

Living Fashion folio



SHINE ON
Looking for a quick trick to clean your gold and silver jewellery? Use beer to clean your gold and ketchup to clean your silver. They'll be shining in no time.

Colours of the season

HUE ME RIGHT With the season changing, it's time to refresh your wardrobe with some lively colours, writes **Harssh Chheda**



Summer and fashion don't generally go arm in arm for men, hence looking good becomes, significantly & increasingly, easier when the temperature drops. You can let your inner lumberjack lustre and chances are that you might be a changemaker this season. With the season changing, you are left with limited options in terms of clothes. You now need clothes that will not only keep you cool but also look well during the downpour. Nevertheless, in any case, slay the look by being aware of your choices to achieve the immaculate modern look, regardless of whether you need rugged, athletic, edgy or anything in between. This is the season you raise the bar as never before.

Here's a sartorial guide to ace the late summer look like the fashion mavens:

Bright white is always right

Avoid the dull and give light shades a chance to utilise their aesthetic power. Indeed, right now is an ideal opportunity to lighten up, because a menswear whiteout is fast approaching. This period is the ideal time to add something livelier to your closet. So, say yes to white. Wearing diverse assortments of white opens a more extensive road for your style proclamation.

There are diverse shades of white that you can explore, from ivory to delicate vanilla. This dynamic shade can be co-ordinated with any colour you can possibly call to mind.

Regardless of whether it is red, blue, green or any other colour, it doesn't make a difference. For contrast, you can likewise blend it with super-light greys and sage, which can be the ideal picks.

Soothe with sage

Sage is one of the most favoured tones which will be the dominating men's wardrobe this season. Amid this time of year, this hue will be in the vista in the form of sage chinos mated with a shirt which can be any of the following nonpartisan hues — charcoal dark, white, beige, and so on. Likewise, one can try it by picking a sage-coloured shirt to go with a basic or any beige-shaded chinos. A sage suit can be the centre ground for those lofty and formal nights, adding stars to one's demeanour.

The essentials in the closet can never go out of fashion, yet that does not mean there couldn't be any newbies. Sage can be the new grey at formal social events, enabling you to stand out a mile from your colleagues. Shine on.



MUTED SHADES CAN BE A GO-TO FOR THOSE CASUAL AND INFORMAL BREAKFASTS WITH COMPANIONS IN THIS SEASON...

Utilise the power of pink

Going by the fashion forecast, pink is the shade the world is gushing about right now. Hence, the restoration of this shade in men's wardrobe is a certain case as it does not just happen to be a standout amongst the gentlest tints for corporate affairs but also for casual events like brunches, excursions, weddings, etc. A pink salmon suit is certainly one of the present season's statement piece and teaming it with a classic white shirt and a pair of same pink shaded trouser will catch anybody's eye.

Donning a pink tie with much elan is likewise pure craftsmanship. Similarly, voguish are the pink ties which run great with black and other dark-shaded suits. For the best look, make sure to complement light shades with light and the vivid ones with vivid.

Go for muted colours over pastels

From white to beige and pastel blue to indigo, subtle hues will be the must-have in your shopping list. Muted shades can be a go-to for those casual and informal breakfasts with companions in this season. It can also be used as a tool to entice your lunch dates, as the serenity and softness of the shade are certain to treat the eye of the person whom you will be meeting.

Style tips

In case you're wondering how to style it right, here are all the style mantras you need to know:

- Muted hues when mated with stripes are a key statement to make. A white and blue striped shirt adds a dash of panache when paired with an exquisite haze colour pant emphasising the look while you are taking off to an easy-going night date.
- This specific shade permits for blends of hues to be worn together such as blacks and brown, pink and whites, blues and greens.

It's crucial to focus on the perfect attire for pulling off a raffish yet refined look in this changing season as it calls for paying heed to comfortable fits and an apt texture.

Deciding on a couple of versatile summer staples empowers you to make a diverse range of styles without begging to be spent. Consolidate diverse looks and have a fabulous time blending, co-ordinating and matching pieces. Remember to pursue the basic rules on what mix works, what fits the best and what doesn't.

