-screen chemistry that the audiences see. Having said that, Nadeem is a perfectionist and a hard task master but he inspires us all to give our best. Working with him, and filming is very much a collaborative effort. I never feel that I am just reading lines from a script, I feel that I am living those characters on-screen.

What kind of rapport did you share with your co-stars, Humayun Saeed and Urwa Hocane?
MH: Humayun and Urwa are dear friends and respected professionals in their own right. The rapport on set is one of mutual respect and utmost trust. On-screen we bounce off each other and inspire each other to deliver our best. Off-screen we are very relaxed and enjoy each other’s company. There is so much waiting around on set that it would be very difficult if we didn’t get on with each other.

Any special memory you’d like to share from the set of the movie?
MH: There is not just one single moment that stands out. For me acting is what I enjoy doing so the whole shoot was an enjoyable process. Nothing beats giving a take and then watching it on playback. Seeing what were just words on a page come to life is an exhilarating feeling which I will never tire of.

You gave a very convincing performance in *Actor in Law*. What was it like working on the movie? Did you anticipate such a fantastic response to it?
MH: Nabeel is another director I respect very much and working with him and Fizza is always a pleasure. Again it is like being with family. The role was very challenging and one that I enjoyed playing. I knew that it was a fantastic role when I first read the script but to anticipate the response from the audience would have been arrogant. I am thankful that the audiences reacted so positively to a character that was so dear to me.

Over the years you have generally given precedence to performance-oriented scripts such as *Manjali* and *Mere Qatil Mere Dildar*, rather than typical glamorous fare. What motivates you to say ‘yes’ to a project?
MH: While I was initially obliged to play ▶





characters that fit into the norms expected by drama audiences in Pakistan, I also took on roles that pushed me as an actress. I did theatre and experimental shoots which all helped me develop my art. I am not content with playing the stereotypical Pakistani drama heroine and have always believed in pushing the boundaries of my art. So what spurs me on to sign a role is whether the character will push me as an actress; I am not interested in just being a glamorous showpiece.

Your character in *Dil Lagi* was impulsive and gutsy, and really clicked with viewers. It was quite a departure from the demure, submissive roles we normally see on TV. What are your own thoughts on this?

MH: My own mother is a spirited woman, who has been a major influence and inspiration in my life. I am a firm believer in women's empowerment and look to taking on roles that can inspire young girls. Not all women are demure or submissive as often portrayed on-screen, we are independent and aware of our rights. It is only by portraying these characters on-screen that we can instill a change in society. Many came up to me and said that they saw Anmol as a role model and that was what I was hoping to achieve. Girls cannot underestimate the role that they can play in society, and must stand up for themselves to achieve their goals.

Which directors and co-stars do you share a good rapport with?

MH: I stay above industry politics, thus enjoy a great rapport with all my co-stars. As regards to directors, over the past few years I have been working almost exclusively with Nabeel and Nadeem, two of the finest in our country. I enjoy a tremendous rapport with both; they in their own respective ways know how to bring out the best in me.

Your special appearance in the song '*Billi*' in *Na Maloom Afraad* came as a shock to some of your fans...would you like to comment on this?

MH: I have always pushed the boundaries with what I do and I wanted my first film role to be the same. Without doubt, doing an item number in Pakistan was a big risk that could have spectacularly backfired. It was something that was well outside my comfort zone. I discussed this a great deal with my family and got their blessing before I agreed to anything. It was important that I was not doing anything that would in any way shame them. Also I discussed every minute detail with the production team and had utmost trust in both the director and producer in that they would not do anything that crossed the line. The end result was sexy without being vulgar, which is the effect that I was looking for.

Have you had formal training in dance or are you self-taught?

MH: I am totally self-taught.

How do you think you will evolve and develop your career in the coming years? You have a lovely voice and have already added singing to your repertoire; do you see yourself branching out into other creative fields as well?

MH: I am perfectly content with sticking to singing and acting for the time being. I think that my best is still to come.

Has success changed your perspective of life? How do you feel you have changed as a person over the years?

MH: I was always a little detached from the 'famous' aspect of it all – fame and fortune was really a peripheral thing, it was never a reason. I was never one of those people who're desperate to be famous. So while fame has limited what I can often do these days I still try and maintain as normal a life as possible. I still have a family and group of friends that keep me firmly grounded in reality.

We hear you are an avid reader – tell us about some of your favourite books.

MH: I have a very eclectic taste in books and enjoy a variety of different genres. My current favourite is *40 Rules of Love* by the Turkish writer Elif Shafak. The way in which she weaves the modern day quest for love with the mystical story of Rumi and Shams is both enlightening and enthralling. I also enjoyed very much reading *Good Morning Afghanistan* by a dear friend and mentor, Waseem Mahmood. To learn about his adventures and what he went through in setting up a radio station in post war Afghanistan was a real eye-opener to me. Of course, like everybody else I am totally taken with *The Alchemist* by Paulo Coelho. In the simple ▶



“With fame comes a certain responsibility and I do feel that it is my responsibility to spread a more positive image of Pakistan around the world.”





story of the shepherd boy and his journey perhaps we see a metaphor for our own lives – I know that I certainly do.

What is a typical day like for you? How do you spend your time when you are not working?

MH: I think that work is so intense and full on that when I do get time to myself I take pleasure in the simple things that many would take for granted. I sleep a lot and love eating my mother's home-cooked food; she makes a mean *biryani* that is simply to kill for. I also enjoy being around my nephews and nieces who I simply adore. My brother is an accomplished musician, we spend a lot of time in his home studio jamming and making music. I also have a very close group of friends with whom I hang out.

Can you share some beauty and wellness tips with our readers? What are some of your favourite beauty products?

MH: My beauty regime revolves around the concept of 'clean living'. I take care to eat the right foods and exercise a lot. I am a particular devotee of yoga which I find very relaxing and helpful – highly recommended. Drinking a lot of water and keeping the skin hydrated is also a must, as is a good sun block. Finally, a good cleansing and moisturizing routine is essential. I have a guilty secret: I have become addicted to Guerlain and Crème de la Mer products – I really believe that they have helped keep my complexion very clear in spite of the heavy punishment that screen makeup and bright studio lights inflict on a daily basis.

> "Many came up to me and said that they saw Anmol (*Dil Lagi*) as a role model and that was what I was hoping to achieve."

And finally, how would you describe this time in your life? What's next for Mehwish Hayat?

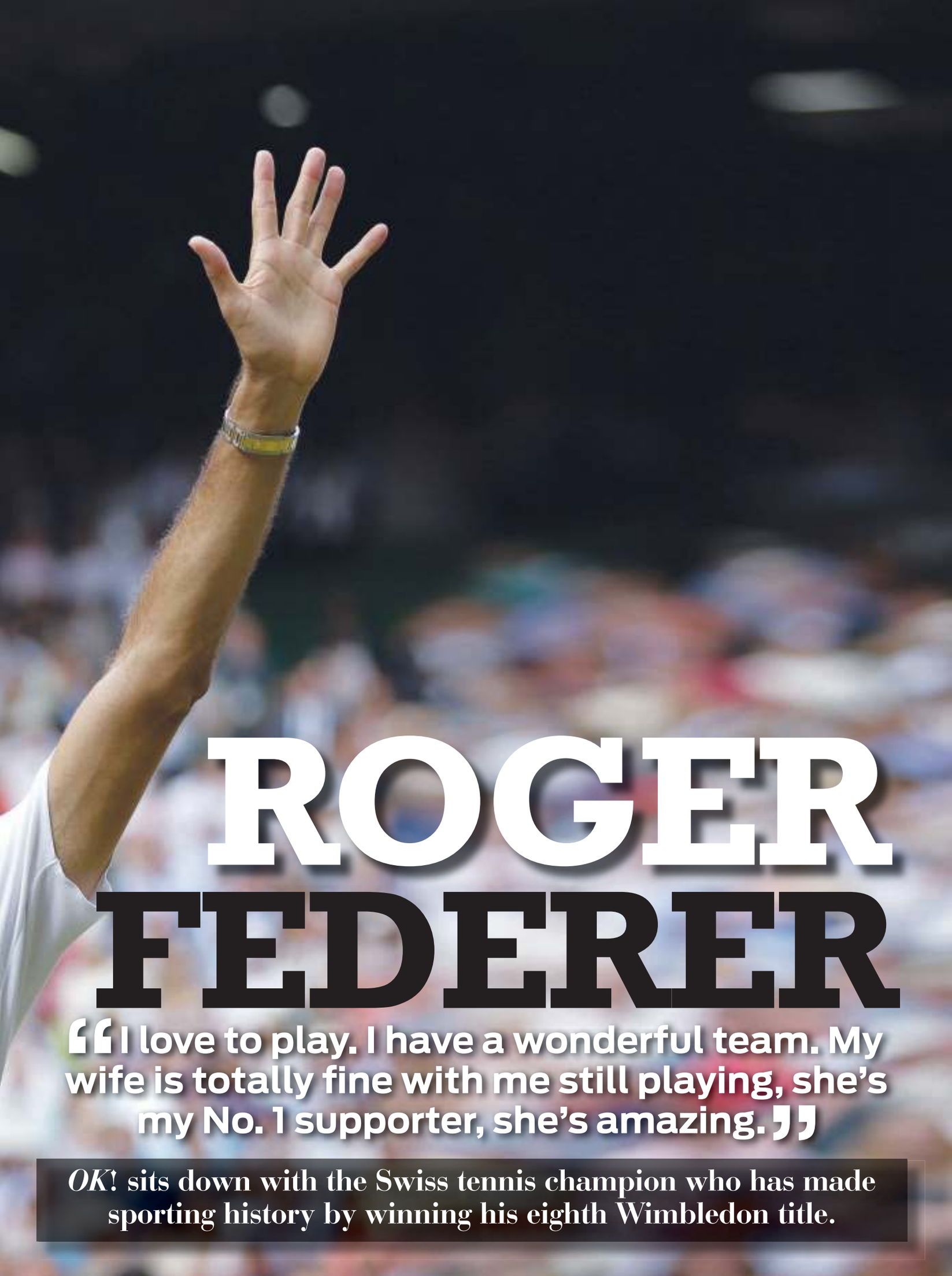
MH: I think that I am very grateful for the success that the public has afforded me. I could not have even imagined achieving so much when I started out. However, with fame comes a certain responsibility and I do feel that it is my responsibility to spread a more positive image of Pakistan around the world. Arts, culture and music are universal levellers and I believe through these mediums we can reach out beyond our borders. In the West there is a lot of noise about the misrepresentation of Muslims on screen, but isn't it our own responsibility to be telling our stories to the West? This is something that I am passionate about. How that will translate into projects let's see.

On work, I have just read the most amazing script which I am hoping will be announced in the coming weeks. Cannot say much more but it will be really amazing if it happens. What is exciting is that I am heavily involved in the development process and am enjoying learning about the mechanics of production and what goes into putting together a film before it even gets to the floors.

More immediately, I am about to undertake a month long singing tour of the US. Billed as a Pak US friendship tour, I will be on stage performing with my brother Zeeshan and sister, Afsheen for the very first time. I'm very excited to be reaching out to a new audience and being on stage with my talented family! OK!

INTERVIEW: SARA AMIR TURAB
STYLING: RAO ALI KHAN
MAKE-UP, HAIR & PHOTOGRAPHY: AKIF ILYAS
WARDROBE: SANIA MASKATIYA
JEWELLERY: SUNAINA JEWELLERY, MAHRUKH AKULY





ROGER FEDERER

“I love to play. I have a wonderful team. My wife is totally fine with me still playing, she’s my No. 1 supporter, she’s amazing.”

OK! sits down with the Swiss tennis champion who has made sporting history by winning his eighth Wimbledon title.

ROGER FEDERER OF SWITZERLAND IS PRESENTED WITH THE TROPHY BY THE DUKE OF KENT AFTER THE GENTLEMEN'S SINGLES FINAL AGAINST MARIN CILIC OF CROATIA ON DAY THIRTEEN OF THE WIMBLEDON LAWN TENNIS CHAMPIONSHIPS AT THE ALL ENGLAND LAWN TENNIS AND CROQUET CLUB AT WIMBLEDON IN LONDON



AELTC CHAIRMAN PHILIP BROOK, PRINCE WILLIAM, DUKE OF CAMBRIDGE AND CATHERINE, DUCHESS OF CAMBRIDGE AND GILL BROOK APPLAUD FROM THE CENTRE COURT ROYAL BOX AFTER THE GENTLEMEN'S SINGLES FINAL BETWEEN ROGER FEDERER OF SWITZERLAND AND MARIN CILIC OF CROATIA

Roge Federer has been celebrating winning an unprecedented eighth Wimbledon title. The Swiss tennis champ beat Marin Cilic in straight sets to get his hands on the prestigious golden trophy and make sporting history. The Duke and Duchess of Cambridge were watching from the Royal Box on Centre Court, while a host of celebrities were also at the event including Hollywood stars Uma Thurman, Eddie Redmayne, Sienna Miller and Andrew Garfield. Watching from the player's box was Roger's wife Mirka and the couple's four children - Charlene, Myla, Lenny and Leo. Speaking after his win, Roger – who took six months off after losing in the Wimbledon semi-finals last year – said: "I put in a lot of work and it paid off." He also spoke about the support he has from his wife and family, his ambitions for the future and what he thinks has made him one of the most successful tennis players ever.

Congratulations on winning your eighth Wimbledon title. When you first you're your idol Pete Sampras in 2001 could you ever imagine getting to this achievement?

ROGER FEDERER: Yeah no, I didn't think I was going to be this successful after beating Pete [Sampras] here. I hoped to have a chance maybe one day to be in a Wimbledon Finals and have a chance to win the tournament so winning eight is not something you can ever aim for in my opinion and if you do, I don't know, you must have so much talent and parents and coaches who push you from the age of three on, who think that you are like a project. I was not that kid. I was just a normal guy growing up in Basel and hoping to make a career on the tennis tour. And I guess I dreamed, I believed and really hoped that maybe I could actually do it, to make it real. So I put in a lot of work and it paid off.

After leaving the Tournament in the semi-finals last year and taking some time off, did you believe you would be back and could win it?

RF: I mean, honestly, it was all based on health. It wasn't about the game itself, how I should play when I come back to Wimbledon this year. It was all just put myself in a good physical state that I could compete with the best and play seven times five sets, that was my goal and I achieved that. So when I showed up here in Wimbledon, I was actually already very happy.

Is your intention to be back next year or will you get to the end of this year and decide whether to do another whole year on the Tour?

RF: I mean, honestly, ever since I had the year I had last year, I do think probably a year ahead of time, with my schedule and fitness schedule and tournaments I would like to play. So I totally see myself playing here this time next year but because it is far away and because of what happened last year, I just like to take the opportunity to thank the people in the very moment and just make them understand that yes, I hope that I am back but there is never a guarantee, especially not at 35, 36. But the goal is definitely to be here again next year to try and defend. ►



MIRKA FEDERER & ROGER FEDERER ATTEND THE "REI KAWAKUBO/COMME DES GARCONS: ART OF THE IN-BETWEEN" COSTUME INSTITUTE GALA AT METROPOLITAN MUSEUM OF ART IN NEW YORK



> “I was just a normal guy growing up in Basel and hoping to make a career on the tennis tour. And I guess I dreamed, I believed and really hoped that maybe I could actually do it, to make it real. So I put in a lot of work and it paid off.”

ROGER FEDERER ATTENDS THE 88TH ANNUAL ACADEMY AWARDS AT HOLLYWOOD & HIGHLAND CENTER IN HOLLYWOOD



ROGER FEDERER WITH THE TROPHY AT THE MENS WIMBLEDON FINAL 2017

You've often spoken about not worrying about records, that's not what motivates you...
RF: Well, I didn't quite say that like I don't care! [laughs] I said it was a great extra motivator. It was.

Is there something particularly special about getting to eight wins at Wimbledon, where it was your first, and no one has ever achieved that for the Men's Championship?
RF: Yes, it is very special. Wimbledon was always my favourite tournament and will always be my favourite tournament. My heroes walked the grounds here and walked the courts here and because of them, I think I became a better player too. So to mark history here at Wimbledon really means a lot to me, just because of all of that really. It's that simple. So funny enough, I didn't think of it that much throughout the day or throughout the trophy ceremony, I was more just so happy that I was able to win because it's been a long road, it's been an exciting road, it's been tough at times but that's how it's supposed to be. So to be Wimbledon champion for an entire year now is something I can't wait to savour and just enjoy. So it was super special and number eight obviously means a lot to me because at that level to be a part of Wimbledon history is truly amazing.

Will you now reassess your goals in a different way?
RF: Not really. I was always going to play more in the second part of the season. I wasn't going to skip entire swings, you know, I wasn't going to skip Asia or the American tour or the European indoors. I was always going to play as much as I possibly could. So I think I'm going to stay true to that and now we have to sit down and decide what we're going to do with Canada or not but most likely I'll definitely play Cincinnati and the US Open and Shanghai and then go back to the indoors. So that's the plan for now. ▶





ROGER FEDERER SHAKES HANDS WITH CROATIA'S MARIN CILIC AFTER WINNING THE MEN'S SINGLES FINAL MATCH ON THE LAST DAY OF THE 2017 WIMBLEDON CHAMPIONSHIPS

Did you believe that you would get another Grand Slam title?

RF: I truly believed, you know, and for me it was also important that my team believed it as well. So it wasn't just like me trying to carry the team, I need the team to carry me most of the time because that's the few percent that the team makes a difference. Maybe when you're doubting yourself, they reassure you, if you're feeling too good, they make sure you come back to planet Earth and put you in your place. So that's where I think I have a wonderful team and I did ask them the question sincerely to everybody on my team if they thought I could win majors again or if I could win the biggest tournaments or if I could win against the best on a regular basis. Basically, the answer was always

> "Yes, it is very special. Wimbledon was always my favourite tournament and will always be my favourite tournament."

the same from them, that they thought if you're 100 percent healthy and you're well prepared and you're eager to play then anything's possible. But if those components are not working then it's going to be extremely difficult. And that's how it also played out so that we're all right and I believed them and I had the same feeling so that's why I think the break last year was really necessary to reassess and just get back to 100 percent physically.

Why do you think you have had to much success in your career, what are the physical and mental abilities it takes to achieve these great records?

RF: I think at this stage it is really consistency, not shying away from the big stage, I've always been a big stage player, I've always felt like I've played my best on the biggest courts. I struggled on Court 18, to be honest, because of whatever reason it was, I just didn't feel I hit the ball as good there as on Centre Court. So that was always going to be a good thing if I played the best players in the bigger matches that that would serve me well. I felt like I dreamed pretty big as a kid, I felt maybe things were possible that maybe others thought were never going to be achievable. That helped me. And I just think I trained really hard and really well and very clever over the years. If I go back to my first coach to my coaches today and the same thing with fitness all the way to today, I think every step of the way I had the right people. I have amazing people around me. My wife, my parents, who have always kept me very grounded and kept me the person that I am still today. And then in the game I guess, yes, I was blessed with a lot of talent but also I had to work for it. Talent only gets you that far really.

You always have very high standards and you said at 15 that you should be able to play the perfect match, which is almost impossible to achieve...

RF: Not at 15 anyway! And also not at 35 so...

But just talk about what's been happening this year and this tournament where of course you



ROGER FEDERER & SPAIN'S GARBINE MUGURUZA POSING WITH THEIR TROPHIES AT THE CHAMPIONS DINNER IN CENTRAL LONDON

didn't lose a set? There's a level of excellence that's just incredible?

RF: Honestly, I'm incredibly surprised and how well I'm feeling as well and how things are turning out to be on the courts, how I'm managing tougher situations where my level of play is on a daily basis. I am surprised that it's this good. I knew I could do great again maybe one day but not at this level. And I guess you would have laughed too if I told you I was going to win two Slams this year. People wouldn't believe me if I said that. And I also didn't believe that I was going to win two this year but yeah, it's incredible. I don't know how much longer it's going to last. I have no idea but I've just got to always remind myself that health comes first at this point and if I do that then maybe things are actually possible I didn't think were.

You turn 36 soon...

RF: Thanks for the reminder again! [laughs] It's all good. No problem.

As you said, health permitting, is it possible that you could still be playing at Wimbledon when you're 40?

RF: I mean you would think so! If health permitting and, like you say, everything's OK and you could take 300 days off beforehand and just prepare for Wimbledon and put yourself in a freeze box and then you come out and you train a bit and you know you're not going to be injured. Yeah, playing Wimbledon and winning Wimbledon are two separate things as well and don't forget that so... And the problem by not playing is you take a chance on your health too in some ways because matches actually are the real measuring stick. You can practise as good as you want, you can feel as good as you want in practise. But when the pressure comes of matches and the nerves of the stomach and how you feel it, everything that happens like before the match, you can't re-create that in a practise and you don't know how your body is going to react to that kind of pressure when you're moving and you're not free and you're tense. That's why you always need to have the right balance between practise and matches and vacation. So at some stage you have to play a minimum of matches otherwise you're just not going to be successful anymore and that's going to be the interesting thing moving forward, how I'm going to be able to manage that.

Was this Wimbledon Final a slightly strange atmosphere because of the struggle on Marin's part? And did you change your play or mentality because of what was happening on his side of the net?

RF: I couldn't tell you right now and I didn't know what his problem was really, to be honest, so I couldn't tell you if he was struggling moving to his forehand or to his backhand. Because he was serving big and he was serve and volleying, so I guess movement for that reason wasn't the biggest problem. I thought when he called the doctor first I thought maybe he was dizzy or something. So because I couldn't tell what it was, it actually made things easier. If I saw him limping around or if I saw him pull up hurt in some place, I would have started to think, OK maybe I'll throw in a drop shot to really check him out [laughs]. Because that's what you do. You need to hurt him where it hurts already. So because I didn't know and I couldn't tell I just said, well, I'll focus on your game and focus on your match and keep playing, the good thing is I was already in the lead. But yes, the atmosphere of course is not a five-set thriller so people want to see a tighter match, I totally get it, but I've had those so I'm happy it was different today. [laughs]

Finally, what keeps you going and what would be your advice to Andy Murray in resting a bit more?

RF: Well look, he's younger and he has a different practise regime than I have, I'm sure. It doesn't mean he's practising more or less, it's just different, he's had a different upbringing, everything's different. And it doesn't mean because I took a break that everybody should take that break. To be quite honest, some players just need to play and they need to play every other day, otherwise they feel like they completely lose touch with the racket and the ball and the body goes all funny on them. So I think it's only himself with his team who knows best. I can't give any advice in this regard. But, for me, the break really worked wonders. I'm still surprised it did as much as it did and I had to take some tough decisions along the way, like pulling out of the French and pulling out of the clay court season. Now, in hindsight, it looks so simple. You just do that to win Wimbledon. But it's not. I'm sure he's going to take the right decisions moving forward and he's still got a lot of years left to play if he's in the mood for and we'll see a great Andy Murray moving forward.

And what keeps you going?

RF: I don't know. I love to play. I have a wonderful team. My wife is totally fine with me still playing, she's my No 1 supporter, she's amazing. Yeah, I love playing the big stages still and I don't mind the practise, I don't mind the travel and because I'm playing a little less actually I get more time in return. I feel like I'm working part-time these days almost, sometimes, which is a great feeling. [laughs] OK!

INTERVIEW: VICKY DEARDEN/HOTFEATURES
PHOTOGRAPHS: GETTY, AFP



SARISH *Khan*

"I didn't choose acting, it chose me. I was born into a family of successful actors, most prominently my *Nana* and *Nani*—Sabiha Khanum and Santosh Kumar. Naturally, I'm inclined towards arts."

The former Miss USA Pakistan sits down with OK! Pakistan to talk about her upcoming films and moving to Pakistan for work.



You know you're on the right track if film star Shaan refers to you as a "dynasty of the film industry" on a public platform. You know you're in the fast lane if you sign two films as soon as you land in Pakistan from big banners. You know you're popular when IIFA and Masala awards invite you as the only Pakistani actress.

Sarish Khan remains grounded and humble, forever focusing on doing the right thing.

She likes to face her fears and she loves the idea of a new challenge. Confident and fearless, this young girl has fought many personal battles on her way. We sit down with Sarish Khan about her upcoming films and about moving to Pakistan for work.

You won Miss USA Pakistan in 2015. What do you think was the winning factor?

Sarish Khan: All the contestants were beautiful and talented but I think my experiences, from working in Pakistan for education to being a law student, set me apart.

Aishwariya Rai initially was written off by critics as just a pretty face who can't act. It took her a few films before the audience took her seriously. The producers, directors and the film fraternity had a lot of faith in her. Do you think there is a pre-conceived notion that models or beauty pageant winners can't act? Has that changed? How has your experience been so far?

SK: Well, I used to think that pageants were all about aesthetics. But that mindset changed when Nina Davuluri, a pre-medicine student, won Miss America. Nina, also an Indian-American, used her reign to promote cultural competency. I believe women like Nina and myself have a responsibility to break stereotypes and misconceptions. Whether it be model, actor or lawyer, these titles don't preclude you from the other.

> "Advocating for human rights and women empowerment is the most rewarding part of my life. I get the opportunity to enable people to live their dreams and break out of unfavorable circumstances."

How was your experience enrolling in an acting course at the New York Film Academy, Do you think all actors must take these courses? Also, are you a method actor or a spontaneous one?

SK: Acting school is a must for every actor, amateur or experienced. It not only teaches you essential techniques of the craft but also etiquettes and mannerisms. I learned a couple of acting techniques but my favourite is the Meisner approach because it allows spontaneity and improvisation. Meisner puts the focus on the other actor and is response-oriented.

You were recently invited to a Bollywood award event in Dubai among celebrities like Sonam Kapoor and Sushant Singh Rajput. How was the experience representing Pakistan on such an international platform and various others?

SK: I've had the opportunity to represent Pakistan at the Masala Awards, DC South Asian Film Festival, and even at United Nations. I feel honored to have the privilege to promote the positive aspects of my motherland.

How was your first interaction with the crowd when you made your first appearance as a show-stopper recently at Fashion Pakistan Week?

SK: I've walked for three designers at FPW over the past few months, Rozina Munib, Maheen Karim, and FnkAsia. But walking the ramp with Mukhtaran Mai has been the highlight of my modeling career thus far. I was pleased at the positive remarks I received from the media and the crowd.

That same visit to Pakistan last year led to a lot of film-makers approaching you with good offers. You picked two films. What made you choose acting and why? Why didn't you pursue being a lawyer after graduating with a law degree?

SK: I didn't choose acting, it chose me. I was born into a family of successful actors, most prominently my *Nana* and *Nani*—Sabiha Khanum and Santosh Kumar. Naturally, I'm inclined towards arts. As far as law is concerned, I will always be a lawyer. And I'm working really hard to strike a balance ►



Rapid fire:

Name three people you couldn't bear to be without if deserted on an island.
Fareeha (my mom), Mavish (my sister), Ifrah (my best friend).

Favourite book?
The Forty Rules of Love.

Favourite movie?
Seven.

On your wish list?
Love.

What's the one thing, most people don't know about you?
It's better kept secret.

Celebrity crush?
Ben Affleck .

Favourite Pakistani designer/s?
HSY.

Signature scent?
Flowerbomb

Favourite person living or dead/someone you admire?
Mom!

Favourite destination?
Cancun, Mexico.

If you could move to any city in the world where would you go?
NYC.

Most overused phrase?
It is what it is.

Personal motto?
Be beyond basic.

Superhero power you'd like to have?
Nothing, being human is a superpower.



between my acting and legal career.

Syed Noor is a veteran and has done more than 100 films but his film-making style is a bit dated now. *Chain Aye Na* is his comeback film after a long break. Did you have faith in his film formula and script. What made you become a Syed Noor heroine? How has the film shaped up prior to its release next month? Also, he had no written script of the film but a very detailed narration. Do you think this was a risky choice?

SK: *Chain Aye Na* wasn't a risky choice at all. I've had the opportunity to learn from an experienced filmmaker and worked with veteran actors like Nadeem Baig and Atiqa Odho. That itself is a victory. I'm looking forward to the film release and welcome critiques on my acting so I can learn and improve for future projects.

Do you think the time has come wherein content has taken over commercial films? Audiences are accepting stars in unconventional roles. What role do you play in *Rehbra* and *Chain Aye Na*? Also, what is your dream role?

SK: I think content is important in any film, it's a work's essence. *Chain Aye Na* and *Rehbra*, though quite different, are love stories. And they both depict a classic love triangle. While I'm a sucker for love and romance, I'd love to play a vigilante*, a female Robin Hood of sorts.

*Not to be taken as my personal stance. As a lawyer, I don't promote taking the law into your own hands.

> **"I think content is important in any film. *Chain Aye Na* and *Rehbra*, though quite different, are love stories. And they both depict a classic love triangle."**

Shahroz Sabzwari comes from a family of great actors. How was the experience working with him?

SK: It has been an absolute pleasure working with Shahroz. There were a number of instances where I felt overwhelmed being in Karachi, disconnected from family and friends, and Shahroz was always there as a good friend and co-star. I must thank his entire family as well for being supportive and encouraging throughout the shooting of *Chain Aye Na*.

Your second film is a love triangle with Ahsan Khan and Ayesha Omar. Tell us about your role. Were you happy playing second fiddle to Ayesha or you think the role was challenging enough to agree to?

SK: I was more than happy to play a meaningful role alongside Ahsan Khan and Ayesha Omar. *Rehbra* was actually meant to be my debut film but then *Chain Aye Na* came along. I think every role ▶



“It has been an absolute pleasure working with Shahroz. There were a number of instances where I felt overwhelmed being in Karachi, disconnected from family and friends, and Shahroz was always there as a good friend and co-star.”





is significant and it's a matter of using your screen time to make a connection with the audience.

Your pictures with Mikaal Zulfiqar garnered a lot of attention on social media including behind-the-scene shots from a photo shoot. Given his recently acquired 'single' status, do you think there is chemistry between you two?
SK: As far as the photo shoot is concerned, work is work, irrespective of relationship status. However, Mikaal is very handsome and intellectual. I'm sure it helps, unconsciously.

You are a trained kathak dancer who recently performed at an award show to rave reviews. Audience were thrilled to see a new face with great dancing skills. Do you think being a good dancer is a prerequisite to acquiring the 'complete actress' status?
SK: It depends on the industry and genre. Commercial films, especially romance and comedy, generally have some element of music and dance. So it's always a plus to have that skill.

We recently saw you on various magazine covers for HSY's new collection. Are you his new muse?
SK: You'd have to ask him that. But I'd be thrilled to be his muse. I loved shooting for the Love Letters collection.

The legendary actress Sabiha Khanum, made a rare appearance at the New York film festival organized by the Pakistan High Commission. How did it feel to accompany her on the red carpet?
SK: I have accompanied my *Nani* at many red carpets in the past. But walking alongside her, as an artist on my own, was surreal. It was the infancy of emerging from the shadows of a Lollywood superstar.

> "It depends on the industry and genre. Commercial films, especially romance and comedy, generally have some element of music and dance. So it's always a plus to have that skill."

Since nepotism is a major discussion topic in Bollywood these days, what's your stance on it since you come from a film family? Does this exist?
SK: Family background matters. I grew up in a film family so acting was ingrained in me from a young age. But that doesn't mean I'm a great actor, just that I have a knack for it. Nepotism is unfair but I don't think it's a major concern because talent will always trump any sort of favoritism in the long run. The audience is the final judge and they don't shy away from weeding out the bad.

Are you planning to do any TV dramas and do you believe that film actors should be picky and should be seen only on the big screen. Any other projects in pipeline?
SK: My preference will always be film but I'm open to other mediums, it just depends on the role. An actor should be selective in the projects they take on and whether they can do justice to their character rather than the medium. I have a couple of projects in the pipeline but can't share quite yet.

How was your experience working for Education Fund for Sindh in 2012, as an activist and currently representing as the women empowerment ambassador for Comprehensive Disaster Response Services (CDRS)?
SK: Advocating for human rights and women empowerment is the most rewarding part of my life. I get the opportunity to enable people to live their dreams and break out of unfavorable circumstances. With the support of CDRS, I've been able to establish various social entrepreneurship and mentorship programs across Pakistan. OK!

FEATURE & STYLING: RAO ALI KHAN
HAIR & MAKEUP: BEAUTY BY MAVISH
WARDROBE: ELIE TAHARI
LOCATION: WASHINGTON, DC
PHOTOGRAPHS: PIERRE RIZZO, ASIM FAROOKI, MO KAZI

TOM HOLLAND

“This was, by far, the toughest and best job of my life.”

The newest Spiderman talks to OK! about his filming experiences so far, taking advice from industry veterans and remaining grounded.







MICHAEL KEATON, TONY REVOLORI, ZENDAYA, TOM HOLLAND, LAURA HARRIER, ROBERT DOWNEY JR., MARISA TOMEI & JACOB BATALON ATTEND THE *SPIDER-MAN: HOMECOMING* PHOTO CALL AT THE WHITBY HOTEL IN NEW YORK



TOM HOLLAND, CHARLIE HUNNAM, SIENNA MILLER, AND ROBERT PATTINSON ATTEND THE PREMIERE OF AMAZON STUDIOS' *THE LOST CITY OF Z* AT ARCLIGHT HOLLYWOOD IN H CALIFORNIA

Nearly 21 years old, London-based star Tom Holland has notched up a string of grueling jobs from the Oscar-nominated Indian Ocean tsunami drama, *The Impossible*, where he was tossed around in colossal waves to the savage wilds of the Colombian jungle in *Lost City of Z*. But neither compare to his latest turn as *Spiderman*."It's the hardest I've ever worked in my life, on a job," he explains. "And I've had some hard jobs. Yeah, *The Impossible*, that was extraordinarily hard but this was by far, the toughest and best job of my life. Which I know is glib for a twenty-year-old to say, but does it get any better?" Holland was still a teenager when he landed the role of the crusading web-slinger and with the release of *Homecoming*, life is about to get very different for the super friendly Londoner. While his predecessor, Andrew Garfield, has long been accused of snarky, uncooperative behaviour when it comes to interviews and press engagements, spritely Holland is the complete antithesis, always bright, always charming, always exceedingly humble and grateful. This, he maintains, comes from his family, friends and sound advice from new colleagues, Chris Hemsworth and Robert Downey Jr.

In *Homecoming*, taking place several months after his adventures in *Captain America: Civil War*, Tom's Peter Parker has to re-adjust to humdrum life as a high-schooler with all the same relatable problems. With a looming threat to New York in the form of Michael Keaton's The Vulture, Peter has to balance his new responsibilities as superhero with his old existence. And it's not always a successful juggling act.

In this interview, conducted prior to the release of *Homecoming*, Holland explains why his take on *Spiderman* has a totally different approach to other movies and also talks about why he decided not to seek counsel from previous stars Tobey Maguire and Andrew Garfield. The rising star also chats about maintaining a grip on reality, stunts and injuries and his crippling arachnophobia.

The wait is nearly over. Are you getting excited?
TOM HOLLAND: Until it comes out, it won't feel real [laughs]. I've made the film, I did all the stunts, I put on the suit, but I still can't get my brain to quite tap into that. I can't believe it. And even after it comes out, I still probably will feel the same, which is stupid because I am *Spiderman*, I play *Spiderman*. Which I yeah, I'm glad in ways, I don't want any of this to become normal.

Wasn't that what Chris Hemsworth said to ►



TOM HOLLAND ATTENDS THE *SPIDER-MAN: HOMECOMING* PHOTOCALL AT THE VILLAMAGNA HOTEL IN MADRID

> “Maybe it’s because that’s how I was raised, my family would be quite disappointed in me if my attitude changed, the respect levels went down but not allowing any of this to alter who I am, who I was before this ever happened is so so important to me.”



TOM HOLLAND POSES WITH HIS AWARD IN THE WINNERS ROOM DURING THE 70TH EE BRITISH ACADEMY FILM AWARDS (BAFTA) AT ROYAL ALBERT HALL IN LONDON

> “You’re suddenly living this life of a lottery winner, private jets and hotels and it’s different, there’s no denying it but you just have to be thankful for it, always.”

you, never allow any of this to become normal?
TH: He said to me about keeping my feet planted, that has really stuck. Maybe it’s because that’s how I was raised, my family would be quite disappointed in me if my attitude changed, the respect levels went down but not allowing any of this to alter who I am, who I was before this ever happened is so so important to me. And it doesn’t have to, look at Chris as an example, he’s Thor! And probably the most approachable guy you could ever encounter. He said to keep your family and friends closest to you, like a shield. And I had my best mate with me, Harrison through all this and having him with me has been my touchstone to reality. He was on payroll as my assistant but it was just a way to have my best mate with me through this journey, to enjoy it with him and have that same excitement and buzz we would have had as kids going through an experience like this.
Because it is hard! You’re suddenly living this life of a lottery winner, private jets and hotels and it’s different, there’s no denying it but you just have to be thankful for it, always. And always excited. If it becomes boring, if you become complacent, if you believe those who are always pumping you up, I can now see how it happens. Just don’t go down that road.
I don’t know, maybe I’ll completely change and eat all my words [laughs]. I can’t see it happening. No, it won’t happen.

Who else gave you sound advice?
TH: Robert Downey Jr. has been really great, he’s been there during a lot of this. There have been moments, particularly during *Homecoming*, where I’ve doubted my capabilities, we all have doubts. And he pulled me aside one day and said, ‘You know, you got this, this was meant to be. I had the same feelings doing *Iron Man*, the same anxieties but now that they picked you for a reason because it feels right, it works. It’s not about how good you can do the web slinging or stunts, it’s about the personality you bring to the character. That eased my fears, and wise words like that from *Iron Man*, you don’t forget. There stored in the vault for repeat use [laughs].

How is this *Spiderman* different from the other incarnations?
TH: Because we’re seeing him at an unforeseen time in his life, we’ve never seen what he can do at 15, we’ve never seen him in high school before, and that combination is really dynamic. What it’s like to see a 15-year-old with super powers, an impressionable, irresponsible high school kid, who has to be home at curfew, has to do his homework, is rubbish with girls, who is more relatable than Peter Parker?
We get to see what happens when one of his



SPIDER-MAN: HOMECOMING STARS TOM HOLLAND AND JACOB BATALON ARE SURROUNDED BY FANS AT MARINA BAY SANDS IN SINGAPORE

friends learns his secret and how that affects their friendship? Will he be his ally, will he keep his secret?

He also get to see the aftermath of *Civil War*, where he hangs out with these rock stars, the Avengers and *Iron Man*, but now, he's being forced to give that all up and return to normality, it's a tall task.

Did you talk to Tobey Maguire and Andrew Garfield? Get any advice from them?

TH: No I didn't, because ours was a different take to theirs and it probably would have filled me with more anxiety that I was already experiencing, attempting to emulate what they did with Spiderman. I needed to focus purely on what I could bring and not compare myself to either of them. But they have been very cool with what they've said about me. I've met Andrew, who is a really kind, generous guy. We didn't really talk about Spiderman much, I mean he obviously was asking how it was going, how excited he was for me and understood what I was going through. And to get his approval was hugely important as my predecessor, I look up to him. But then we talked about his career, he's just worked with Scorsese and got an Oscar nomination, his career to me his hugely inspiring. I hope I get to work with him in the future. With both of them.

Were there any injuries on set?

TH: Oddly no, none on set. We've got some amazing stunt coordinators, the best of the best, they're the ones we had on *Civil War*, they're experts, and know what exactly what you should be doing so as to not hurt yourself. It's not in anyone's interest to get injured. That's what I kept having to tell myself. But I was doing stuff that was like, 'Yea, why did I want this job in the first place? I didn't think this through.'

Such as?

TH: Like nosediving 30 feet, my stomach will never get used to that [laughs]. Even thinking about it now makes me a little 'ughhh'. Once you do it, it's the greatest rush, and then you want to do it again but you get up there and it's like damn, I'm scared again [laughs]. But towards the end of filming, I fell down the stairs with my suitcase. Yes, you can laugh. You wouldn't be the first [laughs].

And you weren't finished yet?

TH: There were still a couple of scenes left but they weren't big action stuff so it wasn't a disaster. Sure they were thinking, thank God this didn't happen earlier.

How badly were you hurt?

TH: My leg sort of popped a little, there was a little tweaking going on, it's only starting to feel right now. Luckily, that was it.

Now you're *Spiderman*, do you actually like spiders?

TH: I hate them [laughs]

The irony...

TH: I'm not joking when I admit that and I know it's the ultimate irony but you know, I'm also human, most of us don't like them. But I am really scared.

But this didn't necessarily test your arachnophobia.

TH: No but on *Lost City of Z*, that was a challenge.

In the jungle?

TH: It was just insanely life-changing to be in that environment, to be in the thick of extreme, tropical nature like that, proper David Attenborough and I loved it. But they have some gnarly creatures in there. I'm not too bad with snakes, or any other insects, but spiders are my thing and the ones there are the stuff of nightmares. Have you ever heard of wandering spiders?



ZENDAYA & TOM HOLLAND ATTEND THE *SPIDER-MAN: HOMECOMING* PHOTOCALL AT THE VILLAMAGNA HOTEL IN MADRID

No, I'm sure they're adorable.

TH: It doesn't make a web but it just wanders around the ground, which is almost more terrifying. It's the size of a small dog and it's the scariest thing you've ever seen. It's white on top, red below and it stands up to show it's red side and oh my god, it's scary to witness that. One 'wandered' near us and it looked cool but our guide said, you know, 'stay way back because if it bites you, you're gone, you're done.' But I feel like I need to get over that because spiders are enormously impressive creatures. I probably need to be a better ambassador. OK!

INTERVIEW: LILY LAWSON/FAMOUS
PHOTOGRAPHS: GETTY



SULTANA SIDDIQUI

“My career in the media was just meant to be.”

Meet Sultana Siddiqui – a female role model in a man’s world. A trailblazer who has inarguably shattered the glass ceiling and undone clichés, Sultana *Apa*, as she is fondly known, is the president of HUM Network Limited, and the first woman in South Asia to start her own TV channel.



SULTANA SIDDIQUI WITH HER SONS & DAUGHTERS-IN-LAW, MR. & MRS. DURAID AND MR. & MRS. JUNAID. THIS & FOLLOWING TWO PAGES: PHOTOS COURTESY HUM NETWORK

Her name has long been synonymous with television in Pakistan. Those who know her, and even those who don't, unanimously agree she is a force to be reckoned with. Now at the helm of her own expansive and constantly growing multi-media network, few know that this once ace television director who created ripples at a time when women in the industry were far and few, began her career on-screen.

Born and brought up in Hyderabad, the seventh of ten siblings, Sultana completed her intermediate from Zubeda Government Girls College. She then went on to join Sindh University where she pursued and completed a Bachelor Honours in Comparative Religion. Sultana's over four-decade long affiliation with the media began while she was still a student. During academic tenure, Sultana actively participated in theatre and drama amongst a host of other co-curricular activities. It was this creative environment that fostered her keen interest in the performing arts.

Sultana was married in 1966. Her nuptials lasted seven years before ending in a divorce resulting in Sultana's move back to her parents, with her three sons - Shunaid, Junaid and Duraid who were all aged between one and six at the time.

"My elder brother, Mazhar was a phenomenal support. He encouraged me to shake off the past and start afresh. My foray into the television industry came into play in 1974 courtesy Abdul Karim Baloch, the then Program Manager of Pakistan Television, who had also been my senior at university. He approached me with an offer to host a show in my native language Sindhi, titled: '*Sartion Saath*' [*Doston Ke Saath*]. I accepted. My career in the media was just meant to be", she narrates.

"Alongside my responsibilities as an anchor, I also took an avid interest in the framing of the script and also worked on idea-generation with the production team. It was during this very time that vacancies for producers opened up at PTV. I applied and following a 14-month training period, the rest as they say, is history", she adds.

"I knew had found my calling, and there has been no looking back, ever since. Initially worked on programming for children and regional content. Not wanting my work to be type cast as belonging to a certain genre, it was not long before I consciously moved on to the production of drama serials and music shows. I am the kind of person who when she takes on something, immerses herself in it completely. My work became a passion; one that was not only highly appreciated but also richly awarded. This gave me the confidence to branch out on my own", elaborates Sultana.

Circa 1996, during my tenure at Pakistan Television with the then General Manager's blessing, began the journey of 'Moomal Productions'. Named after my daughter-in-law, it was from this very platform that I began generating content for PTV while still employed by them. Working independently enabled me to find my feet. It was a great learning experience that enabled me develop the necessary understanding and know-how to carry forth".

Sultana was at the top of her game. So, what prompted her to consider setting up her own television channel? She narrates: "In 2000, I decided upon early retirement from PTV in a bid to dedicate my time solely to my own production house. Duraid too had joined me after returning from the US following his graduation. Working for myself gave me increased artistic license but the combined workload of production as well as buying and selling air-time was all-consuming. Duraid had a plan. Specializing in sales and marketing, he encouraged me begin work on a channel of our own. ARY and GEO had already begun transmission and I thought it was difficult proposition. But Duraid insisted, persisted and prevailed to make it happen."

"Ours was Pakistan's first channel with a dedicated around-the-clock entertainment broadcast. It was also the first that was public listed. We were advised to keep our content hybrid but my gut and my experience told me the time was right for a channel dedicated solely to drama. Indian soaps had become very popular at the time and I knew the market was huge", she adds.

Sultana recalls: "Despite the clarity of direction, it wasn't easy - people, systems and mindsets collectively created problems and repeatedly made me question my decision. But we decided to go ahead. I was confident that our work would speak for itself. Since I had a good professional reputation in the industry, we were able to raise the necessary funds to make things happen. February 2004, it came together - within two years, what started out as just an idea became a reality, albeit with little understanding of the challenges that lay ahead".

"We thought we had done our homework but we were evidently wrong. Within six months into ►



“My work became a passion; one that was not only highly appreciated but also richly awarded. This gave me the confidence to branch out on my own.”

SULTANA SIDDIQUI WITH HER SON, DURAID QURESHI



being on air, funds ran dry. We didn't even have enough to pay salaries. Duraid requested the top brass of our senior management to forego their dues for some time so that the rest of the staff could be remunerated regularly without delay. Very graciously, they agreed. Times were tough. Banks wouldn't extend loans, we had borrowed all we could from family and friends and even sold personal assets to raise the funds. The situation was dire. One day fate took a turn and the money started coming in", she smiles.

"Today, thirteen years later with 'HUM Entertainment', 'Masala' and 'HUM Sitaray' along with three publications and HUM Films as part of our portfolio, we have grown into a network with a footprint in now almost 70 countries and an expanding horizon. With operations across Pakistan as well as in the UK, US, Canada and UAE, we are currently in the process of working on a soon to be launched news channel. At the HUM Network, Pakistan has always been our main focus with regard to programming. Our unique selling point continues to be locally generated content. Both at and home and abroad, audiences who understand and speak Urdu, enjoy our productions", adds Sultana.

HUM was one of the first Pakistani television networks to have exported content across the border. With the India – Pakistan equation as unpredictable as it is, how did the breakthrough happen? Sultana says it like it is; "our content is good, that is why there was and continues to be a demand for our programming in India. Art, creativity and for that matter, quality, speaks for itself beyond boundaries."

Today, many if not most television and film stars are HUM prodigies. "It makes me very happy and proud that artists discovered by our network are doing so well. Everyone needs a helping hand to make a mark. We not only give artists a break but also hone their talent. We love seeing them create their own niche and being recognized for their work. The likes of both Mahirah and Fawad made their drama debuts in our productions as did Sanam Saeed, Sajal Ali and Imran Abbas, among a host of other artists. They are today stars not just locally but also internationally. I feel that our artists are doing so well that an unsaid ban of sorts is in place in India. The industry across the border is afraid of our talent. But art cannot be banned anywhere", believes Sultana.

> **"I feel extremely proud that as a woman I have been able to achieve this. The challenges and hurdles to reach this position have been immense and as a woman in a man's world, I have had to work twice as hard to prove myself."**

In the absence of a flourishing local industry, Bollywood is a natural progression for our artists. Once upon a time, cinema in Pakistan thrived. However, till just a few years ago, for many decades, the industry had hit an all-time low and almost slumped into oblivion. Slow and steady, its revival is now in process but the turnaround has not been what it should be. Does Sultana feel the industry has lost too much time and is now struggling to compensate? "Unlike other countries, in Pakistan, the film industry fell prey to the lack of facilities and infrastructure development on the government's part. Across the globe, films present a soft image of any country. Bollywood continues to be a successful and effective medium of diplomacy for India", she elaborates.

Sultana adds: "In my personal capacity, I am committed to make things work for our nascent film industry. I am constantly in liaison with the officials of the concerned government departments that have announced support for the industry in matters pertaining to locations, venues as well as taxes. If necessary support is made available, we as an industry can achieve greater heights. I can say with confidence, equipped with the required facilities our films will make a mark in the next couple of years".

"In my personal capacity, I strive to in my lifetime see a progressive and prosperous Pakistan, one that commands the respect of all other nations. My motivation in life is our society and highs and lows which inspire not only me but the direction of my work and its outreach", explains Sultana who is inspired by the selflessness of the likes of Abdul Sattar Edhi and Dr. Adib-ul-Hasan Rizvi. She adds, "This country has given us everything, it is therefore our duty to give back selflessly. Our collective hard work can make Pakistan a force to be reckoned with. The potential is huge, not only does it need to be explored and tapped but used constructively ►





> “Ours was Pakistan’s first channel with a dedicated around-the-clock entertainment broadcast. It was also the first that was public listed.”



THIS PAGE: PHOTOS COURTESY HUM NETWORK



to the benefit of the country and its people".

Like Sultana, most of her immediate clan too is part of the industry. However, it is her daughters-in-law and not her sons who have taken on from her the creative mantle. A strong advocate of women empowerment, it was Sultana who encouraged both Moomal and Momina to make their first foray into television. Today, both run very successful independent production units. "I saw in my them the spark that would enable them to be great directors. Only one of my three daughters-in-law isn't part of the industry - Malika is an architect practicing in the US. Each one of them is an independent strong woman, capable of holding her own – they make me very, very proud", she smiles.

"I am indeed very honoured to have had the opportunity to own and head a media network in Pakistan. I feel extremely proud that as a woman I have been able to achieve this. The challenges and hurdles to reach this position have been immense and as a woman in a man's world, I have had to work twice as hard to prove myself. But I firmly believe women can do anything if they set their mind to it. Pakistan boasts a wealth of talented women who, given a chance, can do the same", adds Sultana *Apa* who inherited her alias at work. We had a retired brigadier join the channel's administration department. True to military tradition, with the utmost regard he referred to me '*bhabhi*' – even through meetings. Someone finally told him the reference, however respectful, wouldn't work and alternatively suggested '*apa*' – it has since stuck. I am now '*apa*' to everyone – it even finds mention in the Wikipedia entry", she laughs.

Looking ahead, does Sultana see any one of her 10 grandchildren being part of the industry, one day? "Of them all, two are definitely very interested. Duraid's children have the genes - his daughter's interest is in marketing while his son is keen on acting. But it is still too early to say how their careers will take shape. In the meantime, Sultana is keen on honing the talents of others who want to join the industry - she wants to reinvest what she has learnt by setting up a media academy. While her dream project is in the pipeline, Sultana may don the director's hat once again but this time the venture will be for the silver screen.

Media in Pakistan has evolved tremendously over the years, having grown leaps and bounds forward from the days Sultana worked at PTV. Having hosted, directed and produced content for television over four decades, Sultana believes there is no parallel to on-ground experience that equips you with not only the necessary technical know-how but also the tricks of the trade, a prerequisite to successfully carry forth any television production, channel or network. "I have always loved donning the director's hat but now I also enjoy my role as producer. My background in direction has not only helped me with my productions but has also given me a very distinct edge", she adds.