(The author is founder & CEO, Corporate Collars)

Denims: timeless yet trendy

Introduced to the world in 1873 in a totally different context, denims have become an integral part of our lives today. What started out as men's attire has now become a staple separate of people around the world. The term 'jean' owes its origin to the Italian city of Genoa where the fabric was first made, dyed blue even in those days (hence called *blue de Genes*, or literally blue of Genoa).

1950s - The birth of cool jeans

Teenagers embraced blue jeans in the 1950s when Hollywood movies introduced jeans as a fashionable statement piece of rebellion against the status quo. Light washes, cuffed denim styles and black basic jeans were the regnant jeans trends among men. Women rarely wore denim during the 1950s.

1960s - Jeans as counter-culture fashion

1960s gave birth to and nurtured the hippie culture. The free love movement that rocked American culture encased the most classic casual blue jean, which was representing the freedom from more structured pieces of clothing. Embroidered bright colours with stonewashed finishes and patches were just a few of the dominant jean trends at the time. Popular cuts included bell-bottom flares and low-rise hip huggers.

1980s - The birth of designer jeans

Stone-wash, acid wash and ripped jeans were some of the most in-demand looks of this decade, along with the new, skinnier leg cuts

with tapering detailing at the ankle.

1990s - Baggy jeans make an appearance

Denim fashion changed its face yet again in the 1990s, as the grunge era in fashion began. In this decade, jeans became more about slouchy, casual style than something one would prefer as a dress up essential. Multiple pockets and tabs, head-to-toe denim ensembles with dungarees and dresses were among the trendier looks. The rise of hip-hop brought about a rise in the popularity and preference of baggy jeans, for men.

2000s - Skinny jeans take over

In the early 2000s, pop stars popularised the trend of ultra low-rise jeans. Flare and boot-cut denims were among the most popular cuts of the early 2000s and a hit in an array of washes. But the biggest revolution in the denim style story of the decade began in the mid-to-late 2000s, with the resurgence of the skinny jean as an offering of innovations in denim stretch technology.

2010s - Higher waists & cropped legs

The trend in denim fashion headed towards variety, although skinnier styles for women remained the most popular by a huge margin, and are a fashion mainstay for most women, because of their versatility. High-waist jeans had their own segment of popularity.

Abhishek Yadav
(The author is head of design, Spykar Lifestyle)



For some good nourishment

UVA rays, pollution and dust adversely affect our hair and skin on a daily basis. Our hair is subjected to harsh effects, which surface in the form of subtle dryness, frizz and split-ends. Though markets offer myriad choices in appealing fragrances and packaging, the truth is, on-rack products have trace amounts of chemicals that can do more harm than good to your skin and hair.

No more dryness

According to ayurveda, too much 'vata' leads to dry skin, thinner hair and makes our fingernails brittle. There are many natural remedies ayurveda gives us for better skin and hair care which are not only safe but also protect us against skin desiccation and unhealthy tresses. Here are some tips:

- **Abhyanga:** *Abhyanga* is an important ayurvedic treatment for dry skin and hair. It is a self-massage of the body with nourishing natural oils. *Abhyanga* is best done before a shower. Hot oil stimulates hair and body to absorb nutrients better. Coconut, almond and sesame oil works best as they get easily absorbed by the hair follicles and skin cells. These oils are also known for their deep nourishing and hydrating properties which help protect against dryness and frizz. You can also opt for lighter oils like apricot kernel oil, argan oil or essential oils like lavender, geranium or carrot seed mixed with base oils. These oils help keep your body supple, increase blood circulation, and reduce water retention.