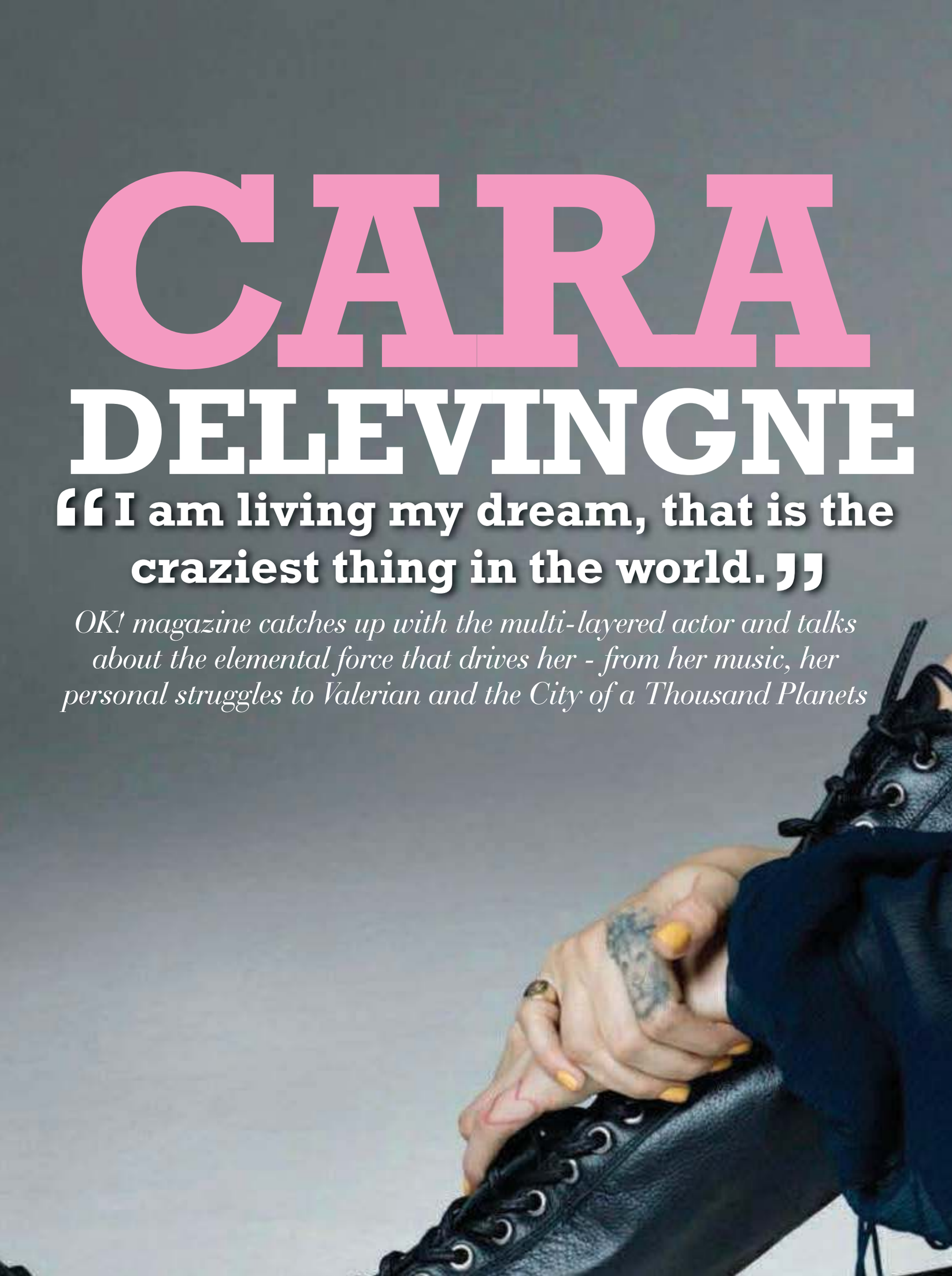
Despite her wealth of experience, she is always keen on learning, adapting and reinventing in a bid not to stagnate. As Conrad Hall says: "You are always a student, never a master. You have to keep moving forward" - onward, Sultana, many more mountains to scale! OK!

INTERVIEW: YUSRA ASKARI
PHOTOGRAPHS: KOHI MARRI

CARA DELEVINGNE

"I am living my dream, that is the craziest thing in the world."

OK! magazine catches up with the multi-layered actor and talks about the elemental force that drives her - from her music, her personal struggles to Valerian and the City of a Thousand Planets







DANE DEHAAN, RIHANNA, CARA DELEVINGNE, DIRECTOR LUC BESSON & KRIS WU ATTEND THE WORLD PREMIERE OF *VALERIAN AND THE CITY OF A THOUSAND PLANETS* AT THE TCL CHINESE THEATRE IN CALIFORNIA

Cara Delevingne is in love. Her cinematic affair is sizzling, bold and here to stay. The steely platinum blonde of Valerian is a raw force to contend with, only because Cara remains under the armour. The actor in progress is immersed in the characters she portrays, using the various dimensions of reel and real life experiences. Discarding stereotypes, she works with passion projects, pushing the formulaic structures to create a niche that is defined by her, for her.

Did the character of Laureline resonate with you on a personal level?

CARA DELEVINGNE: Yes, definitely. Every character I play, I try and bring a bit of myself to that part. Laureline is a hopeless romantic, someone who really believes in love in an almost old fashioned way, which I think is the most similar thing we have. With this I worked with the character, finding traits that were pieces I could shape.

She is very hard working and isn't scared to speak her mind, which is probably a trait that I have as well (laughs). She is very strong as well, and there I brought myself, as an actor portraying a character who will require strength to be her. Especially since she's a lot more serious than me.

Talking about seriousness, the platinum blonde is a drastic change of hair colour. Is it because of the film?

CD: I've never really changed my hair, I just loved letting it be, living with the same hairdo. However, I'm doing a film next where I shave my head so I just thought, why not just bleach it. I've never really changed my hair, but I thought, well I can do what I want if I'm going to shave it.



How did it all start with Valerian and you getting the part?

CD: I've been a fan of Luc Besson since I can remember. While studying film I came across Fifth Element and I actually wrote a whole paper about Luc and his films. So getting a call asking me to meet Luc for breakfast in LA was a dream come true - to even meet the man, let alone be in a film of his. Sitting down with him and talking, we chatted a lot about growing up and then he spoke to me about this project. And the way he spoke about it was like a child speaking about one of their fantasies. I could relate to that passion that made me fall in love with the project, even though I ▶



CARA DELEVINGNE ATTENDS THE *VALERIAN AND THE CITY OF A THOUSAND PLANETS* EUROPEAN PREMIERE AT CINEWORLD LEICESTER SQUARE IN LONDON

"I'm human, I am who I am and I'm not pretending to be a perfect human being. I have flaws, everyone does, so of course I try and be honest about them."

didn't know anything about it. I realised I needed to this for myself, to understand and assert my dedication to my work, proving to Luc that I will do whatever it takes despite knowing that he probably hadn't seen my last project, Paper Towns.

Did you audition?
CD: No, we met in LA and then I went to see him in Paris where I was a part of an acting exercise Luc had designed. It was about physicality and throwing yourself into something and really trusting the idea. For example, pretend to be an animal, a frog maybe or listen to a song and dance without hearing it. The exercise was about trying again, keep on going, learning and then it was done. The script was sent and I was offered the role. It was so top secret, it had its own bodyguard who was there as I sat and read it. I read scripts a lot and sometimes the action and sci-fi ones are difficult to get through, but I flew through with this script. It was so gripping, I had to finish it.

Do you have a criteria for choosing film roles?
CD: It's important that I choose the films carefully because the movies that I do, I want to enjoy and grow with the entire process. I've also been very, very lucky with the parts I've done and been given. They all go on this trail of a strong female character - 'female kickarse characters'! It is important for me to be a role model for young girls as well. There isn't any limit in terms of what I want to do as an actor and that keeps me on my feet so that I can polish my 'acting chops'.

> "I've been very, very lucky with the parts I've done and been given."

So you're not looking to go with one genre?
CD: No. I don't want to be restricted by genres. I really want to do comedy, scary movies, musicals; I love film. I'm a big fan of all these old directors, I'm in love with cinema and any movie that is about the cinematic process comes my way, I'd be happy to look at.

Has acting lived up to your expectations?
CD: It's surpassed my expectations for sure. It's about the love for acting. I grew up in theatre doing plays, which is different because when you do a play you completely lose yourself for the time until it's over. With movies, the process involves a lot of waiting around, the hair and the makeup, especially now that I have tattoos (laughs). It's worth a 100 per cent to be able to work with people who have inspired me, people whose art I love and all the things I learn from, even if they seem tiny. What I love about it is the escape where I learn about myself every time I play a role.

Luc Besson has said that Fifth Element was a lead up to making Valerian. Are there any similarities between Leelou from Fifth Element and Laureline from Valerian?
CD: They both love. Leelou is a feral creature, whereas Laureline is kind of an old soul, however they both kick arse and they are both fearless. At the same time, they remain different.



CARA DELEVINGNE & DANE DEHAAN ATTEND THE PARIS PREMIERE OF *VALERIAN AND THE CITY OF A THOUSAND PLANETS* AT LA CITE DU CINEMA IN FRANCE

Valerian is about a dark force that threatens civilization – you've been vocal in the past about hurdles that you've overcome, your battle with psoriasis and depression. Do you channel that as an actor?

CD: The characters are built through life's experiences. As an actor, my experiences in life are channelled through my craft, one way or another. As an actor every experience that you have in life is acting school. When you have a character, you take pieces of yourself to build it, family issues, love or heartbreak, you take what you need to make that character and throw away the bits you don't and it just depends on what kind of character it is. Funnily enough, when I was filming I had psoriasis quite badly and I was living so healthily and training everyday and I still had psoriasis on my skin so badly even though I wasn't doing treatment for it at the time. There is a scene when I'm in a bikini and it was difficult because the pressure that I had to get rid of it was making it worse, so I had a week's break before the filming of the bikini and I went off by myself into nature and it went away. It's all very stress related.

Do you think taking time for yourself when you are stressed is important?

CD: I don't like to let that affect my work, but when you try and draw from those experiences, there is stress. I have learned, however, to understand the problem and find the cause.

You recently announced you're writing a book, Mirror Mirror. Is it about you and your life growing up?

CD: There isn't really anything based on my life in there. When I was a kid keeping a diary was very important and now that kids are mostly on social media, I thought it was more important to create a book and that's how Mirror Mirror happened. I always write down how I feel and eventually there were so many things, I had to create a story I was inspired by and this had been a dream of mine and now that it's happened, it's very strange.

Do you suffer from writer's block at all?

CD: A lot of times, yes. If try and force myself to write, I can't. It's odd, really. I can't force it. I write music as well and poetry, which are all different styles of writing. I write a lot on planes. That's where I shut off. I get so emotional on planes. I get so clear, and unfortunately lately I've been so exhausted I've been forced to sleep, but usually I like to think and write on planes.

Do you write when on a film set?

CD: No, unfortunately not. I do music more. It's not that I'm a method actor but when I'm in a character I find it hard to switch out of it.

Did you write any music in Valerian?

CD: Luc and I spoke a lot about the music in the film.

What can you say about the out-of-this-world costumes in Valerian?

CD: The costumes are incredible. Going in on the first day and putting on the spacesuit for the first time was the weirdest thing because it looks like you're in a metal suit and you're a robot. It was surprisingly comfortable to wear, light and covered in light. I think Luc's style, and Olivier who he works with, is impeccable. They manage to draw from so many eras, places and things, they make space into this eclectic futuristic, such an amazing style. No one else could do it like him.



CARA DELEVINGNE ATTENDS GLAMOUR WOMEN OF THE YEAR 2016 AT NEUEHOUSE HOLLYWOOD IN CALIFORNIA

You mentioned it's important for you to be a role model. Does that weigh heavily on you? Does it feel surreal?

CD: Yes, it feels crazy to me when people like... When I was a kid, growing up I felt very lonely and I didn't know exactly who to look up to. So when kids say I've helped them achieve or follow a dream, or you helped in anyway, like that is the most amazing thing, to be able to in any way help someone be who they are.

You have a reputation as being the life of the party – do you have to rein that in now?

CD: This is the thing, I'm human, I am who I am and I'm not pretending to be a perfect human being. I have flaws, everyone does, so of course I try and be honest about them and people should be honest about their lives and honestly what I try to teach to kids if they want to follow their dreams is that they just have to work hard. As a teenager I didn't think I would ever amount to anything, so the fact that this is even a possibility for me, I want kids to think that they can do that too.

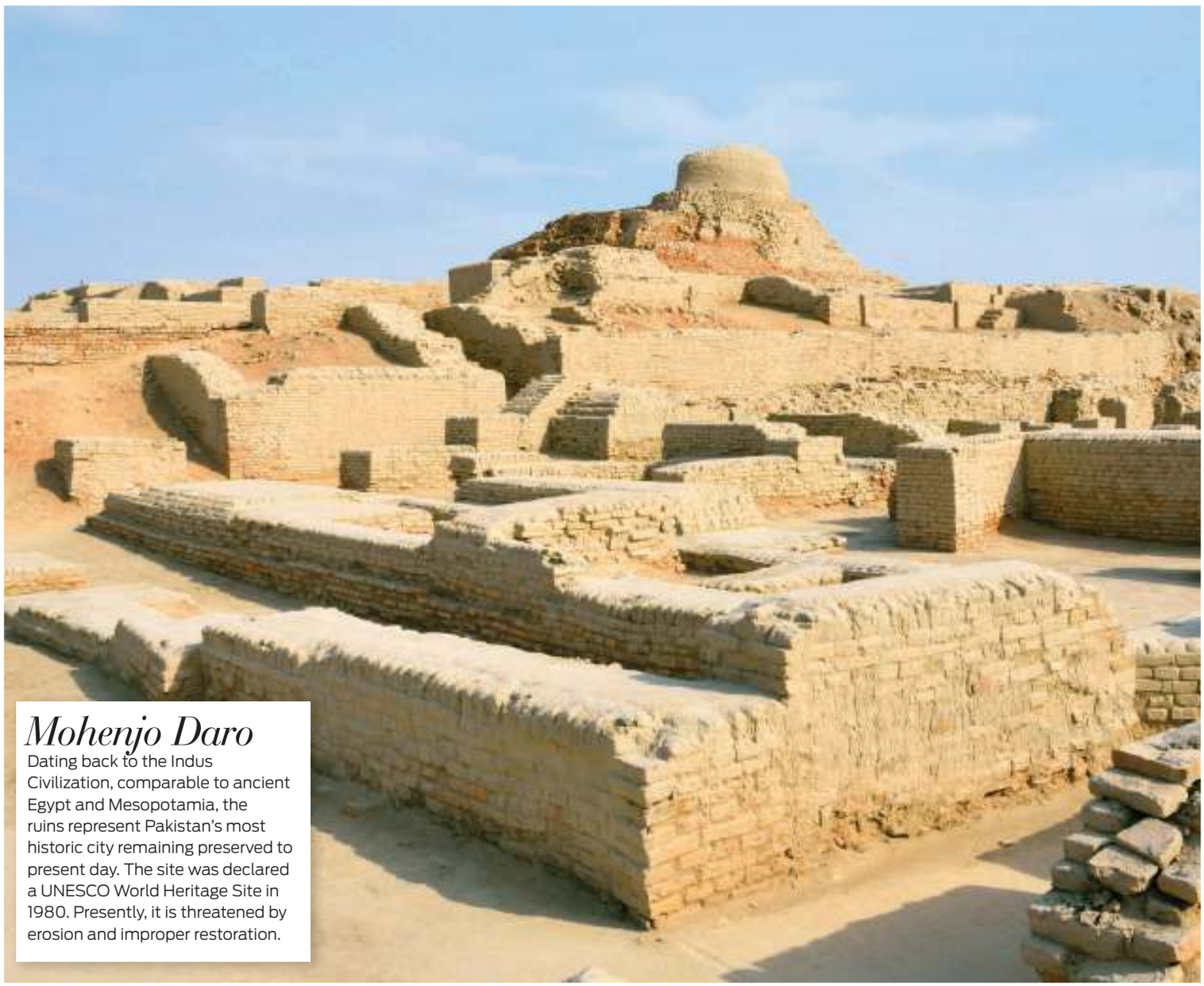
Has that loneliness from childhood gone now?

CD: Yes, of course it has, definitely. I am living my dream, that is the craziest thing in the world but there's memories that are there and they are part of me and they make me stronger basically, make me who I am.

INTERVIEW: © STACEY LANE/FAMOUS
PHOTOGRAPHS: GETTY, WENN

HISTORIC LOCALES *Of Pakistan*

Spanning UNESCO World Heritage Sites and World records, Pakistan boasts some of the world's most treasured and stunning natural and architectural wonders. Paying homage to some of the subcontinent's oldest civilizations and historic periods, this August, take a look at our selection of sites to visit within our very own borders as we celebrate Independence Day!



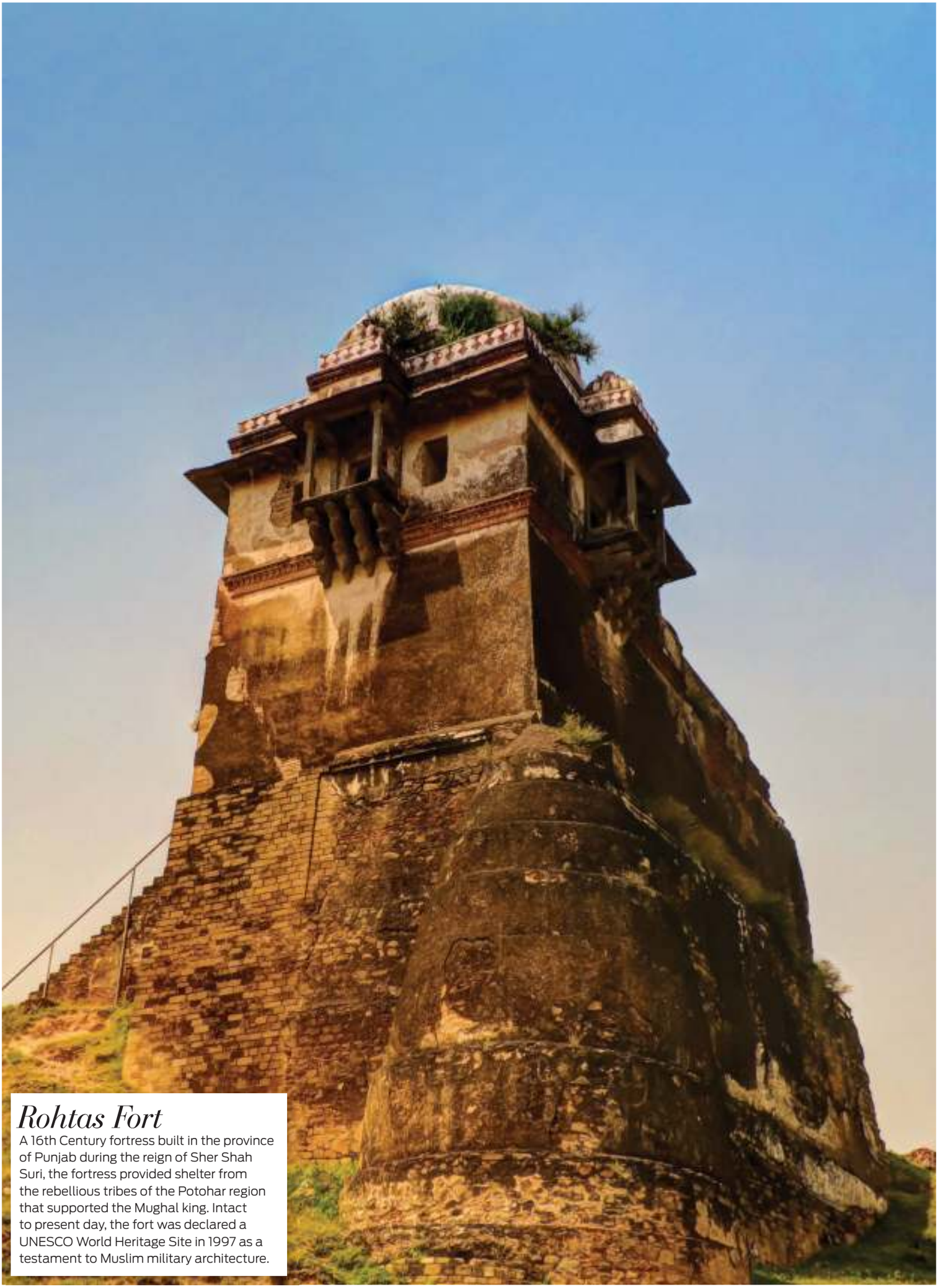
Mohenjo Daro

Dating back to the Indus Civilization, comparable to ancient Egypt and Mesopotamia, the ruins represent Pakistan's most historic city remaining preserved to present day. The site was declared a UNESCO World Heritage Site in 1980. Presently, it is threatened by erosion and improper restoration.



White Palace

Located in Swat, the palace was built in 1940 by the first king of Swat, Miangul Abdul Wadud in the small town of Marghazar. Denoting the use of marble in its title, the marble was mined at the same quarry that was used for the Taj Mahal. The bronze was imported from Belgium and the artisans from Turkey. The palace currently serves as a hotel.



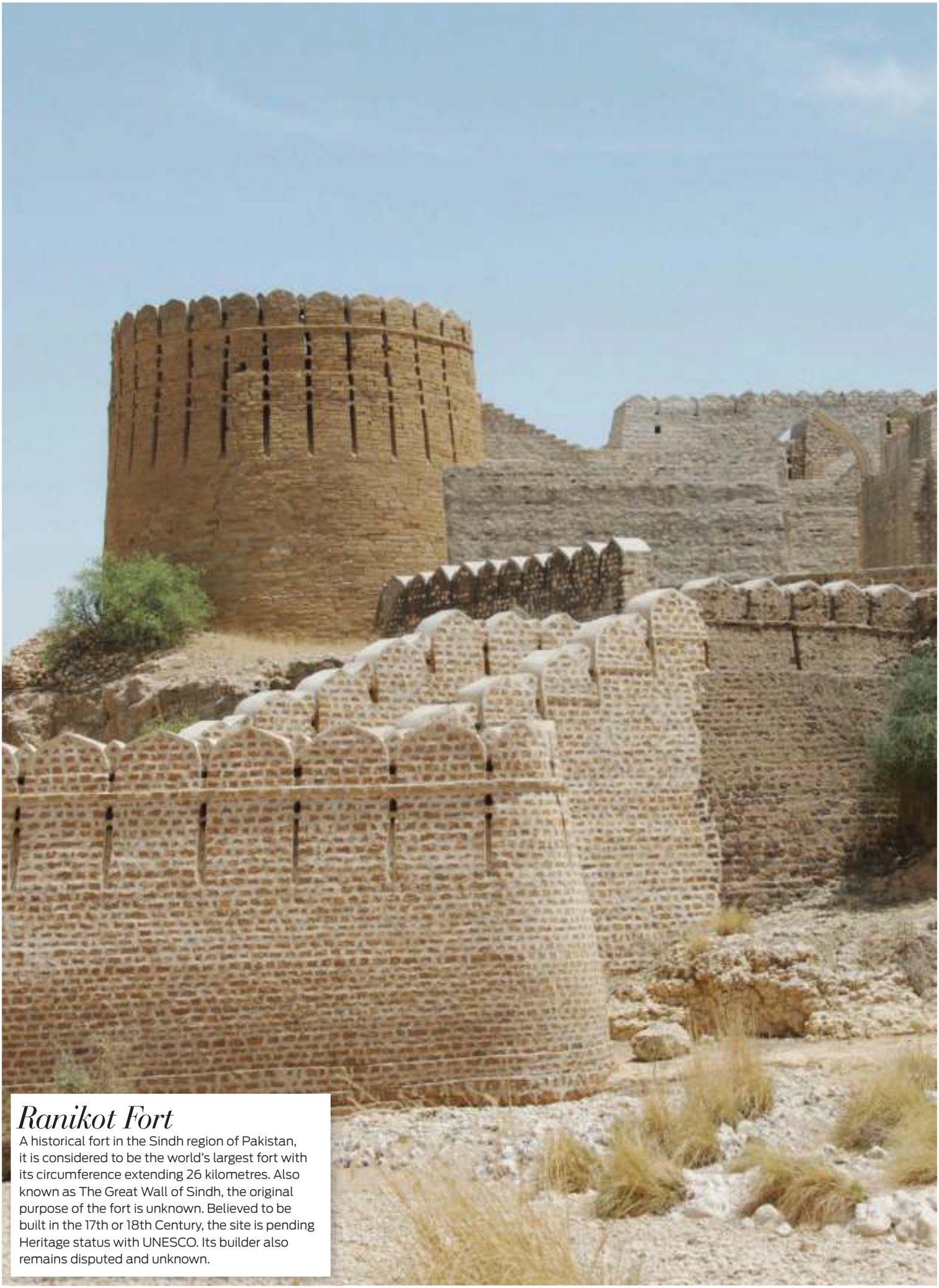
Rohtas Fort

A 16th Century fortress built in the province of Punjab during the reign of Sher Shah Suri, the fortress provided shelter from the rebellious tribes of the Potohar region that supported the Mughal king. Intact to present day, the fort was declared a UNESCO World Heritage Site in 1997 as a testament to Muslim military architecture.



Pamir Mountains

A mountain range in Northern Pakistan at the junction of intersecting Himalayas and Tian Shah, bordering Afghanistan, Kyrgyzstan and China, a historical name denotes them, "Roof of the World." A point of great trade, the ancient Silk Road covers the range extensively.



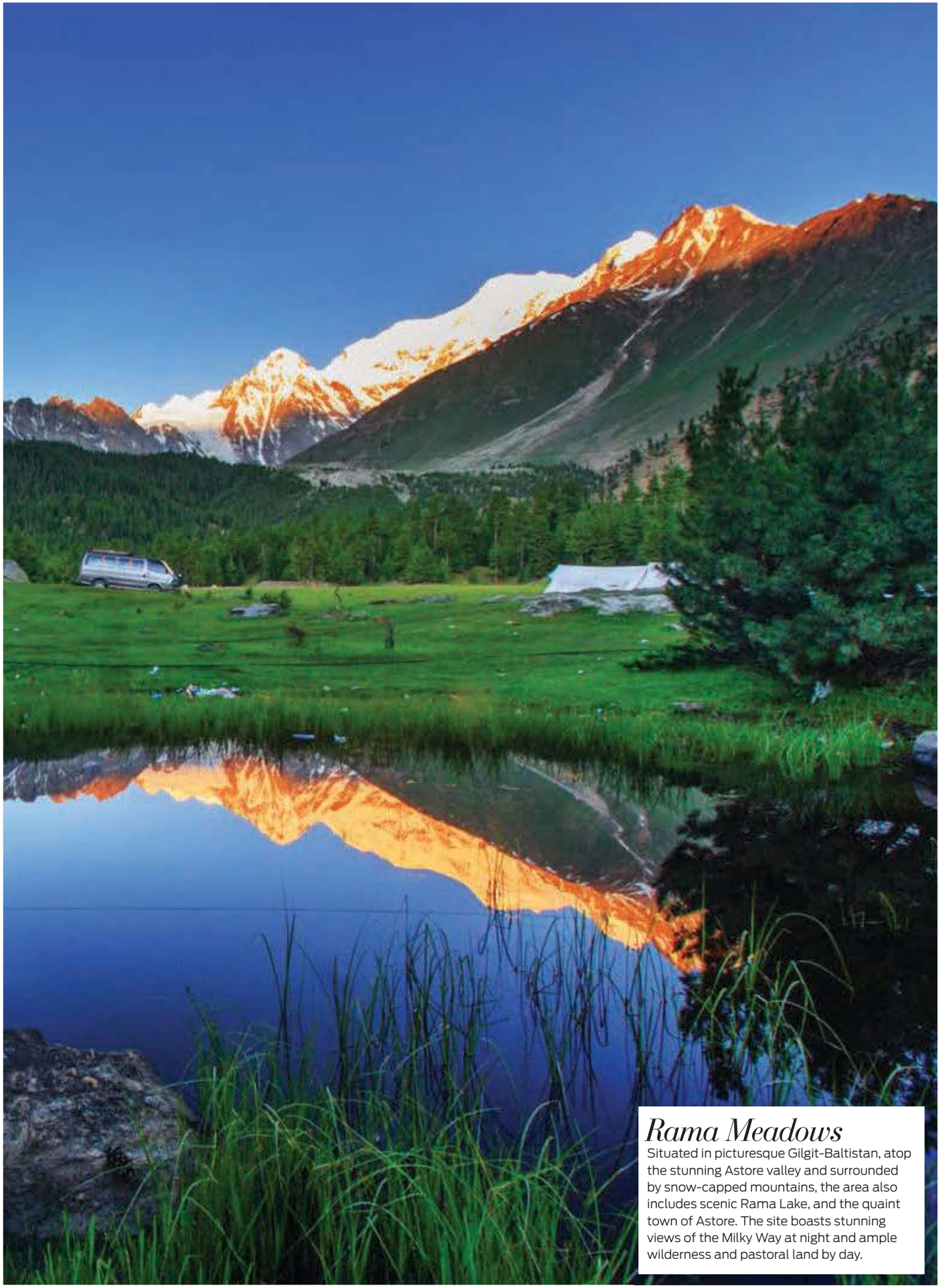
Ranikot Fort

A historical fort in the Sindh region of Pakistan, it is considered to be the world's largest fort with its circumference extending 26 kilometres. Also known as The Great Wall of Sindh, the original purpose of the fort is unknown. Believed to be built in the 17th or 18th Century, the site is pending Heritage status with UNESCO. Its builder also remains disputed and unknown.



Noor Mahal

Situated in Bahawalpur, Punjab, Noor Mahal belonged to the Nawab of Bahawalpur during the British Reign. Built as an Italian chateau with modernist elements, the palace is currently owned by the Pakistan army. The foundation was laid in 1872, with an Englishman, Mr Heennan, designing it, and Nawab Sadiq Muhammad Khan who commissioned it.



Rama Meadows

Situated in picturesque Gilgit-Baltistan, atop the stunning Astore valley and surrounded by snow-capped mountains, the area also includes scenic Rama Lake, and the quaint town of Astore. The site boasts stunning views of the Milky Way at night and ample wilderness and pastoral land by day.

PHOTOGRAPH: COURTESY SYED MEHDI BUKHARI



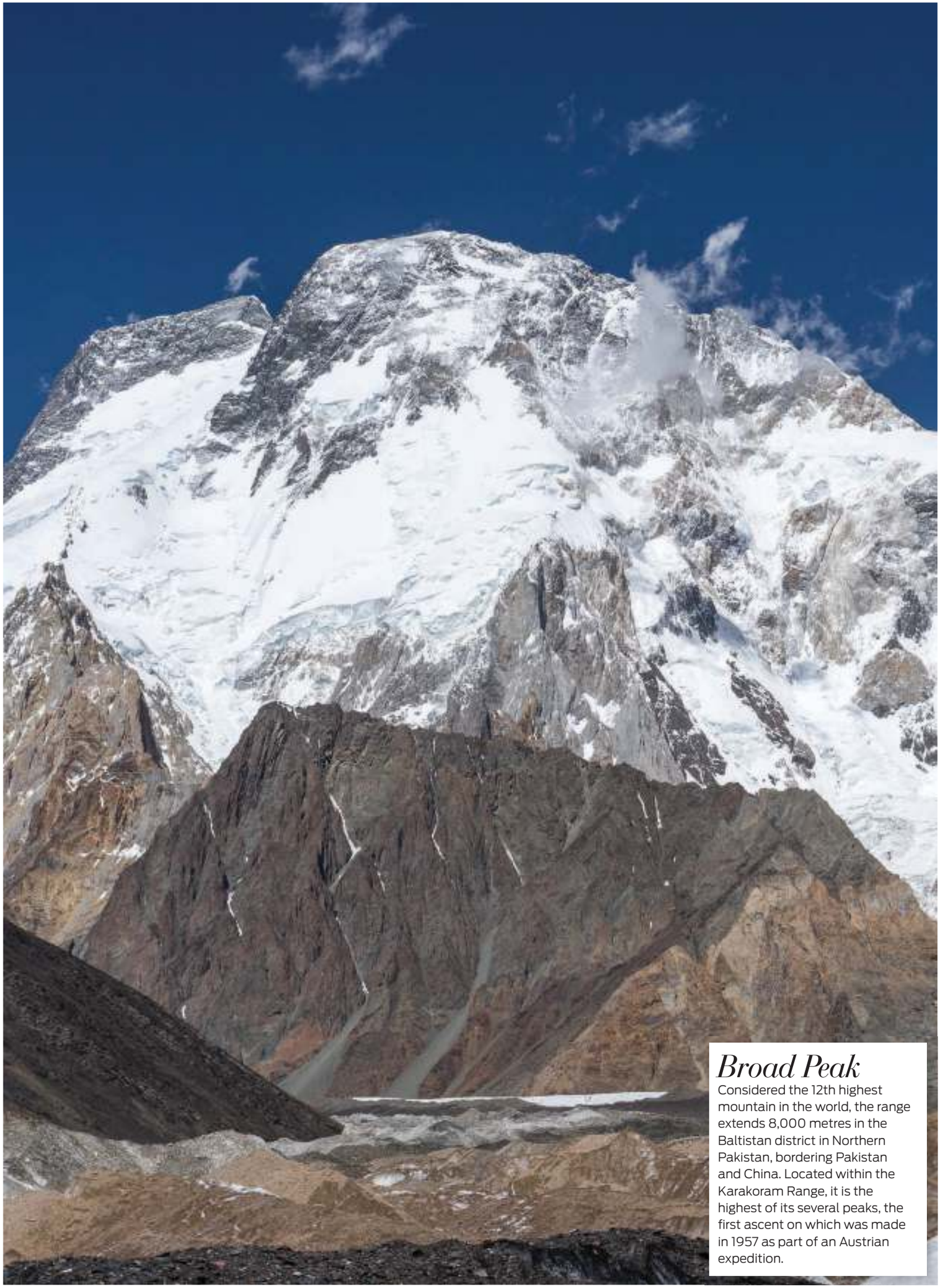
Qasim Bagh Fort

Located in Multan, Sindh, the site is Multan's most prominent landmark, estimated to be built between 800 and 1000 B.C. The fort was almost destroyed during the British occupation of the Subcontinent. Well-known for its defensive capabilities and architecture, unfortunately the site is experiencing fast decay and ruin.



Shalimar Gardens

Located in Lahore, Pakistan, the Mughal garden was constructed during the reign of Emperor Shah Jahan in the 16th Century. Built to echo a Persian garden, the space covers over 16 hectares within Lahore's Walled City. The site was declared a UNESCO World Heritage Site in 1981 and is a symbol of the Mughal dynasty at the peak of its rule.



Broad Peak

Considered the 12th highest mountain in the world, the range extends 8,000 metres in the Baltistan district in Northern Pakistan, bordering Pakistan and China. Located within the Karakoram Range, it is the highest of its several peaks, the first ascent on which was made in 1957 as part of an Austrian expedition.

TEXT: FAIZA VIRANI; PHOTOGRAPHS: SHUTTERSTOCK

PAKISTAN

INDEPENDENCE DAY SPECIAL

Prominent Pakistanis share inspirational tales and what makes them proud to be Pakistanis.



"I was recently in Islamabad where I met a friend of Polish decent who had come here as a tourist to trek to the K2 Basecamp. It felt so incredible to show her around my city and welcome her in Pakistan! My heart swelled when she complimented life here. On 14th August we should celebrate all the positive things that we do have in this country, and make an intention to do what we can to make it a better place. Pakistan is home and we must participate in everything from keeping our public areas clean, to reducing plastic waste, to being open minded and inclusive, to giving our time and money to charity, to demanding accountability from all our institutions! The people are what make a country great, the landscape is already so beautiful and diverse!"

- Adnan Malik

"I am really proud to be a Pakistani because I've travelled around the globe, I've seen a lot of countries and let me warn you that each and every place has its own share of issues. No place is better than the other. Pakistan is our home. This country is not going anywhere and my identity with it, it being my birthplace being my homeland, that fact is not going anywhere either. I've gotten a lot of admiration and respect from here and that is more than enough reason for me to be appreciative of who I am and where I come from. And every day I strive towards being a better representative of this great nation of ours."

- Anoushey Ashraf





"I feel that Edhi Sahab being a Pakistani and Edhi being in our nation is the biggest inspiration and when I look around the world I can't find anybody like Edhi Sahab. I think we should support the cause and we should all as a nation try and work like Mr. Edhi. Instead of criticising others we should work on the progressive and the stuff that spreads a lot of positive energy."

- Ahsan Khan



"We as a nation have always stood united through all sorts of adversities and together have gained not only inspiration but also hope for better days. A splendid example of this is the recent ICC win that made us all proud. Against the odds the Pakistani team rose up to the challenge and went on to win the cup. That sums up the whole Pakistani nation – we are our best when we are cornered like tigers."

- Mehwish Hayat



"Pakistan will always be home to me no matter where I go. I've grown up hearing all these illustrious stories of our forefathers and all the sacrifices they made, which left me with an innate sense of commitment and responsibility towards my country. I'm proud today to stand united with a nation that has all the zeal, zest and vigour to meet its challenges head on. And every day I feel inspired to work towards being someone who contributes more and more to their motherland."

- Saadia Mirza



"I came to Pakistan last year to start my acting career. The first event I attended was in Lahore to celebrate the Women in Green, our women's cricket team. I felt immense pride knowing I belong to a nation of strong and determined women who, against all odds, will work hard and forge forward in their respective fields. Happy Birthday, Pakistan!"

- Sarish Khan



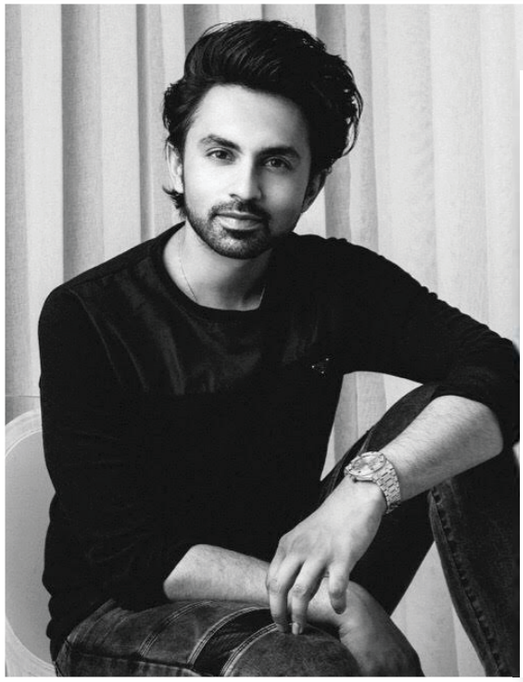
"Pakistan is my identity. Wherever I go I take my country's name with me. I feel very thankful that this country has given me space to live freely, breathe freely and work to the best of my abilities. No matter what people say, hard work does pay off here. I am really proud and I feel great when people around the world tell me that they're glad to know that Pakistan has so much talent. And it's sad at the same time when my country's name goes down by the actions of a few. Pakistan is who we are and we should thank God for it, own it, cherish it, promote it and inspire others."

- Junaid Khan



"We are a nation of the most resilient people. The kind of madness and hurdles that come Pakistan's way are of immense magnitude but the fact that we still live to fight another day, that we have the utmost talent, drive and perseverance only goes to prove that we can achieve great things if we strive to work together and for good."

- Maheen Kardar



"Pakistan is a place rich in culture, heritage and history. Every nook and cranny depicts a new and different tale of the past. After travelling to many places in Pakistan I can safely say that each city is one of a kind, with beautiful historical monuments that are no less than any other place in the world. Pakistan will always be home and it makes me immensely proud to be a part of a nation that has kept its heritage still intact."

- Hamza Tarar



"We've been raised in patriotic homes where we've learned to honour and appreciate Pakistan. It is highly important for us to take along the values that we learn forward and instill them in our children so one day when they are our age they would know what a blessing our country truly is. As long as we play our roles honestly and diligently we can make Pakistan a better place for our present and future generations. Pakistan Zindabad!"

- Maram & Aabroo



"We've always criticised our country but never realised it's the people who do wrong and never the country. Pakistan is a gift to us and it is our duty to take care of it. The sense of freedom that this land gives us, cannot be sensed anywhere else in the world. Let's not take this beautiful land for granted and work towards a better future for my Pakistan, our Pakistan."

- Asim Azhar



"I've made a conscious decision to live in Pakistan. I was a Canadian with permanent residency but when I had my son I made the choice to live in Pakistan. It was imperative to me that he recognises the values and culture that we come from. I felt that the best way to do that was for him to live there rather than to hear about it from a distance. We're celebrating 70 years of Independence, so rejoicing it in any and every way possible is the way to go! As far as my contribution is concerned, I am doing a special 20 minute segment on my morning show on PTV, where I speak to a high achiever/personality who has contributed to Pakistan or is the face or pride of our country. That is what I am doing to show my love for Pakistan."

- Juggan Kazim



"Pakistan to me is home. Even after travelling to several countries, Pakistan will always be the one place that I will return to. The spirit in the people of this country is absolutely admirable and whenever I am travelling I always try to represent the best front forward for my country. Everything about Pakistan is distinct, and since I'm a foodie I especially like the variety of food that every city has to offer. Being a mother, I want to teach my daughter all the fun things that I grew up with in Pakistan and let her enjoy the traditions, various cuisines and heritage of our country."

- Alyzeh Gabol

"Pakistan is not only my identity but it is one place that soothes me to the core. When we are living in Pakistan we tend to only look at the negative aspects that occur in our country however when I went abroad for my education I realised that despite the problems that take place, Pakistan is one place that holds my heart. My family, friends, my culture and my roots all belong to this soil. Our relationship with Pakistan is much deeper than only being its citizen; it runs in our veins and beats through our heart with hope and faith for a brighter future."

- Feroze Khan





"The stories of Malala Yousafzai and Shahbaz Taseer make me proud to be Pakistani."

- Shehrbano Taseer



"Having lived in Pakistan all my life there is no place that could match up to this beautiful country. The best part about Pakistan is that no matter what happens we as a nation always find the strength to fight back. Everything about this country - right from the hospitality and the warmth, the love, the cities to the food to historical monuments - depicts the tale of our culture, which is extremely precious. Pakistan has given me so much love and appreciation, made me who I am today, taught me so much and it makes me proud to be a citizen of this strong country that has prevailed through such tough situations and circumstances. I will try to do everything possible to represent and present my country in a positive light around the world and not tarnish its image in any way."

- Ayesha Omer



"The most awe-inspiring thing about Pakistan is the rich culture that it contains. This has not only kept on inspiring us but has enhanced our creativity throughout our careers. This country is full of beautiful places and heritage that have so much depth in them and it is our duty to preserve the true essence of it all and promote a softer image of our country around the world. Pakistan is a place that gives us a sense of belonging."

- Nickie & Nina



"When General Musharraf became president, he came to meet my mother Madam Noor Jehan at our house. The way he reminisced about the song *Aye Watan Ke Sajeele Jawano* and the impact it had on the morale of the Pakistani army when they were in the trenches during the 1965 war was incredibly heart wrenching! It makes one think of the strength of the arts and how much we as a nation inspire one another to keep going forward despite all our problems."

- Mina Hasan



"Well, when I think of inspiration, one man comes to mind and that is my father-in-law Salman Taseer. He gave his life for a Christian woman who was innocent; he died fighting for her, for minorities, for those who are weaker in this country. All he wanted was an equal Pakistan, a more progressive, a more tolerant Pakistan, and he died for it. What can make you feel prouder than that? I am so proud to be Salman Taseer's daughter-in-law. I am also proud to be Shahbaz Taseer's wife who after being kidnapped and tortured and everything he went through is still here in Pakistan, living his dreams for better days for our children in Pakistan. I think these two men are so inspirational."

- Maheen Taseer



"At the age of 26 I got married and moved to Pakistan, leaving behind my family, my friends, my life in Dhaka and began a brand new chapter. It has now been 23 years and I can proudly, confidently say that Pakistan is my home. The reason I say this so proudly is because as a newcomer I was very much welcomed and accepted here. Pakistanis have a warm aura, are accepting of diversity and believe in inclusion. What has contributed to my dedication for being a designer is the passion that I have seen in numerous Pakistanis. Whatever they do, they do it proudly and with passion. Be it cricket, music or art – there is a fire in every individual participating."

- Shamsha Hashwani

"When I was hosting a morning show it gave me access to the lives of people that truly make up Pakistan. I met women brave enough to fight for their rights no matter what the consequences. I visited neighbourhoods where people from all sects shared their laughter, tears and cups of tea; I witnessed men beating all odds to stand up for what they believed in, I heard the stories of their misfortunes and marvelled and applauded their passion for life. These people are Pakistan and witnessing such grit against hard times is what inspires me and makes me proud of my country. Pakistan *Zindabad*!"

- Momal Sheikh





"There is a famous quote by the late US President John F. Kennedy:"'Ask not what your country can do for you, ask what you can do for your country," and this is exactly right when anyone asks me about what makes me a proud Pakistani, and our generation now is the embodiment of this quote.
I believe now is the perfect time for a Pakistani youth, like myself, to be able to celebrate the diversity within our nation, the talent of our people, and take the ideology of Pakistan forward by flying the flag higher!"

-Bilal Abbas Khan



"Pakistan is a place that is full of culture, crafts, artistry and heritage. From the old places in different cities to the villages scattered all around, each place has a distinct style and portrays a different culture. This is what we love the most about Pakistan; the diversity we see in our country is beyond imaginable and this is what inspires us at Souchaj. We aim to bring about the unique creativity and craftsmanship that is depicted all over Pakistan into our clothes and give our people something that embodies the essence of our true culture. Pakistan is our home and it is one place that will always hold our heart and soul."

- Mehak & Mehr

"Perhaps what makes me proudest about being a Pakistani is the sheer raw talent in our country. Be it the sports industry, the film industry, the arts – as a nation we have been able to capitalise on our skills and cultural heritage, and this is something truly inspirational for me. What is also most inspiring for me as a Pakistani is the power of our culture to bind us together as a nation. Be it our shared love for *chai* or *biryani*, the passion with which we support our cricket team or our sheer ability to incorporate our artistic heritage into every facet of our lives - from art, dance, music, home decor and clothing - makes me very proud."

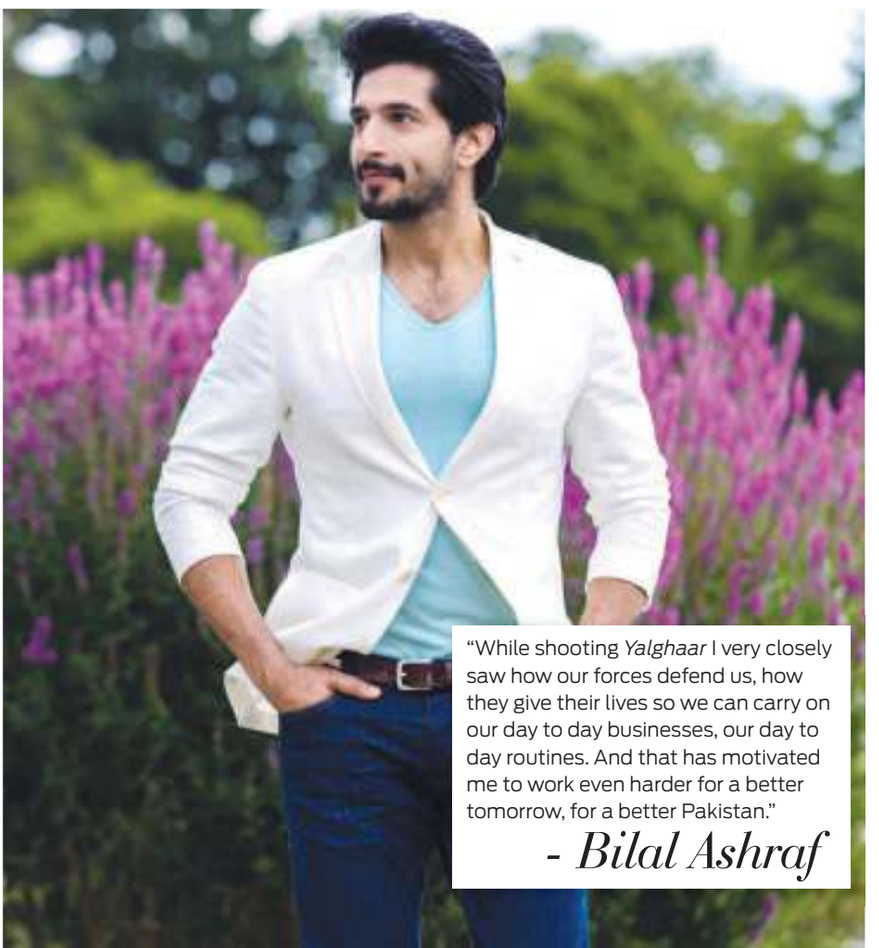
- Shehla Chatoor





"Pakistan is home to me. No matter where I go I always miss the hospitality and the warmth of the Pakistani people. Pakistan *Zindabad*."

- Syra Shehroz



"While shooting *Yalghaar* I very closely saw how our forces defend us, how they give their lives so we can carry on our day to day businesses, our day to day routines. And that has motivated me to work even harder for a better tomorrow, for a better Pakistan."

- Bilal Ashraf



"I'm proud to be a Pakistani because despite the terror threats that this country is faced with, the corruption, the societal problems and poverty, we still manage to be one of the most charitable, hospitable and resilient people. I love Pakistan."

- Mansha Pasha



"My music makes me proud. Our industry, our artists, our actors make me proud. I'd like to wish everybody a Happy Independence Day. Also, I'm green by heart."

- Atif Aslam

"I was on my way to the *Project Ghazi* promotional event when Pakistan and India were playing the ICC champions trophy last month. I was listening on the radio and the way Pakistan played and showed team effort made me so proud of our country. They say "you don't play for the country. "

- Sheheryar Munawar





"Have a great Independence Day, a very happy Independence Day! *Dil dil Pakistan, jaan jaan Pakistan.*"

- Shahi Hasan



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Shopping Complex

Gujranwala
Satellite Town
King's Mall

Multan
Gulgasht
United Mall

Faisalabad
ChenOne Road

Jhelum
Civil Lines

Sargodha
ChenOne Tower

Hyderabad
Garrison Complex Cantt.
Boulevard Mall

Wah Cantt.
Ahmadnagar

Islamabad
F-10
Centaurus Mall
Bahria Town
F-6 Markaz
World Trade Centre

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OK! SPOTLIGHT
Rihanna

OK! CONFIDENTIAL
SAIEM NASIR

GET THE LOOK
Deepika PADUKONE

UP CLOSE WITH
NAUSHABA BROHI

Jewel TONES

Model du jour and our current girl crush, Kiran Malik stuns in the season's latest colours.

STYLE ★ BEAUTY ★ HEALTH ★ FOOD ★ TRAVEL ★ ENTERTAINMENT



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OK! *Best* DRESSED



Princess Charlene of Monaco attends the 69th Monaco Red Cross Ball Gala in an über fabulous Atelier Versace jumpsuit paired with minimal jewels and matching accessories to stand out in a crowd.



Glamorous and oozing sex appeal, Shilpa Shetty rocks our boat in a Monisha Jaising gown, L'Dezen by Payal Shah jewels and Sergio Rossi heels at the IIFA Awards.



Cara Delevinge ups the ante in an Iris van Herpen couture gown at the *Valerian and The City of a Thousand Planets* premiere in Hollywood, California.

OK! *Red* CARPET



Elegant as always, Katie Holmes dons a white Zac Posen gown at the Fragrance Foundation Awards.



Always a bombshell, Bipasha Basu stuns in a Gaurav Gupta gown and bold red lips at the IIFA Awards.



Kendall Jenner strikes a pose in a Carmen March mini at the *Valerian and The City of a Thousand Planets* premiere in Hollywood, California.

ROCKSTARS



Dressed in Reem Acra, Lily Collins wears the season's hottest colour, red, to *The Last Tycoon* premiere in Los Angeles, California.



Sophie Turner sparkles in a mini Louis Vuitton number at the *Game of Thrones* premiere in Los Angeles, California.



Alia Bhatt sizzles in a shimmering Zuhair Murad couture gown at the IIFA Awards.

PHOTOGRAPHS: GETTY





Jewel TONES

Model du jour and our current girl crush, Kiran Malik stuns in the season's latest colours. Behold bold jewel tones; mesmerise in ruby reds or strike a pose in sapphire blue... this season let your clothes do the talking!