- **The morning after:** After a good night's rest, the body is dehydrated and in need of some tender loving care. Wake your body up with a refreshing glass of room temperature water which kick-starts the digestive system and refreshes the cells of our body. Water is the best source for hydration inside out. It keeps our lips nourished, skin supple and hair soft. Drinking ample water also helps flush out toxins giving your hair and skin a natural glow.
- **Avoid hot baths:** Bathing is a daily ritual in all Indian households. However, the temperature of the water also plays an important role in the texture of our hair and skin. Hot baths can also open up the pores of our skin, which if left unattended, can attract dirt and oils to settle causing acne and rashes. Further, hot water strips our hair of its natural oils causing frizz and dryness. Ayurveda suggests bathing in tepid water instead to reap its overall benefits.
- **Tender Loving Care:** TLC is a beauty must-do. Spending some time moisturising your skin and hair will ensure long-lasting benefits. You can add minute ayurveda resources to your everyday routine to reap its maximum benefits. Choose an aloe vera-base moisturiser for oily to combination skin daily. Those with dry to normal skin can apply shea butter, avocado oil and argan oil. Swap out store-bought shampoos and conditioners for natural ingredient-based cleaners for hair.
- **Serums:** Serums leave out occlusive moisturising ingredients such as petroleum or mineral oil that keep water from evaporating. Serums contain fewer lubricating and thickening agents, like nut or seed oils, and are a direct source for deep hydration and nourishment. Layer on with serums with essential nourishing ingredients.

Dr Jothilakshmi J
(The author is ayurveda doctor, Shankara India)



Upping the glamour quotient

MAGIC WITH MAKE-UP
Every woman deserves to look glamorous and attractive, make-up artiste Anishaa Chhabria Madan tells **Shilpi Madan**

Mumbai. She has just returned from Turkey from an assignment where she essayed the make-up detailing for the lookbook of a leading designer's latest collection.

Back to the make-up trail: Delamar Academy in London happened in quick succession and on returning to India, Anishaa found herself swamped with assignments in leading fashion weeks after honing her skills as an artiste with the professional make-up franchise of German make-up biggie, Kryolan, in India. She also worked with them as a co-trainer.

Cut to 2019, Anishaa is synonymous with metallic eyes as she creates ripples with amazing renditions using her make-up palette, and is on the speed dial for a multitude of personalities ranging from film critic Anupama Chopra to RJ Malishka to singer Monica Dogra and TV anchor Shibani Dandekar, all while packing in cover shoots for magazines, campaigns for leading fashion designers, and stunning looks for Insta brides.

Prod her about the essentials for the vanity caddy we need to stock up for the season and she retorts promptly, "Liquid concealers are my favourite pick to zap away zits, camouflaging raccoonish under-eye circles and blotting out freckles and pigmentation. This is your perfect solution to perfect skin during the summer as it is lightweight and skips the 'cakey' look," says Anishaa, flaunting the stylish upsweep of a dramatically



applied eyeliner.

"I believe skilfully applied make-up goes a long way in creating a showstopper." Sure. Her website clearly underlines the adage "Make-up is art, beauty is spirit."

"My second pick would be a liquid blush. Easily applicable using even your fingertips, this product is absolutely perfect for summer as it hones your cheekbones beautifully, gifting you that enviable flush. It doubles up as a lip tint, too," she contin-

ues. "You must apply loose powder to blot the shine and 'fix' your make-up for about three hours, to prevent it from running with sweat. Else, blot sheets offer a quick fix in terms of zapping away the sweaty shine owing to the heat and humidity. Keep them handy in your bag. You must invest in a waterproof liner for the smoky eye look, and follow up with a mascara and eyebrow pencil. People often neglect their eyebrows but remember, they shape your face. You must groom them properly by filling in with a brown pencil, powder shadow, or a cream filler," says Anishaa with a smile.

If you are confused by the multitude of pots and potions jockeying for visibility on the cosmetics counters, Anishaa has clever tips to offer. "Gel liners double up for *kajal* stick and eyeliner, and lip pencils accentuate the shape of your lips and can be used to fill in generously as well," she shares, letting us into the secret of lissome pouters and intriguing peepers.

Of course, 'less is more' is Anishaa's anthem and while she packs in the sparkle, her much appreciated work in movies such as *Baar Baar Dekho*, *Dhoom 3* and *Dil Dhadakne Do* have made more film offers come her way. "It is my secret wish to set up a make-up academy-cum-salon to provide the right education in this field to all women. Perhaps even create a make-up brand in India and then take it internationally," says Anishaa.

Pretty & perfect

"I have always loved experimenting with make-up during my early years. My fascination for make-up soon led me to the Fat Mu Academy in Mumbai to learn the mechanics of skillful application of make-up," shares Anishaa as we chat over a quick cup of coffee at her apartment in suburban