PHOTOGRAPHS & ART DIRECTION: ALTAMASH UROOJ
MODEL & STYLING: KIRAN MALIK
CONCEPT: ALIZEH PASHA
FASHION COORDINATION: RAO ALI KHAN
HAIR: MISHI ANGELLO
MAKE-UP: SHIMA GHARANI
JEWELLERY: VESIMI
WARDROBE IN ASSOCIATION WITH THEQODE
NAVIGATORS: MANAK SALEEM THEBO & KAMRAN TURK



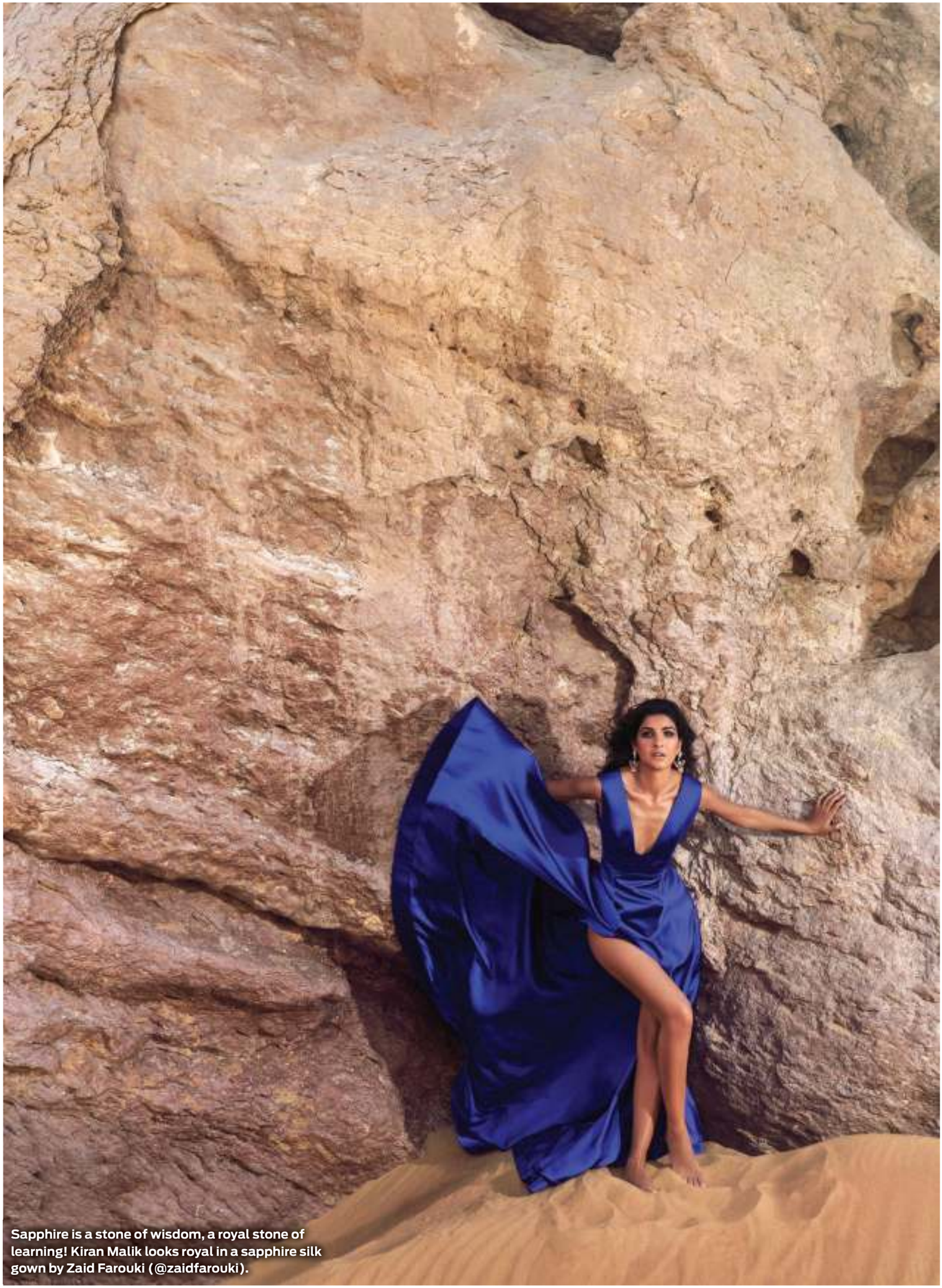
The fiery and captivating ruby is a stone of nobility, considered the most magnificent of all gems! Kiran is running the temperatures higher in a red hot outfit by Kristina Fidelskaya (@kristinafidelskaya).







A glassy, translucent stone, carnelian is an orange-colored variety of chalcedony, a mineral of the quartz family.The fiery top is hand-painted in different shades of orange jewel tone by Zaid Farouki (@zaidfarouki), paired with denim shorts and Roman sandals.



Sapphire is a stone of wisdom, a royal stone of learning! Kiran Malik looks royal in a sapphire silk gown by Zaid Farouki (@zaidfarouki).



Emerald is called the “Stone of Successful Love.” it opens and nurtures the heart. Kiran bedazzles in an emerald green crop top and skirt by Kristina Fidelskaya (@kristinafidelskaya).


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JULIANNE MOORE

RED ALERT!



Edie Parker
Macy Ribbon Acrylic Clutch,
PKR 169,000



H&M
Nightshirt with Printed Motif,
PKR 1,400



Chloé
Leather and Gold-Tone Bracelet,
PKR 42,000

Carolina Constas
Gabriella Poplin Top,
PKR 39,000



Aquazzura
Happy Hearts Sandals,
PKR 71,000





H&M
Sunglasses,
PKR 1,000

Dolce & Gabbana
Heart Resin Earrings,
PKR 51,000







J.W. Anderson
Pierce Medium Bag,
PKR 160,000

Outhouse Jewellery
Earrings,







Gucci
Embellished Satin Pumps,
PKR 110,000



Jason Wu
Asymmetric Crepe Top,
PKR 89,000

Miaasa
Velvetina Sandals,
PKR 4,200



Saloni
Zoey Poplin Midi Dress,
PKR 47,000







Loewe
Puzzle Small Shoulder Bag,
PKR 235,000



Sapphire
Hair Band,
PKR 690

Charlotte Olympia
Embroidered Dragon Slippers,
PKR 39,000



Red Valentino
Star Studded bracelet,
PKR 12,000



Oscar Tiye
Minnie Pom Pom Sandals,
PKR 65,000



Nicholas Kirkwood
Lola Pearl Pumps,
PKR 66,000

Maison Margiela
Asymmetric Draped Crepe Top,
PKR 71,000





Gucci
Web Bow Tie,
PKR 27,000



Fendi
Pleated Mini Dress,
PKR 170,000



Dsquared2
Belt with Lips,
PKR 21,000

Gucci
GG Marmont Belt Bag,
PKR 105,000





Christian Louboutin
Pijonina Scalloped Suede Pumps,
PKR 89,000

Fall's hottest colour is undoubtedly red! Don a red dress for a night out or standout in statement rouge accessories. We love how Sarah Snyder has accessorised her look with red Fendi Fall 2017 boots.



Marco De Vincenzo
Feather Embellished Sandals,
PKR 76,000



Gucci
Osiride Embellished Shoulder Bag,
PKR 299,000



ZARA
Ruffled Jumpsuit,
PKR 7,900





Marni
Gold and Silver-Tone Resin and Crystal Earrings,
PKR 41,000



ZARA
Mini Dress with Ruffled Sleeves,
PKR 4,900



Marni
Leather and Crystal Embellished Earrings,
PKR 53,000

Chapter 13
Peshwari Chapals,
PKR 2,850



Dodo Bar Or
Lennon Silk-Crepe Midi Dress,
PKR 82,000







Thierry Lasry
Red Cat Eye Sunglasses,
PKR 41,000

Salvatore Ferragamo
Gancio Wrap Bracelet,
PKR 18,000



Fendi
Floral Heeled Sandals,
PKR 93,000

Stella Mccartney
Mirella Stretch-Crepe Top,
PKR 54,000



SARAH SNYDER

PHOTOGRAPHS: GETTY

STOCKISTS: AQUAZZURA, CHARLOTTE OLYMPIA, DOLCE & GABBANA, DSQUARED2, FENDI, MARCO DE VINCENZO, NICHOLAS KIRKWOOD, OSCAR TIYE, RED VALENTINO, SALVATORE FERRAGAMO, THIERRY LASRY www.farfetch.com; GUCCI www.gucci.com; CAROLINA CONSTAS, CHLOÉ, CHRISTIAN LOUBOUTIN, EDIE PARKER, FENDI, J.W. ANDERSON, JASON WU, LOEWE, MAISON MARGIELA, MARNI, SALONI, STELLA MCCARTNEY, DODO BAR OR www.netaporter.com; CHAPTER 13 www.pollyandotherstories.com; H&M www.hm.com; MIAASA www.miaasa.com; SAPPHIRE www.sapphireonline.pk; ZARA www.zara.com;
prices are approximate



THINK PINK

Junaid Khan strikes a pose in Summer's coolest colour for men, PINK! Don't be afraid to don this hue for we love a man who can carry this colour off.



COMMON PROJECTS
Original Achilles Leather Sneakers,
PKR 41,000



ALEXANDER MCQUEEN
Studded Leather Wrap Bracelet,
PKR 27,500



GUCCI
Sunglasses,
PKR 28,000





H&M
Short Chino Shorts,
PKR 2,000



F.A.M.T.
Unlovable Print Cap,
PKR 3,600

ZARA
Comfort Blazer,
PKR 8,900



HUGO BOSS
Embroidered Logo Polo Shirt,
PKR 9,500



LANVIN
Arrow Oxidised Brass Cuff,
PKR 17,000



HAN KJOBENHAVN
Acetate Sunglasses,
PKR 18,000



VANS
Pink Authentic Trainers,
PKR 6,000



H&M
Sweatshorts,
PKR 1,799



GIVENCHY
Urban Street Leather Sneakers,
PKR 49,000



PAUL SMITH
Woven Leather Wrap Bracelet,
PKR 15,000

POLO RALPH LAUREN
Cotton Oxford Shirt,
PKR 9,000





ZARA
Skinny Fit Chino Trousers,
PKR 2,990



CARHARTT
Printed T-Shirt,
PKR 5,100



J. CREW
Garment-Dyed Sweatshirt,
PKR 9,000

STOCKISTS: HUGO BOSS, CARHARTT, F.A.M.T., VANS www.farfetch.com; ALEXANDER MCQUEEN, COMMON PROJECTS, GIVENCHY, J. CREW, LANVIN, PAUL SMITH www.mrporter.com; GUCCI www.matchesfashion.com; H&M www.hm.com; HAN KJOBENHAVN www.needsupply.com; ZARA www.zara.com; *prices are approximate*

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VERDURA
Octopus Brooch

FEI LIU
Crab Ring

FARAH KHAN
Octopus Earrings

BOODLES
Deep Sea Treasure Necklace

AUTORE
Fire & Ice Santorini Earrings

LYDIA COURTEILLE
Seahorse Earrings

DE GRISOGONO
Starfish Cuff

PATEK PHILIPPE
Aquatic Life Watch

CHOPARD
Seahorse Earrings

CHOPARD
Happy Fish Watch

RODNEY RAYNER
Sea Urchin Ring

ROBERT LEMOINE
Octopus Necklace

TEMPLE ST. CLAIR
Sea Dragon Earrings

LYDIA COURTEILLE
Under The Sea Necklace

VAN CLEEF & ARPELS
Seven Seas Sea Clip

TIFFANY & CO.
Starfish Cuff

BOODLES
Sea Star Ring

VAN CLEEF & ARPELS
Koi Watch

THEO FENNELL
Under The Sea Ring

STOCKISTS: AUTORE www.autorepearls.com; BOODLES www.boodles.com; CHOPARD www.chopard.com; DE GRISOGONO www.degrisogono.com; FARAH KHAN www.farahkhanfinejewellery.com; FEI LIU www.feiliu.co.uk; LYDIA COURTEILLE www.lydiacourteille.com; PATEK PHILIPPE www.patek.com; CHAUMET www.chaumet.com; RODNEY RAYNER www.rodneyrayner.com; TEMPLE ST. CLAIR www.templestclair.com; THEO FENNELL www.theofennell.com; TIFFANY & CO. www.tiffany.com; VAN CLEEF & ARPELS www.vancleefarpels.com; VERDURA www.verdura.com



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#OKStreetstyle

This August we decided to round up some of our favourite Eastern looks... it's so much fun to see how the traditional shalwar kameez has evolved over the years and how these fashionistas add their own personal touch to styling it!



BLOGGER @ANNIESWIFT IS FABULOUS IN TULLE AND PINK!



@FAMEISFICKLEFOOD LOOKS LOVELY IN TULIP PANTS AND A PEPLUM!



THE POP OF THE RED KHUSSA AGAINST A CLASSIC WHITE IS A BOLD CONTRAST @LIVEAFSHAN.



A LITTLE OPULENCE NEVER HURTS, WE LOVE THE DEEP MAROON COLOUR AND THE JHUMAR BLOGGER @MADIHABLOBB IS SPORTING.



THE CLASSIC KAMEEZ, DUPATTA AND FITTED PANTS IS ALWAYS A RECIPE FOR GOOD #OOTD, @MARJHANKAUSAR HAS THIS LOOK DOWN!



@NUMRAMS IS LOOKING VERY ELEGANT IN THIS PASTEL NUMBER!



@RIDAISLAM IS ROCKING THOSE #DIOR SHADES AND GHARARA PANTS.

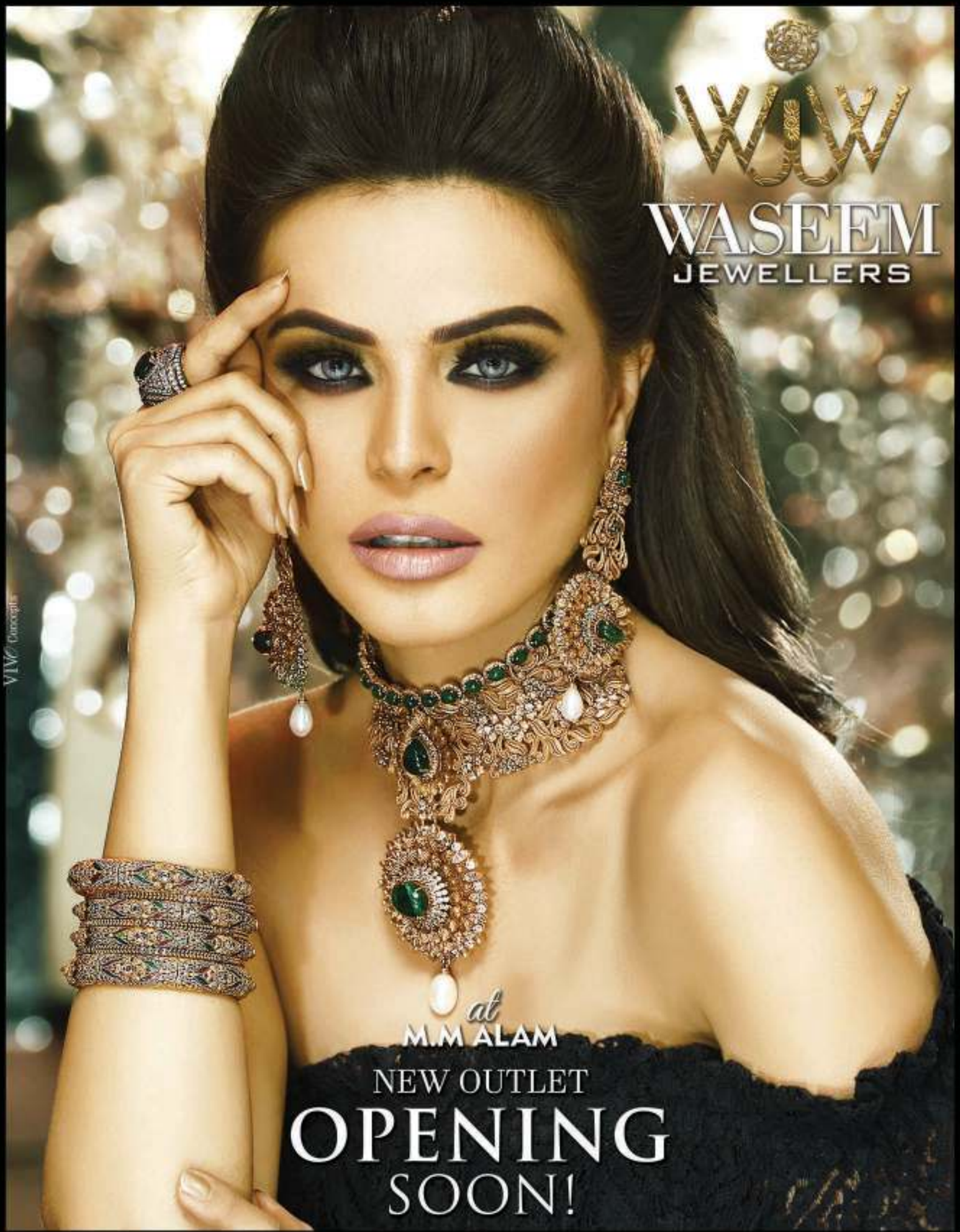


A PLAIN PEPLUM TOP AND EMBELLISHED PANTS IS ALL YOU NEED @SAMAIRAGHANI1.



@WHATSMYINSTAAGRAM IS EFFORTLESS CHIC! LESS IS ALWAYS MORE.

TEXT: ALYZEH RAHIM SHIRAZI



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SADAF KANWAL

This year's Model of the Year winner at the Lux Style Awards, Sadaf Kanwal is having a moment and a half in the fashion industry. Gracing the covers of every major fashion magazine, ad campaign and billboard – Sadaf's presence is ubiquitous. Sporting the trendiest looks off-duty and the chicest looks on the red carpet – Sadaf is a style chameleon. Check out her looks for some fashion and beauty inspiration this month!

GET THE LOOK

H&M
V-Neck Shirt,
PKR 2,000



MANGO
Straight Suit Trousers,
PKR 4,990



CARTIER
Diamond Choker,
Price Upon Request





CHARLES & KEITH
Pointed Slingback
Heels,
PKR 4,900



JIMMY CHOO
Romy Patent-
Leather Pumps,
PKR 59,000



ZARA
Double Breasted
Frock Coat,
PKR 7,900

STOCKISTS: CARTIER www.cartier.com; CHARLES & KEITH www.charleskeith.com; H&M www.hm.com; JIMMY CHOO www.netaporter.com; MANGO www.mango.com; ZARA www.zara.com.;
prices are approximate


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AYAZ ANIS

Fashion photographer, Ayaz Anis Khan has dazzled us with his crisp photographs and even sharper looks. His dapper sense of style and quirky mix of accessories land him on our fashion radar this month.

GET THE LOOK



RIVER ISLAND
Mid Blue Wash Denim Shirt, PKR 2,500



BVLGARI
Bvlgari Watch, Price upon request



MSGM
Distressed Loose Fit Jeans, PKR 22,200



CAV EMPT
Contrast Sleeve Bomber Jacket, PKR 49,000



SAINT LAURENT
Stars and Moon Print T Shirt, PKR 35,200



LOUIS VUITTON
Reversible Belt, PKR 63,500



ZARA
Black Minimal High-Top Sneakers, PKR 3,500



RAYBAN
Wayfarer Sunglasses, PKR 19,000



DIADORA
Trident Sneakers, PKR 17,000

STOCKISTS: MSGM, DIADORA, SAINT LAURENT, CAV EMPT www.farfetch.com; ZARA www.zara.com; RIVERISLAND www.riverisland.com; RAYBAN www.ray-ban.com LOUIS VUITTON www.louisvuitton.com; BVLGARI www.bulgari.com; *prices are approximate*

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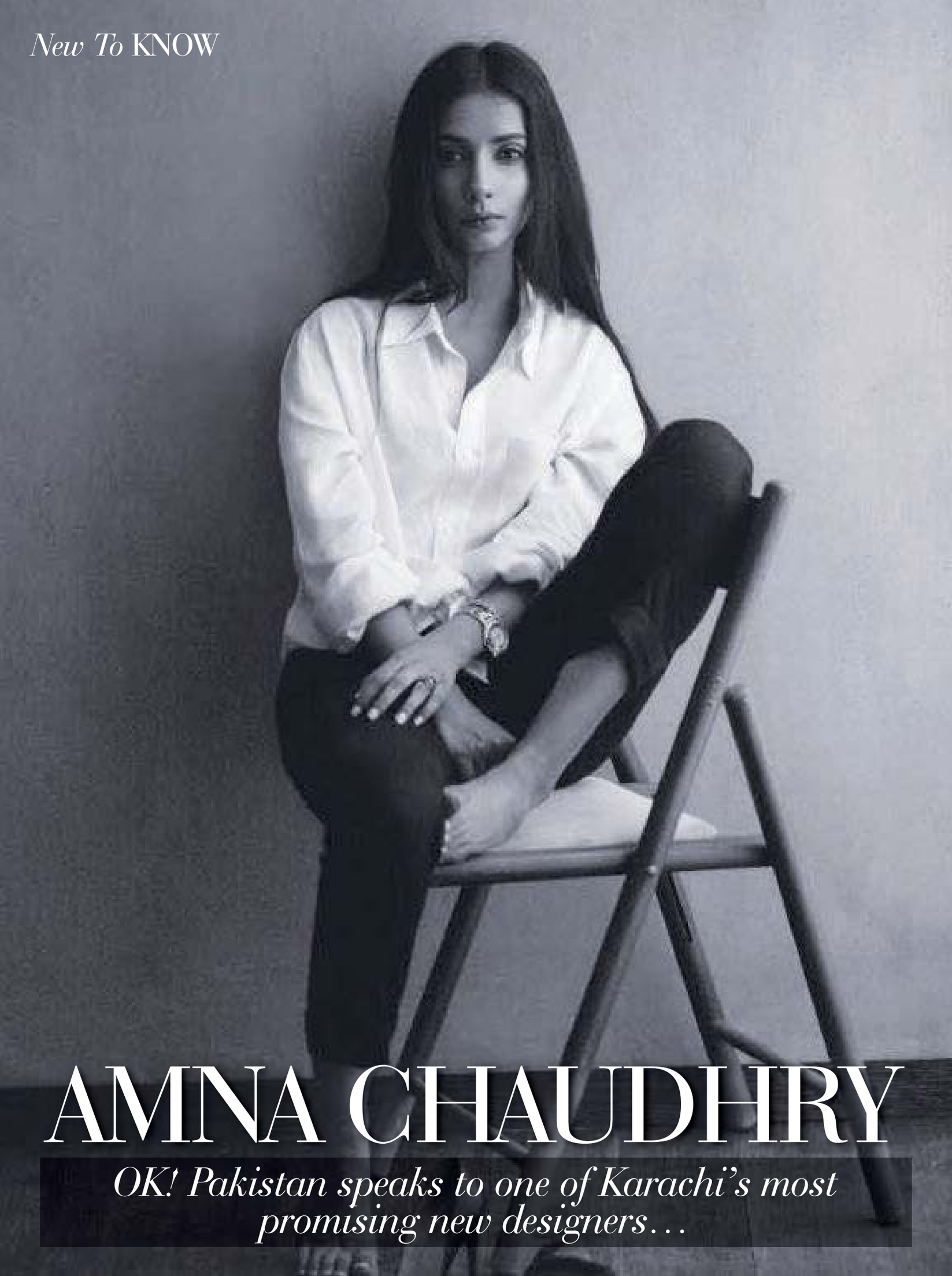
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AMNA CHAUDHRY

OK! Pakistan speaks to one of Karachi's most promising new designers…

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

Amna Chaudhry: Having a background in textiles, I inherently had an eye for designing quality fabrics thanks to my father's love for textiles. I grew up seeing, touching and observing various fabric samples he made. At a very young age, I was exposed to a quality over quantity state of mind. Eventually, after spending most of my time with him I fell in love with designing garments out of the fabric he engineered. Even though my work was greatly appreciated, I was always curious to see how my passion would be received by those who went beyond the scope of my family and friends.







Where did you study?

AC: I graduated with an LLB degree from LSE.

How would you describe your design aesthetic?

AC: Simple and classic. I'm not one for too much bling or over the top cuts. I've always been true to straight lines and minimalistic designs.

What is your creative process like?

AC: I spend a couple of hours a day in something of a meditative state whereby I derive designs which I narrow down to one or two pieces that I would like to see on myself. Of course, not everything comes out the way I envision it to be, but I am blessed with an amazing team, which helps with recreating the design as close to what I want. It truly is a case of hit or miss with every design created, however the process leading up to the finished product is what makes being in this industry worthwhile.

What drives you to keep designing?

AC: Nothing really drives me to keep designing; to me it's as natural as breathing. I really don't know what I would be doing if I wasn't in this industry. I definitely wouldn't have the feeling of happiness and contentment that I have now.

What is your favourite piece from your collection so far?

AC: The linen duster.

Who would you love to see wearing your designs?

AC: Anyone who feels beautiful wearing them would make me happy. I design clothes that I see myself wearing, and just seeing them appreciated by others gives me a kind of happiness I can't explain.

What are your plans for the future?

AC: As of right now, I'm trying to streamline everything I have going on in Karachi, however I'm hoping to take the brand to Lahore and Islamabad soon. OK!

TEXT: ALIZEH PASHA; PHOTOGRAPHS: COURTESY AMNA CHAUDHRY

Favourites on Flannels

Move over Net-a-porter, we have another website on the radar which has some of the most sought after designer and high street brands. On www.flannels.com you can find all the British and international names that the world of fashion is going gaga over currently. Not only that but they are currently on sale with over 60% off, so if you've been eyeing a pair of shoes, or that special handbag, why not check out www.flannels.com. The pictures show some of our current favourites from the website!





So Darling!

'Darling' is Britain's newest 'IT' brand and their styles have been sported on a lot of top bloggers internationally. The ensembles are so hopelessly romantic with frills, lace, tweed, pleats, large buttons and pastel shades, they're perfect if your style is ultra-feminine! I think we forgot to mention that the price points are super affordable, so this is certainly a brand to watch out for without pinching your pockets.







Swooning over Sophia!

Sophia Webster really knows how to up her game and we just cannot get over her newest collection, which includes the butterfly trainers 'Bibi Low Top', heavily bejewelled block heeled boots 'Stella and Kendra' and the most sought after accessories this season including the gorgeous glittery 'Clara' clutch, statement butterfly wristlet 'Flossy' and the opulent 'Vivi' clutch which is perfect for weddings in our part of the world! Happy shopping peeps! www.sophiawebster.com





The Volon

As seen on Olivia Palermo, Miroslova Duma and many other 'IT' girls of Hollywood, 'The Volon' has stolen the hearts of many fashionistas alike. The Volon is a South Koren brand that stems from furniture pieces and interiors, as can be seen in the shapes and colours of its bags. We have picked out some gorgeous pieces from this season that we are totally lusting over, and they are all priced under PKR 100, 000.



Winter Calling

The subtle YSL logo on the heel is everything! Fall/Winter collections are out, as are our shopping lists for the cooler months and these boots are right on top of the list. We cannot get enough of the different styles; from the lace ups to the red velvet, the metallic is also TDF. They're all so beautifully crafted as well that we cannot decide what to purchase and we're sure you will have the same dilemma.













Eddie Borgo

Eddie Borgo's gorgeous handcrafted, gold plated jewels take two to three days to get made as they are carefully created by talented workmanship which includes paying great attention to the finest details. They have a slight Mediterranean flavour to them, and can be rocked beautifully with a boho-style outfit. Oh, what we would do to get our paws on these gloriously lustrous pieces!

Man Repeller

Whilst on the topic of shoes, we are totes obsessed with Man Repeller; founder Leandra Medine firmly believes that "style is a meaningful form of self-expression." Her contemporary footwear collection, MR by Man Repeller, puts a spin on classic styles. We especially love the satin tie up loafers, metallic boots and platform sandals!





The Eid Exhibit!



If you're looking to shop pre-Eid and you're Lahore-based, look no further because Dolce Vita Home and The Exhibit are bringing yet another huge multi-brand exhibition with over 35 of the biggest brands in the country including Élan, Karma, Boho, Magicosmetix alongside many other jewellery, interiors, cosmetics and lifestyle designer names (under one big roof)!. The Exhibit have also partnered with fabbit.com this time around to make sure that the expo is the biggest, most talked about event to date. Follow on Instagram for updates on @theexhibitt. The Exhibit will take place on Saturday the 26th of August at Meezan Marquee on Hali Road from 11 am till late! #dolcevitaexhibitexpo2017.

TEXT: ALYZEH RAHIM SHIRAZI

prices are approximate



UP CLOSE WITH

NAUSHABA BROHI

The founder of Inaaya talks about her brand, her design inspiration, ethical fashion, and more…

Naushaba Brohi is the founder of atelier Inaaya, an ethical fashion label that works with artisans to bring back Sindhi handicraft in the modern world. Naushaba knows how to make fashion chic and at the same time sustainable, and today *OK*! Pakistan gets up close with the designer about what inspired her to set up a sustainable clothing label, why ethical fashion is so important and the changes she hopes to see within the fashion industry.

How did Inaaya start?

Naushaba Brohi: In 2010, Pakistan was hit by the worst floods in its history. I quit my job, packed baby and a bag, and left with some vague ideas about 'giving back'.

During the flood relief efforts in rural Sindh, while distributing rations, the women and I exchanged stories. Their burdens were so much weightier than mine. I was there supposedly, to assist them; instead, it seemed like they were helping me learn a lesson in perseverance. The women and I, our dreams interweaved. I knew then, that I had to try harder, to dream bigger.

The idea was to use women's craft skills into creating luxury couture and jewellery that promised high returns for myself and the women.

How has the brand has evolved since its launch?

NB: It has been a tumultuous journey of ecstatic highs and crushing lows. From receiving a standing ovation at the first fashion show to not having enough money to buy fabric, I've been through it all.

What inspired the title of the brand?

NB: Inaaya [in-aa-yah]; empathy; the capacity to recognise and share the feelings of others.

What did you do before starting your own design brand?

NB: In essence, Inaaya is the culmination of my life's journey. I had nine years of work experience in the media, from being the Pakistan Vice President of the only international fashion channel – FTV, to the Editor of the style pages of Express Tribune. Both were senior management positions. After graduating from the National College of Arts, I started designing interiors, moving to set design and construction, and eventually working my way up in the field of fashion, style and entertainment.

The goal has always been to stay challenged. Perhaps that's why I've worn so many hats in my career, some longer than others. But, this feels like coming home.

What have you studied? Is design education necessary to be a designer?

NB: Fine Arts. Design education is a bonus when you decide to become a fashion designer; art education is imperative. In Pakistan, it helps if you know how to cut and drape, but, you don't fail because you don't know how to cut a pattern, they are tools that make your journey easier. Art on the other hand, teaches you how to see, imagine and draw; without which all you have left is browsing the likes of international fashion publications, Instagram and Pinterest for "inspiration".

Where do you get your design inspiration from?

NB: My journey with Inaaya. The first collection was called *Liminal* – I was at the initial phase of constructing a new reality for myself, nothing was off limits. Nothing was black and white – grey is the liminal. The interstice; the state characterised by ambiguity, openness, and indeterminacy. It

















is a productive confusion: a disorientation where stagnation gives way to transition – the grey of twilight. The second collection was based on a quote by Pablo Neruda - 'You can cut all the flowers but you can't stop spring from coming'- it was about resilience. Standing tall in the face of adversity. The third was *Baatin* – the mantra had always been to empower women, now the question was, 'how?' Where does a woman get strength from? The answer: from herself and the fourth collection was *Tabeer*: The power and freedom to realise dreams. A straight line can represent the limit which cannot be crossed or it can be infinity itself. Tabeer is a journey encompassing all ups and downs, the highs and lows, serenity and anxiety – from conception to creation.

Describe the ethical philosophy behind your business.
NB: The brand's foundation is based on strength in numbers. The logo is triangles stacked one on top of the other to form a bigger, sturdier triangle – we work better together. The triangle is the most stable shape – by helping others we help ourselves; the top most triangle has no definitive lines – our future is limitless. The tagline is "Reimagining Craft. Redefining Fashion. Revitalizing Hope." I train women at village-level to be entrepreneurs. They are not contracted employees; they are free to work for others. The verbal contract is focused on timely delivery, cleanliness and design exclusivity. Inaaya has collaborated with one of the biggest fashion brands in Pakistan, Sana Safinaz. We understand for a brand to get anywhere it must first grow laterally. The idea is to initiate economic activity in areas where these artisans live to ensure that there is no further displacement.

Why is sustainable fashion so important to you?
NB: Everyone should try to leave their mark on the world, this is my attempt.

Who is a personal hero or heroine within the ethical and sustainable fashion world for you?
NB: I love what Rahul Mishra, Pero and Anita Dongre have managed to do in a short span of time. I hope to do something similar for artisans in Pakistan.

What is your favourite part about working in ethical fashion?
NB: I sleep really well, and, I have the best happy stories to share!

What are some of the products Inaaya has featured?
NB: So far, we've got clothes and jewellery – I love the idea of hand-crafted shoes and childrenswear.
What is your biggest challenge in promoting ethical fashion today?
NB: That luxury lies in human investment.

How does employing artisans from interior Sindh work for you?
NB: I actually don't 'employ' any artisans, they're all verbal contracts – I'd like to think I'm jump starting rural entrepreneurship ecosystems.

What do you feel is your greatest achievement?
NB: The women I started with, still work with me. And, it's helped me raise a more conscientious child.

What changes would you like to see within the fashion industry five years from now?
NB: Mindfulness.

In an industry that's highly subjective to change, how does Inaaya continue to differentiate itself?
NB: Given the nature of the craft and the signature aesthetic, I'd like to think we have nothing to worry about.

Who do you admire the most?
NB: Dr. Quratulain Bakhteari, Nazish Brohi, Lalarukh Ahmed, Mehnaz Mehmud, Nayyar Jamil. I could go on.

Flats or heels?
NB: Comfort. Therefore, flats.

Favourite super hero?
NB: Supportive men – they're so few, they may as well wear capes.

What is one thing that annoys you the most?
NB: Wasted time.

Describe yourself in three words.
NB: Passionate, meticulous, and perpetually hungry.

What is the most interesting thing you have in your purse/wallet?
NB: Post-its and a pen.

If you were stranded on a tropical island what two things would you want with you?
NB: A knife and a pillow.

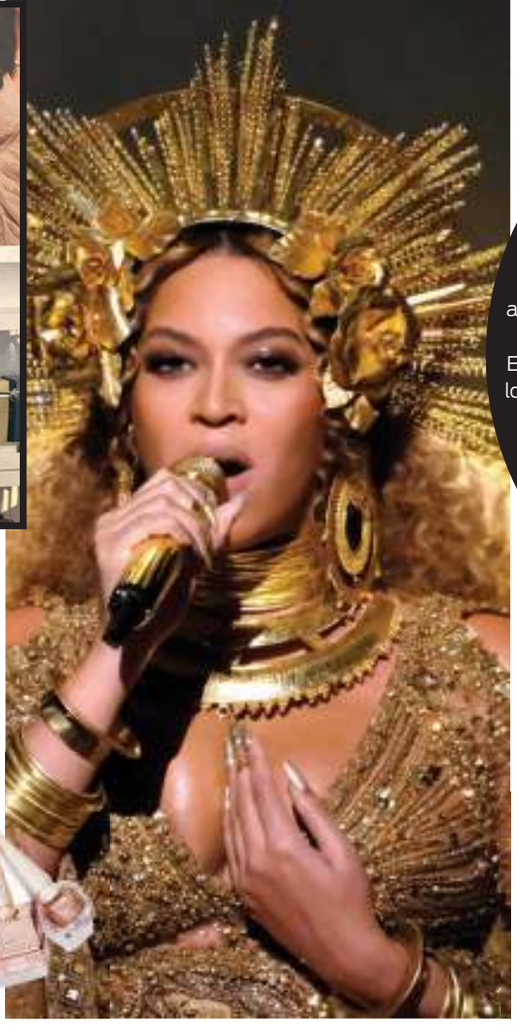
What fashion trend do you just not get?
NB: The tulip shalwar – I have yet to see anyone looking good wearing one.

Any pet peeves?
NB: Too many to list! Top two are people who want to have detailed conversations on Whatsapp, and when someone answers a question with "Inshallah".

Favourite destination?
NB: My bed.

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: COURTESY AZFAR REHMAN





VITAMIN C FOR SUMMER BRIGHTENING



With the heat and humidity greasing up our skin, oily or combination skinned ladies need to put their face oils and heavy creams aside and use something lightweight but über moisturising. Our favourite brightening and lightening moisturiser that hydrates, perfects and protects is the DR. WU Whitening System Extra Whitening Lotion with Vitamin C. Available locally, the Taiwanese cult beauty label is gaining popularity not just amongst Asian celebrities but beauty aficionados around the globe. It's been on our beauty counter for over two months and we plan to replenish it as soon as it finishes. It not only hydrates but also evens and lightens complexion. Stock up and watch your skin brighten, too.
PKR 7,500; Available at Blush Salon & Spa 0334-5568865

NAIL IT!

Metallic nails are currently all the rage! Beauty gurus state that metallic polishes are to nails what highlighters are to cheekbones, and why shouldn't they be? Summer's ultimate colour is heavy on metal. Celebs and models from across the globe ranging from Beyonce to our very own Nadia Hussain have been spotted sporting metallic nails. Our favourite metallic nail polishes are the CHRISTIAN LOUBOUTIN Metalinudes for they have stunning pigment with a metallic sheen. Grab yours and shine on!
PKR 5,000; www.christianlouboutin.com



BEAUTY *Essentials*



HUDA'S MINI LIQUID MATTES

One of the wealthiest influencers (rumoured to charge up to USD 18,000 per Instagram post) and beauty mogul, Huda Kattan has amassed an empire in the shortest possible amount of time. With 20.5 million followers on Instagram and a sold-out (or wait-listed) range of beauty products, Huda proves she's got clout. One of her best launches to date is probably her liquid lipstick range. The label just released a range of Liquid Matte Minis – Nude Love Edition and we can't wait to grab it. Four crave-worthy minis that come in the most gorgeous shades, easily stackable in your clutch, travel friendly and super long lasting are more than anyone could ask for. Grab yours before it's sold out!
PKR 4,000; www.hudabeauty.com

TOTALLY BIZARRE!

Just when we got used to rubbing snail secretions on our face to attain a youthful glow, we find out there's something more incredulous out there. So, unless you've been living under a rock... you should know Victoria Secret model, Miranda Kerr. At 34, the woman definitely looks 10 years younger.



Her secret to attain youthfulness includes (drumroll) leech facials. And what exactly is a leech facial? It's a facial where live leeches are placed on your face, then the blood they consume is spread all over your face to tighten your skin and leave you looking younger. We'd rather opt for a vampire facial, thanks! But it's totally upto you to decide what lengths you want to go to attain youth.



GO GREEN, *S'IL VOUS PLAIT*



Celebs have been sporting colourful eyelids all Summer and we can't get enough of the look. Our favourite colour currently is green – think Priyanka Chopra at the Cannes Film Festival or Lily Collins promoting Lancôme on her Instagram page. Donning a powerful green hue can certainly attain that major impact. Try the YVES SAINT LAURENT Couture Palette in Couleurs 08 to make brown eyes lighter and brighter.
PKR 6,000; www.sephora.com



TEXT: ALIZEH PASHA; PHOTOGRAPHS: GETTY

prices are approximate

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1 ST TROPEZ GRADUAL TAN PLUS SCULPT AND GLOW EVERYDAY MULTI-ACTIVE TONING LOTION, PKR 2,480 Not only do you get a long-lasting tan, but this also tones, firms and moisturises, to get you that all-important youthful glow. It's perfect for all skin tones as you get to decide how dark to go – use it every day for a deep golden colour.

2 CLARINS RADIANCE-PLUS GOLDEN GLOW BOOSTER, PKR 2,750 This self-tan will give you the glow you've been craving. All you need to do is mix three drops to your day or night cream and it'll develop into a gorgeous tan with a non-streaky finish.

3 SISLEY SELF TANNING HYDRATING BODY SKIN CARE, PKR 10,740 With a transparent appearance, this is perfect if you're looking for a natural-looking tan. It has a fresh and pleasing scent and, once applied, it dries quickly, leaving an instant, luminous and buildable finish.

4 VITA LIBERATA TRYSTAL MINERALS IN NO 1 SUNKISSED, PKR 4,820 Fake tan formulas are constantly evolving and this bronzing powder is a real all-rounder. It gives an instant tan that lasts up to five days and can be used to contour, give an all-over glow or to maintain and build a natural tan.

5 SENSAI BRONZING GEL IN AMBER BRONZE, PKR 4,270 A buildable gel tan that's enriched with 80 per cent water to keep skin hydrated and feeling silky soft, this delivers a streak-free glow and even bronzed coverage.

COMPILED BY HARRIET WHEELER; PHOTOGRAPH BY MEGAN BRAMLEY

STOCKISTS: CLARINS www.clarins.com; SENSAI www.harrods.com; SISLEY PARIS www.sisley-paris.com; ST TROPEZ www.sttropeztan.co.uk; VITA LIBERATA www.vitaliberata.com;
prices are approximate

GET THE LOOK

DEEPIKA PADUKONE

The Bollywood and now Hollywood screen siren captivates us with her experimental beauty looks time and time again. Take cues from her bold verdant eye make-up and try it for a night-about-town.





1 The smooth and hydrating formula of the **M.A.C** lipstick in Taupe leaves you with a neutral mauve, matte look. PKR 2,875



2 Highlight your best features with the **ANASTASIA BEVERLY HILLS** Ultimate Glow Highlighting Kit. The intensely pigmented powder highlighters provide a strobe-like luminosity. PKR 5,200



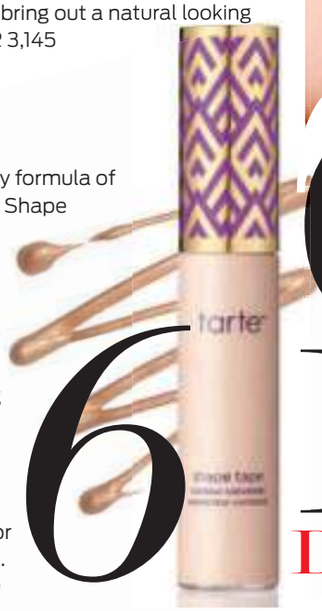
3 The unique brush of the **BENEFIT** They're Real! mascara lengthens, curls, volumises, lifts and separates each lash leaving you with a full, yet natural looking flare. The long-lasting and smudge proof formula is perfect for a long night. PKR 2,520



4 The **BOBBI BROWN** Long-Wear Even Finish Foundation with SPF 15 is a lightweight, oil-free foundation that lasts 12 hours and delivers natural, skin-like coverage. PKR 8,975



5 Use the **NARS** Liquid Blush in Torrid for a warm coral glow. Apply this pigmented, liquid blush lightly to the apple of your cheeks to bring out a natural looking flush. PKR 3,145



6 The creamy formula of the TARTE Shape Tape Contour Concealer is ideal for correcting and concealing blemishes and dark circles, and does wonders for contouring. PKR 3,300



7 The 24-hour wear of the **URBAN DECAY** Eyeshadow Primer Potion preps the lids for all-day wear and allows smoother application of eye shadow. PKR 3,350



8 Use the **URBAN DECAY** Shimmer Finish Eyeshadow in the shade C-Note to achieve that decadent, sea green eye look. PKR 1,990



9 Use the **LUSCIOUS** Brow Luxe Designer Pencil to fill in those sparse, over-tweezed areas and get fuller brows. PKR 645

PHOTOGRAPH: GETTY

STOCKISTS: BOBBI BROWN, URBAN DECAY, LUSCIOUS, ANASTASIA BEVERLY HILLS, M.A.C., www.daraz.pk, URBAN DECAY, www.urbandecay.com, BENEFIT, NARS, www.sephora.com, TARTE, www.tartecosmetics.com; *prices are approximate*

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Beauty BUZZ

TRIED & TESTED

Comcit Frozen Facial, Bellagio By Sadaf

As a Beauty Editor, I've gone to great lengths to try out the latest and greatest treatments available to make my skin more radiant and pre-empt signs of aging by trying numerous methods to combat wrinkles and saggy skin. Two techniques at the top of my list to try are PRP (vampire facial) and Cryo Therapy. I've been too afraid to try PRP and Cryo Facials haven't been easily accessible until now.

Bellagio is a newly opened beauty haven by aesthetician and overall beauty guru, Sadaf, who reigns in years of experience from London, U.K. Bellagio offers Comcit frozen facials along with other notable treatments. The facial is something I've been waiting to try – it's a mixture of both Cryo and PRP, and so I literally jump to book myself an appointment.

On entering I'm taken aback by the fancy, spanking new salon as I meet with Sadaf. I then go over the health form and make my way to a spa room.

As I enter the serenely lit room with ambient music playing in the background, I don a plush robe and wait for the therapist to enter. The process starts with the therapist removing my make-up with rose water pads in soothing strokes. She massages the cleanser gently on my face and neck, gently massaging the temples and lifting skin in upward strokes to make even the process as mundane as cleansing feel luxurious. Sadaf then enters the room during this process and starts the Comcit machine simultaneously. She shows me the micro-channeling roller with needles (the smallest size) recommended to be used to penetrate the pores with liquid oxygen. The cleanser is wiped out and while I chat with Sadaf, the therapist uses oxygen face polish to exfoliate my skin with oxygen infused dissolving beads.

Sadaf now takes charge. She wears gloves and shows me a blue sapphire microdermabrasion machine to renew and recharge the skin. Crystal Clear microdermabrasion is used to clear our skin. Within minutes, product is applied and dirt and grime is sucked out of our skin.

After this, cold oxygen is sprayed on my face and then Sadaf puts the micro needles on one side of the handheld machine and liquid oxygen on the other side to start the process. Grimacing at the prospect of micro-needling, I'm shocked when I feel the roller on my face – the process of micro-needling is not painful, not what I expected at all! Sadaf gently uses the micro-channeling roller to help penetrate liquid oxygen into my skin while the machine blows cold oxygen to cool skin and reverse the signs of ageing. The needles let the oxygen penetrate deep and I'm psyched to see the results. Overall, the micro-needling feels slightly prickly – a bit sensitive near my eyes but it's not uncomfortable as the cooling oxygen lulls any discomfort.

After half my face is done, the light is turned on to see the difference. Not only does my skin feel much tighter, but my eye is also slightly lifted. The cheeks, chin and skin on one side feel taut and lifted, and it's incredible. Only in a short span of time my face is über tight. After seeing and feeling the tightness, I'm eager to see results on the other side. Once both sides are done, cool pure oxygen is sprayed and an oxygen serum is applied to soothe my now sensitive face. Pure oxygen is again sprayed all over my face but this time the nozzle is literally attached to the face. It cools down any sensitivity felt earlier.

Once the whole face is treated, the oxygen is sprayed from a distance and now a facemask is applied to cool the skin and seal the oxygen in. The treatment ends with a shoulder, hand and head massage. Any tingling sensation I felt earlier is gone and my face feels as soft as a baby's bottom and as tight as my jeans after freshman 15. My eye bags are minimal and the only wrinkles on my face, my laugh lines, look subdued. Right after my treatment, my face feels exceptionally tight. After a few days, when further results start kicking in – I notice my chin area looks defined, my cheeks slightly lifted and my skin looks fresher than ever! OK!

Price: PKR 35,000 for a 90-minute treatment. Call 021-35240404 for an appointment.





DIY How To... NAIL ART

Summer's top beauty nail trend was definitely nail art. Celebs can't seem to get enough of artistic nails even though we're in the midst of August. Fun nails are just a super cool way to spruce and funk up your look. Check out Zooey Deschanel's black and white nail art for some monochrome inspo and try the look at home with the following steps:

Step 1: Make sure you remove your old nail polish before applying a new colour.

2. Shape your nails to make them neat. Since you're creating nail art, try not to trim them too short. It's better to have more space to work with.

3. Apply a basecoat and allow it to completely dry. Basecoats protect your nails from getting stained or damaged by nail polish and also prevents the polish from chipping fast.

4. Apply a coat of white on your nails and allow it to dry completely.

5. Make a vertical and horizontal line in the middle of your nails with a black thin marker.

6. Paint the two diagonal boxes with black nail polish.

7. When your nails dry, apply a white dot to the black box and a black dot to the white box and repeat until the process is complete.

8. Apply the topcoat on your nails and you are done!

TEXT: ALIZEH PASHA; PHOTOGRAPHS: GETTY

SUN HEROES

MEET THE SPFS THAT WILL PROTECT YOUR SKIN THIS SUMMER



VICHY INVISIBLE HYDRATING MIST SPF50, PKR 2,260 This water-resistant spray is enriched with mineralising thermal spa water to keep skin hydrated throughout the day, as well as feeling soft and refreshed while also protecting skin with a high SPF.



LA ROCHE-POSAY ANTHELIOS ANTI-SHINE INVISIBLE FACE MIST SPF50, PKR 1,920 This lightweight, invisible, refreshing mist dries to a matte finish that can be reapplied throughout the day – and even over make-up. No rubbing in is involved, just spray directly onto the face and leave to dry.

SISLEY SUPER SOIN SOLAIRE MILKY BODY MIST SUN CARE SPF30, PKR 11,910 This spray has a combination of Vitamin E and edelweiss extract to reinforce the skin's natural defences, while also hydrating and nourishing skin. The colourless cream isn't greasy and leaves skin feeling velvety smooth and smelling fresh and summery.





EAU THERMALE AVENE SOLAIRE ANTI-AGE SPF50, PKR 2,600 With a powerful anti-ageing formula of Ascofillin, derived from brown algae to replenish collagen levels, skin is protected from UVB and UVA rays. It has a non-greasy feel and absorbs instantly, making it the perfect base for make-up, ideal for when you're out and about shopping or exploring your holiday destination.



GARNIER AMBRE SOLAIRE IDEAL BRONZE TAN ENHANCING PROTECTION SPRAY SPF30, PKR 1,780 If you need a little help with that all-important tan, this water-resistant sun cream is formulated with a melanin-boosting complex to stimulate the body's own production, so you'll get an even, glowing tan.



ELIZABETH ARDEN EIGHT HOUR CREAM TARGETED SUN DEFENSE STICK SPF50, PKR 3,560 With its stick format, this offers a convenient way to get targeted sun protection for sensitive areas such as lips, eyes, ears and nose. It lasts up to eight hours and is the perfect size for when you're on the go.



CLARINS SUN CARE RADIANT OIL SPRAY HIGH PROTECTION UVB/UVA 30, PKR 2,880 This dry sun oil offers a high factor in a lightweight oil that's ideal for body and hair. Formulated with a nourishing elixir to moisturise, leaving hair and skin feeling silky smooth while also protected.

COMPILED BY HARRIET WHEELER; PHOTOGRAPH BY MEGAN BRAMLEY; STOCKISTS: BOOTS WWW.BOOTS.COM, SUPERDRUG WWW.SUPERDRUG.COM, ELIZABETH ARDEN WWW.ELIZABETHARDEN.COM, SISLEY PARIS WWW.SISLEYPARIS.COM, CLARINS WWW.CLARINS.COM

MY WONDERFUL LIFE

Wajiha Imran a Dubai-based socialista and glamma mamma tells it like it is.



Favourite getaway?
Has to be London – my home away from home.



Favourite scent?
Amouage and Chance by Chanel.

Beauty extravagance?
Nothing too extravagant but very basic – cleansing my face with Aveeno cleansing pads, moisturising it with Cetaphil and applying Timeless vitamin E serum every night before sleeping.

Favourite designers?
Elie Saab, Bunto Kazmi and Sabyasachi Mukherjee.

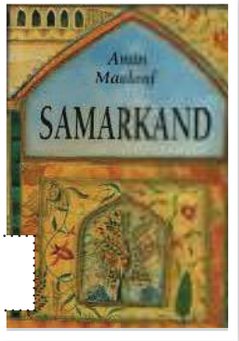


Favourite book?
Samarkand by Amin Maalouf.



Three must-haves in your bag?
Gum, sunglasses and headphones.

What are you most passionate about?
My kids, family, friends and food.



Can't Live without...?
My super amazingly chaotic family and wonderful friends.



Guilty pleasure?
Having lots of chocolates and desserts without any guilt.



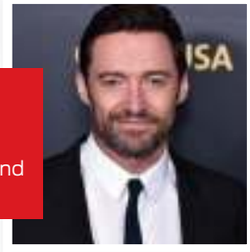


Celebrity encounters?
Bumping into Amitabh Bachchan in Paris.



Favourite style icon?
Olivia Palermo.

Favourite indulgence?
Stocking up on clothes from all over the world.



Celebrity Crush?
Changes very frequently but these days it's Hugh Jackman, Ranbir Kapoor and Zayn Malik.

All-time favourite movie?
Too many for different reasons! How can I pick just one?

Last extravagant buy?
A ticket to Chicago.



Fitness regime?
I drink lots of water and attain my step goals for the day.



Ideal weekend?
A flight to Lahore to be with my family and friends since it's close by.



Favourite restaurant?
Roka and La Petite Maison.

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RIHANNA

"I was blown away!"



VIRGINIE BESSON-SILLA, DANE DEHAAN, RIHANNA, CARA DELEVINGNE, LUC BESSON & KRIS WU ATTEND THE PREMIERE OF EUROPACORP AND STX ENTERTAINMENT'S *VALERIAN AND THE CITY OF A THOUSAND PLANETS* AT TCL CHINESE THEATRE IN CALIFORNIA

Rihanna was in London recently for the European premiere of Luc Besson's new action sci-fi *Valerian and the City of a Thousand Planets*. The pop superstar and actress wore a stunning low-cut red gown by Giambattista Valli with a matching red Jimmy Choo clutch.

Valerian and the City of a Thousand Planets is set in the 28th century where the lead characters work together to maintain order throughout the human territories until a dark force threatens the peaceful city of Alpha, jeopardising the future of the universe...

Here, Rihanna talks to *OK*! about her character Bubble, the famous dance scene from the movie, and more.

So Rihanna, you were part of the Luc Besson world, how was the experience for you?

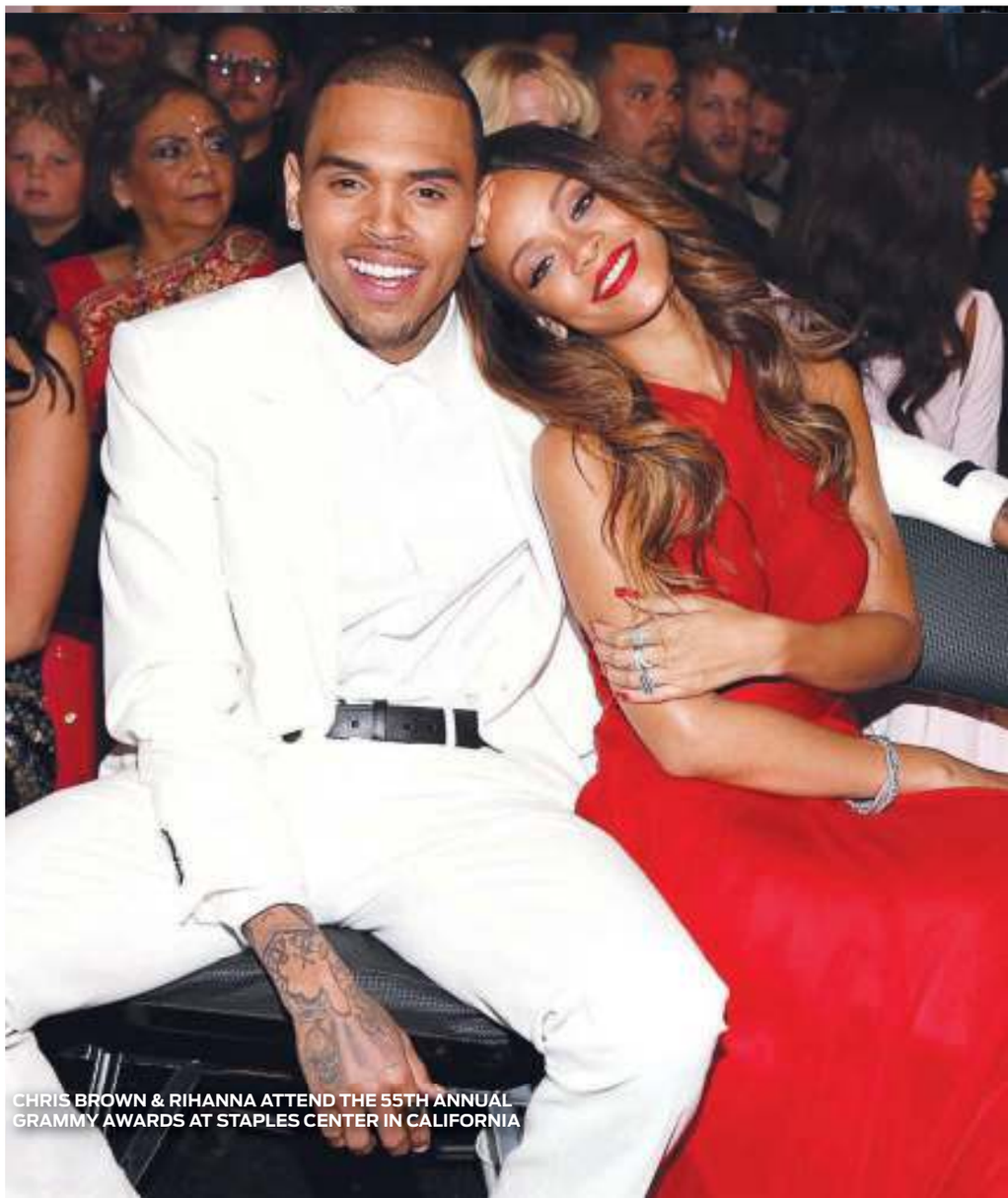
Rihanna: When Luc Besson calls, you just go. You just show up. I didn't care what it was, it was an immediate 'Yes sir I'm coming.' I was thrilled to be a part of this cast – Cara and Dane, the film is so exciting and so beautiful, I was blown away. I'm usually shy about seeing myself on TV or hearing my voice but he did such a spectacular job with all the effects, the visuals, it couldn't have been a better experience.

Luc Besson has spoken with such high praise and love for you, what would you say to that?

R: He's the best, Thank you so much.

What did he tell you about your character, Bubble?

R: He told me that Bubble is an artist, a very ▶



CHRIS BROWN & RIHANNA ATTEND THE 55TH ANNUAL GRAMMY AWARDS AT STAPLES CENTER IN CALIFORNIA



> “There’s only so much that I can describe with words. It’s fun, it’s really a visually thrilling film and you just have to see it.”

RIHANNA ATTENDS THE CHRISTIAN DIOR SHOW OF THE PARIS FASHION WEEK WOMENSWEAR S/S 2017 IN PARIS

> “I’m usually shy about seeing myself on TV or hearing my voice but Luc did such a spectacular job with all the effects, the visuals, it couldn’t have been a better experience.”

sensitive shape-shifter. I identified with her immediately because I like to think of myself as a shape-shifter when it comes to my fashion and my music and my visuals. The character resonated with me and I fell in love with her. And I’m very excited to watch it with my British fans.

We all know you as this incredible musician and artist, but has it been exciting for you to step into this world, which is still quite new for you, and learn new skills and talents?
R: It was definitely intimidating. It was like walking into a whole world that you didn’t really understand. You can’t really see what Luc has in mind but you know you just have to trust the process. He is such an excellent director but he was very patient with me, knowing that I’m new to this. He really dug in there to get what he needed out of me. I learned a lot and really enjoyed it.

The dance scene is such a wonderful part of the film. How was it on the other side?
R: It was a whirlwind. You literally put one costume on, you do a part, you fly back into the room, you do all the CGI pictures and then you go back into another costume and you do it all over again. And it’s so quick. You don’t know what it’s going to look like until you see it on film and it really was so interesting and exciting to see it all in the final aspect.

Were you emotional when you watched it for the first time?
R: Emotional? I was blown away! I had no idea what to expect. Cara was so focused and so great in her sequence, it blew me away and made me nervous at the same time. I kept on thinking, ‘Oh gosh my part’s coming up now I have to work with that!’ But I enjoyed every moment of it. And when I saw it, I mean I was like “it’s perfect”, it was just so beautiful. I loved it.

What’s the message for your fans?
R: I really can’t wait for you guys to see it. There’s only so much that I can describe with words. It’s fun, it’s really a visually thrilling film and you just have to see it. OK!

INTERVIEW TO VICKY DEARDEN/HOTFEATURES
PHOTOGRAPHS: GETTY



RIHANNA ATTENDS THE PREMIERE OF EUROPACORP AND STX ENTERTAINMENT’S *VALERIAN AND THE CITY OF A THOUSAND PLANETS* AT TCL CHINESE THEATRE IN CALIFORNIA



SAIEM NASIR

The man behind Hoagies shares challenges, triumphs, future plans and details about his journey into the culinary world with *OK!* Pakistan.



Saiem Nasir, owner and manager of Hoagies, a popular fast-food sandwich joint in Karachi, made his foray into the food business as a young college student working at a small deli. To find out more about the opportunities that led to the launch of his specialty sandwich outlet in Karachi, *OK*! Pakistan recently caught up with him for an insightful discussion about his vision for Hoagies as a brand and passion for food, life and more.

Where are you originally from and when did you get into the restaurant business?
Saiem Nasir: I was born and raised in Karachi but spent a lot of time living and studying in California.

Why did you decide to pursue a career in the fast-food business?
SN: Since the age of 14 I have always wanted to be a restaurant owner. A few of my friends were well aware of my ambitions. I always envisioned myself as a grumpy sports bar owner – overtime that dream turned into sandwich and ice cream.

Who has been you inspiration?
SN: My family.

Tell us about your career path. How did you get your start with Hoagies followed by Scream, the popular liquid Nitrogen ice cream joint?
SN: I was working at a small deli shop in San Francisco during college; it was a really cool shop in the Castro District. It had great food, great people working there and I felt really proud working there. It had a really good vibe, and the whole city loved us. I knew that if I ever went back to Karachi, I would open something like 'Ike's Place'. I remember telling Ike (the owner) while doing the dishes one night, that I was going to open a sandwich shop just like his in Pakistan.
Scream was just a freak experiment I wanted to try. My brother (Saad) thought I had lost my mind. But after lots of research, reading and crazy experiments we came up with Scream. We ▶





Rapid Fire

Is there a chef you admire the most? Who and why?
SN: Mario Batali; I grew up watching him compete on *Iron Chef* – great cook!

What is your favourite cuisine?
SN: Mexican or Spanish!

What is your favourite cuisine to cook?
SN: Italian or Mexican.

Celebrity you would love to cook for?
SN: Lionel Messi or Roger Federer.

Baked or fried?
SN: Baked!

Would you rather be a waiter or a dishwasher?
SN: Waiter.

Favourite kitchen gadget?
SN: A Yoshi knife.

Hot sauce or barbecue sauce?
SN: Hot sauce.

If you were stranded on an island with another person, who would it be?
SN: My dog, he is a person to me.

Favourite getaway?
SN: Rio has to be the best yet.

What is your favourite dessert?
SN: A simple, old-school, chocolate brownie. No toppings, no sauce, no ganache.

> “I was working at a small deli shop in San Francisco during college... It had a really good vibe and the whole city loved us... I remember telling Ike (the owner) while doing the dishes one night, that I was going to open a sandwich shop just like his in Pakistan.”

are extremely proud of Scream, as we were able to take a very, very expensive start-up model, and make it affordable. A big shout out to Aamir, who was our engineer for the LN2 set up!

What does Hoagies mean?
SN: It's just another name for a sub sandwich, mostly used in the East Coast of the United States.

You have very interesting names for each sandwich (Hogan, Hogatron, Hogalicious, etc.) – how did those come up?
SN: When we first started Hoagies, we wanted to name everything starting with 'Ho...'. We only had six hoagies at the time, but now with a very extensive menu that task has become very difficult, so our names are diversifying.

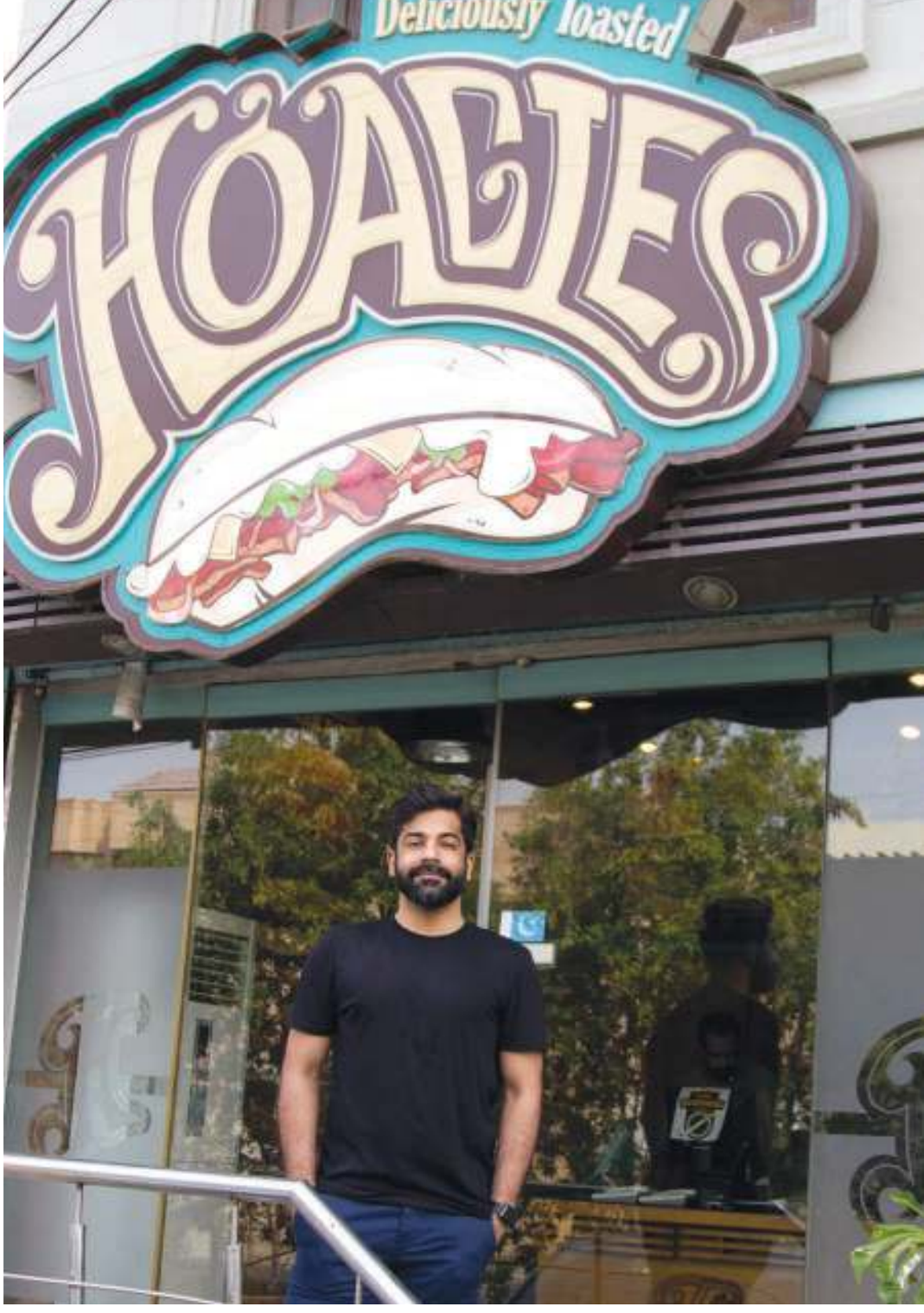
What are your day-to-day responsibilities as a restaurant owner and manager?
SN: A lot of people/customers don't understand how difficult it is to run and keep running a restaurant. It involves making pit stops at all your locations, addressing daily issues, addressing customer feed back, quality control, HR management, accounts, etc.

What would you consider has been the key ingredient to Hoagies' success?
SN: I don't think we have reached the level of success we want to yet. We want to go nationwide. Then I will truly believe our baby was a success. But in the meantime, credit has to go to the wonderful people of Karachi who flocked our doors since the opening day.

Have you worked in all areas of the restaurant, from the kitchen, to the floor, to sales?
SN: Haha, I have a lot of restaurant experience. From cleaning bathrooms, to doing dishes, to managing whole shifts. It really has been a roller coaster ride.

How involved are you with menu development?
SN: Very involved. Everything on the menu has been developed by Saad and I.

What were the three most important things to get your business up and running?
SN: Patience, good planning, and keeping things as simple/lean as possible.



What is your strategy to keep customers coming in?
SN: We try to be very up close and personal with anyone who comes into our stores. We make sure we are alert to their need to give feedback or if they just want to have a friendly conversation, we are always available.

What's the hot item selling at your restaurants these days?
SN: At Hoagies, the Honkie Style Fries, Hottie and Homeboy are popular. At Scream, the Nutella cheesecake with brownie bites and waffles is a hot favourite.

Describe your vision for Hoagies and Scream.
SN: The vision is very simple – to provide fresh, delicious and affordable meals nation-wide.

Can you tell us about your new menu?
SN: At Hoagies, we have added news sides, including whole-wheat flatbreads and two awesome new hoagies, the Pizza Face and the Holiday are must-try items. At Scream, we have added a wide array of waffles and sorbets for the Summer.

Describe your restaurants in five words.
SN: Friendly, hip, affordable, comfortable, delicious.

Do you have plans to open more restaurants in the future?
SN: Yes we do – our ultimate goal is to go nation-wide, and provide everyone with clean, fresh, and delicious meals and desserts! Look out for our newly opened Scream and Hoagies at Sindhi Muslim!

What advice do you have for those looking to start up a new restaurant?
SN: For those thinking of starting their own venture, make sure you guys have a solid plan and strategy, keep it lean and keep it simple. Don't complicate things and stick to your strengths. Good luck! OK!

INTERVIEW: MEHR KASSIM
PHOTOGRAPHS: UZAIR KHAN

WHAT'S ON?

ART EVENTS & EXHIBITIONS AROUND THE WORLD

Dali / Duchamp

October 7, 2017 — January 3, 2018, Royal Academy of Arts, LONDON



This exhibition puts light on the startling friendship of two of the greatest contributors to conceptual art, Marcel Duchamp and Salvador Dalí. The exhibition showcases some of Dali's most igniting paintings and sculptures, as well as his photographs. On the other hand, it also exhibits Duchamp's revolutionary conglomeration of different figures. The exhibition will allow visitors to gain more exposure to the connection of these two artists' works.

India Modern: The Paintings Of M. F. Husain

Ongoing until March 4, 2018, Art Institute Chicago Galleries, CHICAGO

M. F. Husain is renowned for being one of India's most significant artists, not only for bringing modern art into recognition, but also for depicting India's miscellany in culture and civilisation through his influential art. The exhibition in the US showcases his artistry through various aspects of Indian culture. *Traditional Indian Festivals* expresses the buoyancy of Indian festivals while also commending the festivals' preservation over the years, while *The Tale of Three Cities* produces a remarkable journey of Indian cities from the very ancient ones to the modern Delhi.



The Hidden Cézanne: Paul Cezanne

Ongoing until September 24, 2017, Kunstmuseum Basel, BASEL



Paul Cezanne was a French artist and Post-Impressionist painter. Cezanne's repetitive and experimenting brushstrokes are clearly recognisable as he used small brush strokes with plain colours. The Kupferstichkabinett of the Kunstmuseum Basel acquires the most inclusive collection of drawings by Paul Cezanne with a total of 154 sheets. The exhibitions consist of more than 200 works that focus on the importance of drawing.

Steve Mcqueen: End Credits

Ongoing until October 4, 2017, Art Institute of Chicago, CHICAGO



Steve McQueen has become one of the most prominent video artists of this generation. His works more than often signify political apprehension and sensitivity. McQueen's work is inspired by the memoir of Paul Robeson. Robeson, in his early life was deeply endowed in music and artistry. He went back to the US and joined the fight against racism and xenophobia, becoming a national hero. His work came to a halt when he was blacklisted, eventually giving up on his music career as well. McQueen, in his end credits, intends to underscore the deficiency of the FBI files against Robeson by highlighting the loops and contradictions between the visual and audio constituents of his case.

Matisse In The Studio

Ongoing until 12 November 2017, Royal Academy of Arts, LONDON

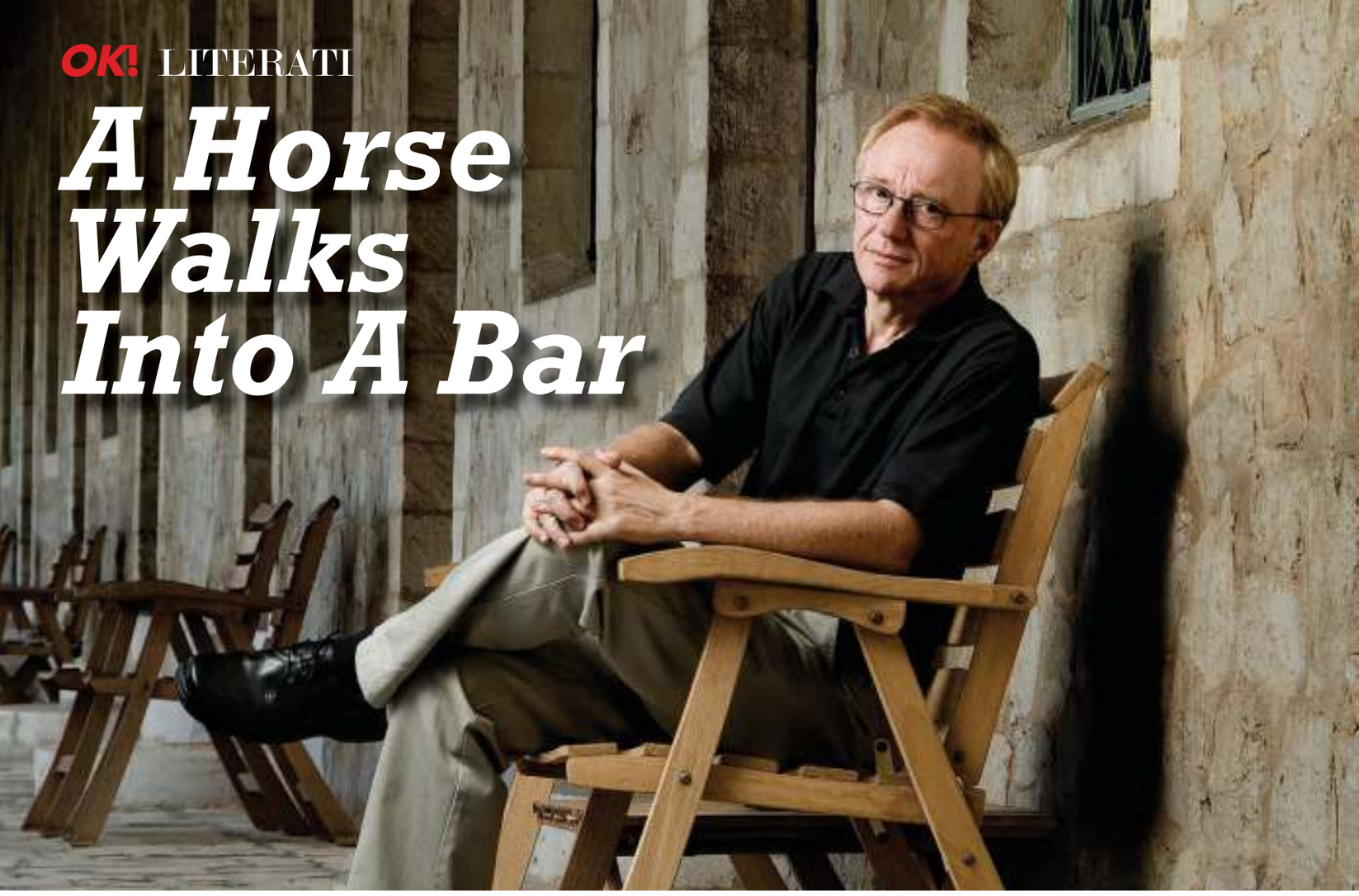


Henri Matisse's assemblage of artistry is distinctive and rare. Matisse collected his components from several parts of the world, ranging from East Asia to North Africa. His collections in Africa exhibited that many sculptures were beyond the limits of Western art. Matisse collected figures from the Islamic world particularly to form a connection between the figure and object. He later intended to create a sign language with the relation of Chinese calligraphy and African textiles. The exhibition provides an opportunity for a glimpse over the artist's remarkable collections. It particularly shows how objects from various parts of the world instigated his many eloquent drawings and paintings.

TEXT: GAITY KHAN


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A Horse Walks Into A Bar

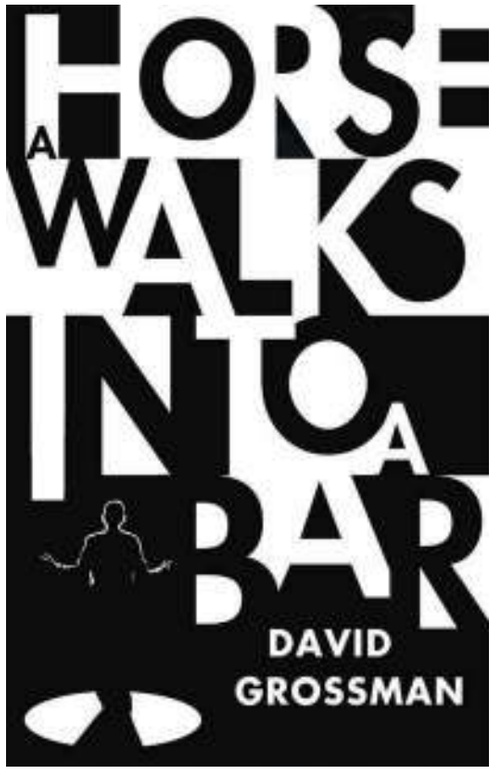


David Grossman's Man Booker Prize winner, A Horse Walks Into A Bar, is a serious novel about the deceptive glamour of darkness and the popular narrative that aims to define a fractured reality.

A stand up comedian nurses demons of his childhood when the audience is doubled over with laughter, a childhood friend who is called upon as a reminder of the man beyond the act remains a silent witness to pain, brutal memories surface as frothy jokes and all relationships fail. The author yawns and says 'so what'?

The brutality suffered by the characters is shared by the author through an upside down cliché. The main protagonist is a stand up comedian who has made a spectacular show of his wounds. It remains spectacular because he wants the wounds to not heal. The act within the act where masks are worn over untold stories of "Great Pain", discounting the pain that is visible, is turned into the Horse who then assumes the darkness as a statement to be made, self deprecation turned into an art form, the need to be heard is enforced, shrouding the ability to see.

Set in a small Israeli town, Dovaleh G, a veteran stand up comic who uses humor as a weapon, an offence rather than a defense mechanism. He invites a childhood friend, the District Judge Avishai Lazar, for his One Great show, where he decides to present him his life's story. A way of unburdening the choices he made, a salvation sought for the love he destroyed, the story is also the narcissist filled with scorn, presenting himself to the world. The tables are turned when Avishai Lazar steps away as the life long witness to Dova's pain, making the comedy club



into a gruesome space where blood letting and cleansing is denied. Old family feuds are revisited in a breathless act and kinship is rediscovered.

The novel is a persistent banter. It does not allow for silences where resolutions of a perpetual state of conflict may happen.

A Horse Walks Into A Bar is not funny. It is not a satire on troubled childhoods or the immaterial modern connections that dissipate; it is a reminder of the hauntings conjured that mask real pain.

David Grossman makes sure that there is no sympathy for the devil in a bar where the wait for Godot ends. He uses the formulaic structure of modern satires and renders them humourless. The stories of the main protagonists are angst ridden, the comic parts speak of a numbness that is cruel, dragging the reader out from an endless devil's advocacy. Godot may or may not show up, but the Horse in the bar was entirely not there or it was only the Horse, the characters had to choose.

It's a modern story of fractured families, the displacement and uprootedness that results when lives are dragged centre stage or are projected through 28.5 pixels. Grossman, however, does not let the characters get away with brooding over loss by glossing over it or wearing it as a shadow that becomes an excuse to inflict the cyclical pattern of destruction. He wants the reader to be dragged out of dark comfort zones and respect various different realities. OK!

TEXT: AMNA IQBAL

STOCKISTS: LIBERTY BOOKS www.libertybooks.com

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LOUNGE,
ADDRESS BOULEVARD, DUBAI

WHAT IS IT? Afternoon tea, served amid the artwork and high ceilings of the chic new Address property in Downtown Dubai.

WHY WE LOVE IT? The latest hotel in the Address portfolio is a place that certainly helps to redefine modern elegance – and that's an adage that can also be applied to their afternoon tea served daily in Lounge. Settling back against the pillows in the chicly casual and airy room, whose floor-to-ceiling windows flood the space with light, the atmosphere is all low-key parlour fashion and refined conversation.

To start, plain yoghurt topped with fresh berries is brought to the table, along with a cool tea of mandarin, ginger sugar and lemon, in which floated a golf ball-sized and shaped ice cube, in which was frozen a purple edible flower. And gorgeous details like this help set the tone for the main event that follows.

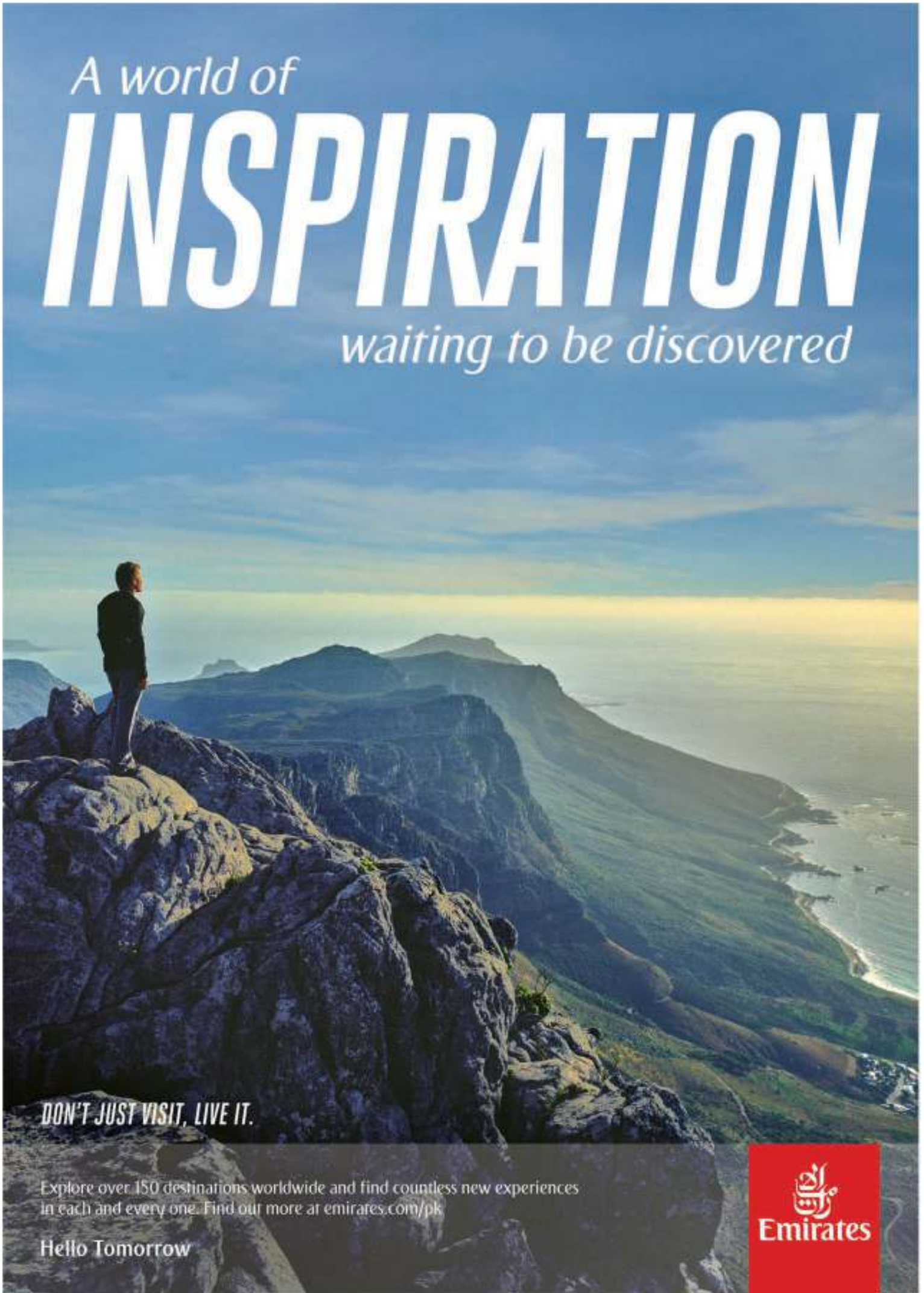


Afternoon tea arrived in a three-drawer jewellery box, which is the ideal way to serve the foodie gems that follow. From the classic – cucumber, cream cheese and smoked salmon sandwiches – to the highly inventive – beetroot macarons with foie gras and duck – the bite-sized creations on offer will leave you ooh-ing and aah-ing over their creativity just as much as their taste. The burrata and pesto 'profiterole' was another standout, along with the bresaola in a charcoal bun. In the bottom drawer, plain and fruit scones reside, awaiting dollops of cream and jam, while atop the box, a chocolate cherry concoction; as-rich-as-Croesus pralines, a pot of chocolate caviar-covered mousse and a white chocolate mango puree which explodes in the mouth, were just a few of the tasty reasons to book your tea now.

WHAT TO WEAR: Dress to match your surroundings – casual chic and understated.

WHO TO TAKE: Visiting parents, or a bestie with whom you're long overdue a catch up. OK!

TEXT: GEMMA WHITE


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FORGET THE GYM IT'S ALL ABOUT PILATES

Super-toned stars swear by the exercise regime to get them strong and lean





DAVID BECKHAM


EVA LONGORIA

Holly Willoughby's svelte figure has had *This Morning* viewers speculating for weeks – and now her secret is out: it's all down to her love of Pilates! Looking leaner of late, the mum of three, 36, has dropped at least a dress size after increasing her efforts to shift stubborn baby weight. Co-founder of Body Control Pilates Lynne Robinson has been credited with getting the presenter hooked, saying: 'I worked with Holly for several months, at her home once a week.

'Pilates is great for women who've had children because it knits together the abdominals,' she tells *OK*!. 'It gives that nice girdle of strength back.'

Judging from a recent shot of her in a polka dot dress, upping her routine has paid off for the mum of Chester, two, Belle, six, and Harry, eight. But she's not alone in reaping the rewards of Pilates, with other celeb fans including Gwyneth Paltrow, Nicole Kidman, J.Lo and Abbey Clancy. Actress Kate Hudson once even posed on her Pilates mat with her pet pooch, and says: 'I've been doing it for 15 years and I think it strengthens from the inside. When your core is strong, everything else starts to lift up.'

But it's not just for the girls; Matthew McConaughey and David Beckham are both converts. Proving that age is no barrier, 84-year-old Dame Joan Collins is another enthusiast. 'What do I like most about Pilates? The fact that I can really feel my body working,' she says.

Meanwhile, newlywed Pippa Matthews also credits Pilates for staying in shape and toning that famously pert bottom. After being trained in London by instructor Margot Campbell, Pippa, 33, described Pilates as 'a wonderful escape from my busy lifestyle', adding: 'Whether it's 7am or 7pm I always leave feeling calm, refreshed and invigorated.'

If you're feeling inspired to swap the treadmill for Pilates, here's what you need to know...

What Is It?

Pilates is a body-strengthening practice invented by German Joseph Pilates in the '20s. It focuses on the core abdominal muscles.

How Does It Work?

Pilates is a flow of precise, controlled movements designed to create longer, leaner muscles. There are around 50 repetitive exercises. Lynne – dubbed 'the high priestess of Pilates' by model Sophie Dahl – says: 'We get the right muscles doing the right job at the right time.'

What Do You Need?

If you're a beginner, you don't need to

rush out and buy any expensive kit. 'All you need is a floor,' says Lynne. 'If you don't have a mat, you can lie on a thick carpet, and you can use a folded-up towel for a cushion. It's very simple; it's all about how you control your body.'

How Is It Different From Yoga?

According to experts, yoga is more about stillness and calm than Pilates. 'Yoga was designed as a preparation for meditation, but Pilates is more about movement,' says Lynne. 'There are similarities, such as the emphasis on mindfulness and breathing.'

Is It For Weight Loss?

'Pilates is not a quick fix for losing weight,' Lynne says. 'But as you start to build tone and improve your movement, it can change your metabolic rate. When it comes to weight loss, think of it as a long-term management plan.'


KATE HUDSON


VANESSA HUDGENS

Does It Burn Many Calories?

Not a huge amount, but someone weighing around 66.5 kg can expect to work off approximately 250 calories during an hour of Pilates.

So You Need To Do Cardio Too?

'If you want to lose weight, you should do some cardio activity and eat a healthy, balanced diet too,' Lynne stresses.

What Are The Health Benefits?

'A lot of people with bad backs or hips are referred by physios, as it's great for the bones and joints. Many athletes also do it to improve their performance and prevent injury.' In addition, Pilates is proven to alleviate stress and anxiety.


JENNIFER LOPEZ

Are There Any Risks?

Lynne recommends checking with your GP before starting, and adds: 'Shop around as it's so important to find a qualified teacher. Otherwise it won't work properly – and you risk hurting yourself.'

MASTERED THE BASICS? TRY THESE!

Hot Pilates

Like Bikram yoga, this is Pilates in a heated room for an intensive workout which cranks up calorie and fat burn.

Reformer Pilates

A machine is used to add resistance. Originally designed by Joseph Pilates himself, the machine resembles a bed with springs, sliding carriage, ropes and pulleys. TV presenter Rochelle Humes does it regularly and says: 'I've started doing Pilates, the reformer one – and I love it. You get that burn when your legs shake, but it's quite a chilled environment.' Fitness queen Madonna and actress Vanessa Hudgens have both mastered the reformer technique, too.


KIM KARDASHIAN WEST

Pilates Plus

Incorporating weight and circuit training, Pilates Plus is fast-paced and frenetic – and Kim Kardashian loves it. 'She's into toning and sculpting,' says trainer Kristi Vacanti. 'People want to get a quick, fast-paced, calorie-burning workout in as little time as possible.'


JENNIFER ANISTON

Stand-Up Paddleboard Pilates

'SUPilates' is balancing on a waterborne paddle-board while doing the moves, which forces the muscles to work harder due to the instability of the board. Eva Longoria, Jennifer Garner and Jennifer Aniston are all said to have tried it – with former *Friends* star Jen revealing: 'It's great. I had a chronic back, a pinched nerve and a hip problem and it's solved all of it. I love it.' OK!

FOR MORE INFORMATION SEE WWW.BODYCONTROLPILATES.COM.

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

TRAVELLER'S TALE

TAPU TRAVELS TO TURKEY!











Where did you go?
Tapu Javeri: We went to Turkey and spent a week touring the country. We saw amazing places like Cappadocia and the legendary city of Ephesus with its Celsus Library and the Temple of Artemis (one of the seven wonders of the ancient world).

What made you go here?
TJ: I had "ballooning in Cappadocia" on my bucket list and had to avail the Eid holidays. Turkey is a fascinating country; it is the perfect blend of East and West, with very tolerant and beautiful people.



What did you pack?
TJ: I'm an avid traveler who packs very light. So the heaviest thing I carried was my camera equipment.

What was favourite meal/restaurant?
TJ: Istanbul has some amazing restaurants, but unlike Pakistanis they eat early. So in order to get a good table you need to head out early. All restaurants in Istanbul are good, but I'm partial to Nusr-Et, #saltbae's restaurant. The meat sushi is to die for!

What was the biggest highlight of your trip/ most memorable moment?
TJ: When the hot air Balloon in Cappadocia takes off, and you look down at the alien landscape of Göreme and realise that you're in a cane basket suspended from a string.
It's thrilling looking around you at the dozens of balloons flying in the crisp early morning sunrise.

Favourite shopping destination?
TJ: For touristy knick-knacks or fabulous pomegranate tea, head to the Grand or Spice Bazaar. But for serious shoppers there is Istinye Park Mall and Zorlu Center or a even stroll down Istiklal Street could be worthwhile.

Some sights worth seeing?
TJ: Istanbul has dozens of tourist spots so divide your days, doing Sultanahmet area one day and Galata Tower the next.
Key spots to see:
The Blue Mosque, followed by Hagia Sophia, then Topkapi and its Islamic treasures. Make sure you see Alexander's coffin in the Archeology Museum next door. Then cool off in a relaxing hammam experience at Hurrem Sultan's personal bath near Hagia Sophia.
The next day, head to the Galata Tower and walk towards Taksim Square, making sure you get lost in the little side streets discovering the quaint side of Istanbul.





What are some spots for a night out?
TJ: Istanbul has hundreds of clubs and bars, most of which are wonderful – find one that suits you. Or head to the Ortakoy area where you can check out The House Cafe and mingle with hundreds of night revelers along the Bosporus.

Travel essentials?
TJ: A camera, money and an open mind – open yourself up to new experiences and you will have the time of your life.

Any travel tips you would like to share?
TJ: Have fun! OK!

INTERVIEW: MEHR KASSIM; PHOTOGRAPHS COURTESY: TAPU JAVERI

...AND RELAX

OK! CHECKS INTO TWO OF TUSCANY'S MOST TREASURED SPAS



With rolling countryside offering some of the best local cuisine in Italy, it's not hard to see why Tuscany has become a popular destination for those looking for a spot of escapism. While tourists flock in their thousands to the region's capital Florence and to grab a selfie at the Leaning Tower Of Pisa, there are plenty of lesser-known hideaways for holidaymakers looking for something a little more peaceful.

Heading off in search of some serious relaxation and a place to kick-start her Summer tan, *OK*!'s Laura Hills checked into two of the regions best spa hotels...

WHERE CAN I STAY?

Found in the heart of a historic park just a few miles from Pisa, Grotta Giusti provides the perfect spot to shut out the stresses and strains of everyday life. As *OK*! pulled up to the 19th century villa, we heard little more than the noises coming from the birds in the trees and guests enjoying the hotel's large outdoor thermal swimming pool, which boasts several hydrotherapy massage sections. Grotta Giusti was once dubbed the eighth wonder of the world thanks to the enormous underground thermal cave that runs beneath it. Guests at its in-house spa are encouraged to soak up its healing benefits during their stay, so when the concierge arrived at the door of our deluxe room armed with a robe and slippers, we took little persuading to see what all the fuss was about.

Just a 40-minute drive away is Bagni di Pisa, the former residence of the Grand Duke of Tuscany. The five-star hotel is popular with Italian royalty and, after one look at its grand 18th century frescoes, sparkling chandeliers and picture-perfect surroundings, it's easy to see why. *OK*!'s sprawling suite boasted a king-size canopied bed, white marble bathroom and views over the Tuscan hills. The hotel is also home to the award-winning Bagni di Levante spa, which specialises in weight loss and detox.

WHICH STARS WILL I SEE?

Sir Elton John stayed at Bagni di Pisa when he headlined the Lucca Summer Festival in 2015, while *This Morning* fashion expert Trinny Woodall

visited Grotta Giusti last year. Tuscany is also popular with celebrities including George and Amal Clooney and singer Sting, who is said to spend every summer at his estate in the region. Meanwhile, the likes of Will Smith, Katy Perry and Sophie Ellis-Bextor have all been unable to resist posing next to the Leaning Tower Of Pisa.

WHAT CAN I EAT?

Food is one of the highlights of any trip to Italy, and the grand Dei Lorena restaurant at Bagni di Pisa is the ideal spot to shelter from the sun and enjoy fine Italian dining. While picking from their generous menu of traditional Tuscan fare was one of the toughest decisions we faced all day, *OK*! finally settled on the fish soup, which was piled high with seafood.

Meanwhile, at Grotta Giusti's Le Veranda, we sampled mouth-watering traditional pici pasta cooked with aubergine and tomato confit, followed by pan-fried sea bass with braised shallot and mullet fish roe.

WHERE CAN I RELAX?

Relaxation and staying fit and healthy is actively encouraged at both hotels. Most mornings staff offer guided fitness walks around the grounds, while both also offer the Equilibrium Programme, which focuses on physical fitness as well as creating a healthy mind through a series of mediation, spa treatments and bespoke eating and workout plans.

During our stay at Grotta Giusti we indulged in a Vitalstone Massage, where we were covered in essential oils while lava stones were used to provide a full-body massage. We left the room with skin as soft as silk and muscles free of tension.

Guests at the hotel are also encouraged to check out its unique cave, famed for its healing properties. Divided into three sections, each producing various intensity of heat, the cave acts like a giant natural sauna. If you can handle the heat, it's said that just 50 minutes down there can help dramatically improve respiratory and circulatory problems, as well as easing skin concerns and providing a detoxifying effect on the body. *OK*! emerged covered in sweat but completely free of aches and pains from our guided fitness walk that morning. For those feeling brave, the hotel offers the opportunity to go scuba diving inside the cave, while they also offer floatation therapy, which involves floating in the warm waters in complete silence and darkness.

Over at the Bagni di Levante spa, they specialise in creating bespoke programmes for guests looking to target specific areas. After a consultation with the on-site doctor, *OK*! was advised to try the thermal mud therapy treatment, which involved spending 20 minutes lying on a bed of thermal mud, which had been heated to 47˚C. While it was almost uncomfortably hot at times, by the end of the treatment the stiffness in our shoulders and lower back had completely subsided. For a boost of relaxation, we then headed to the spa's Hammam dei Granduchi, a small natural cave with a waterfall of hot thermal water, before spending 20 minutes napping on a bed of warm salt crystals, which stimulate the blood and lymphatic circulation, in the Salidarium.



Celebrities Spotted In Tuscany


KATY PERRY


ELTON JOHN


AMAL CLOONEY & GEORGE CLOONEY

HOW DO I GET THERE?

British Airways (www.britishairways.com) flies from London to Pisa from £84 each way. Price includes tax.

Nightly rates at Grotta Giusti (www.grottagiustispa.com; +39 0572 90771) start from £115pp. Price includes wifi, access to the spa and fitness facilities and breakfast. Room rates at Bagni di Pisa (www.bagnidipisa.com; +39 050 88501) start from £122pp. Price includes wifi, access to spa, thermal pools and fitness facilities and breakfast.

The *Tuscany Marco Polo Pocket Guide*, £6.99, is available at www.marco-polo.com.

REPORT BY LAURA HILLS
PHOTOGRAPHS: SHUTTERSTOCK, GETTY

OK! WORLD IN ACTION



A PAKISTANI VENDOR SELLS NATIONAL FLAGS OF PAKISTAN FOR THE UPCOMING INDEPENDENCE DAY CELEBRATIONS IN ISLAMABAD



EDINBURGH FESTIVAL CARNIVAL TAKES TO THE STREETS LED BY BAREFEET THEATRE WHICH INCLUDES CAPE TOWN DANCERS, ACROBATS FROM ZAMBIA, KALENTURA, DRUMMERS AND DANCERS FROM HOLLAND



AQUARISTS DELIVER A "CAKE" FOR CANOLA, A SINGAPORE-BORN MANATEE, TO CELEBRATE ITS THIRD BIRTHDAY AT THE RIVER SAFARI IN SINGAPORE



PAKISTANI MOURNERS OFFER FUNERAL PRAYERS FOR BLAST VICTIMS A DAY AFTER A SUICIDE BOMB ATTACK IN LAHORE ON JULY 25, 2017

PHOTOGRAPHS: WENNN, AFP

OK! ASTROLOGY & TAROT

Mariam Aftab puts your cards on the table

Aries
Mar 21 – Apr 20

This is a very good month for a religious journey. Be open to an elder's advice. A deal will wrap up satisfactorily. Examine documents carefully but make quick decisions regarding new deals. Romance lights up your eyes and students will find this to be a comfortable month. This is an excellent time to start a very long walkabout, if you are free to do so. Be careful while driving and operating machinery.

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

Cancer
Jun 22 – Jul 23

Analyse carefully before judging; go by action, not words. Keep your feet firmly on the ground. At work, take the lead in meetings and conferences. Focus on home adjustment. Luck will smile on career and lifestyle. Be open to spiritual experiments. Government servants should be careful. Your dreams will soon come true. A sudden trip could be on the agenda.

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

Libra
Sep 24 – Oct 23

Consider your basic desires for love. Family matters are satisfactory. Your business proposal may not get accepted. Postpone legal issues. Housewives may suffer from ill health. You may face problems in traveling. You can safely delegate responsibility of work to others. A new start will be very profitable. This is the time for developing your career. Important news will come regarding your relationships.

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

Capricorn
Dec 22 – Jan 21

This is a very remarkable month for students. Romance will not work out to your satisfaction. Re-organise your domestic or work set-up. Be careful while carrying heavy cash. Health is good this month. Do not compromise on financial issues. Just try to sit back and reflect on your accomplishments for the time being. Certain financial issues might really be on your mind.

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

Taurus
Apr 21 – May 21

This month can bring powerful urges for intimate exchanges with others and for discovering how your talents and others' can be mutually beneficial. Take care of your health and polish your skills as a teacher. Brilliant ideas get into your consciousness, and love is playful and electric. A family member may arrive mid-month with a guest you will find quite "interesting".

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

Leo
Jul 24 – Aug 23

This month is not good for new starts. Do not be forceful and aggressive with associates. Money may come from unexpected sources. This is a good month for negotiating contracts. A sudden message that will arrive at the end of the month may be a plea for help from a child or a lover who's in a rather tricky financial spot. Good news may come from an advisor.

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

Scorpio
Oct 24 – Nov 22

This is an optimistic month. Senior executives will be given charge of an important assignment. Travel only if necessary. Workers or employees will get better work facilities. You will definitely get excellent results as far as your business, job and career is concerned. The first two weeks of the month may be hectic and possibly volatile. You will be in the mood to do some entertaining at your place.

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

Aquarius
Jan 21 – Feb 19

A younger member of your family may show excellence in education. Health is very good throughout the month. Money matters will tricky. Avoid any important business moves this month. Some of you may plan to buy property, which is a good decision. Complete trust and faith will win over your family. Change is in the air, and this is not a good time to battle things out - avoid emotional reactions.

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

Gemini
May 22 – Jun 21

Take your own decisions; an enjoyable time is coming up this month. For businessmen, this month is very comfortable. A surprise caller could bring you welcome news. Others may react emotionally around you. Past differences may be resolved. Everyone will be very co-operative. Short trips and intensive communication help establish some very important contacts

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

Virgo
Aug 24 – Sep 23

Regular employment activities are likely to be profitable. Avoid taking hasty decisions with family matters. Close relatives may be looking to you for assistance. Older people may need medical attention. This is a difficult month for dealing with legal matters. You can be a little moody when it comes to loved ones. You may be over-tired due to extra work and your health can suffer.

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

Sagittarius
Nov 23 – Dec 21

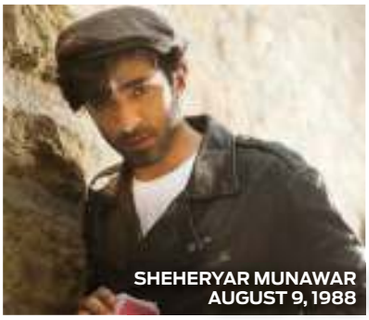
God will bless your home, property and health. You may need to review and repeat things until they are right, but persistence and attention to detail are your keys to success. Impulsive acts will be regretted. Stick to your schedule and stay cool. You can expect a big financial deal. Friends and co-workers are helpful. Those living away from their parents will visit them. Make a diet chart and get some rest.

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

Pisces
Feb 20 – Mar 20

Health stars are very good and relationships are satisfactory. Education matters look up. Family will demand your time. A trip at the end of the month is highlighted. Communication is key this month. Wage increase is indicated for government servants and factory workers. Try not to get too stressed-out if you find yourself frustrated in your efforts to make progress this month. Entanglements and delays are forewarned.

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


SHEHERYAR MUNAWAR
AUGUST 9, 1988


KYLIE JENNER
AUGUST 10, 1997


MEHREEN SYED
AUGUST 2, 1982


CARA DELEVINGNE
AUGUST 12, 1992

PHOTOGRAPHS: GETTY

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