

*Because Wellness Matters*

# GLOBALSPA

JULY-AUGUST 2022

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COUTINHO**

**POOJA  
MAKHIJA**

**YASMIN  
KARACHIWALA**

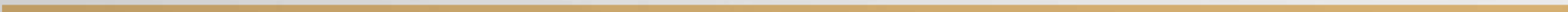
**ANSHUKA  
PARWANI**

The Mavens of  
Wellness on a  
**Soneva Soul  
journey**





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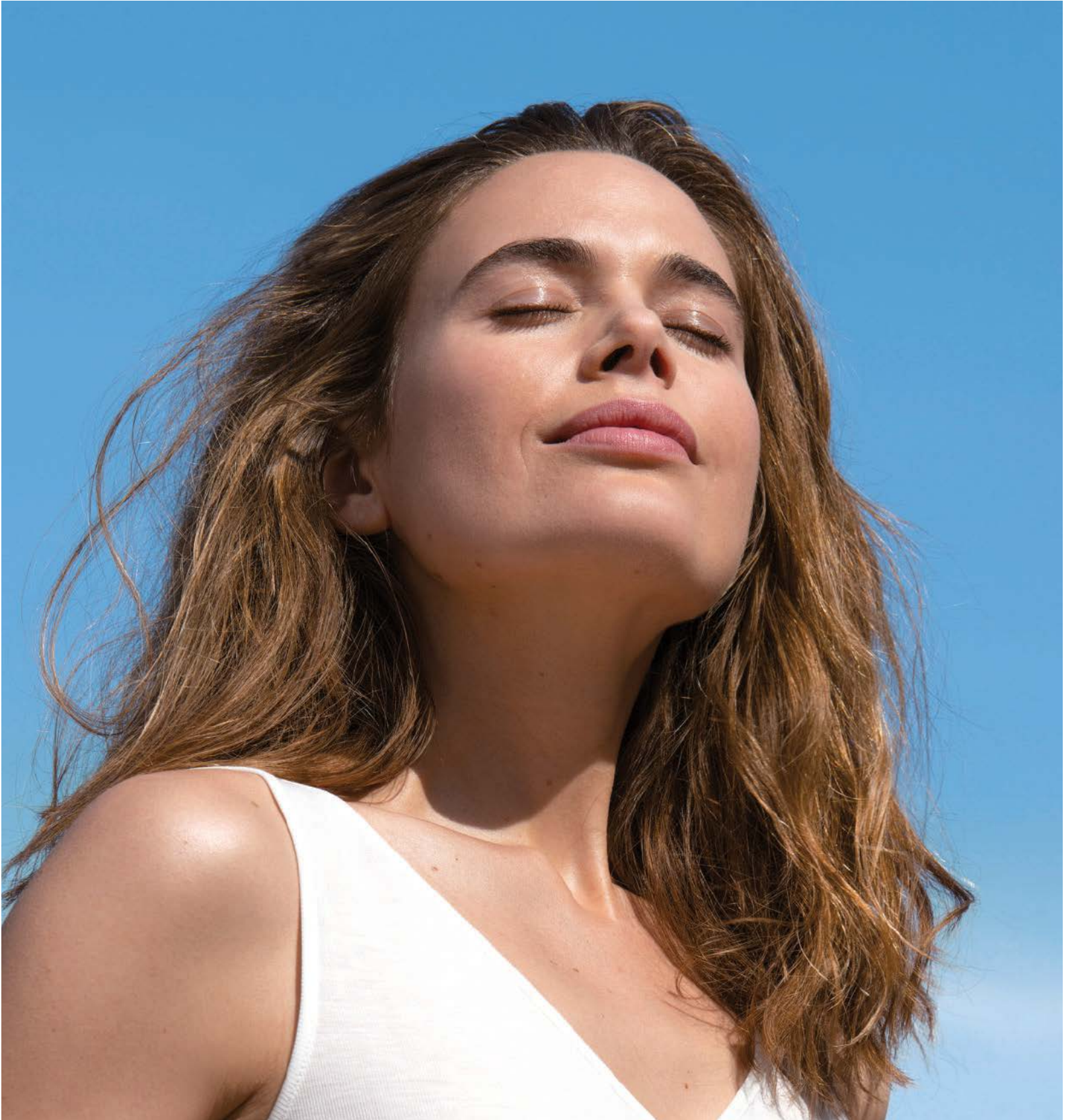
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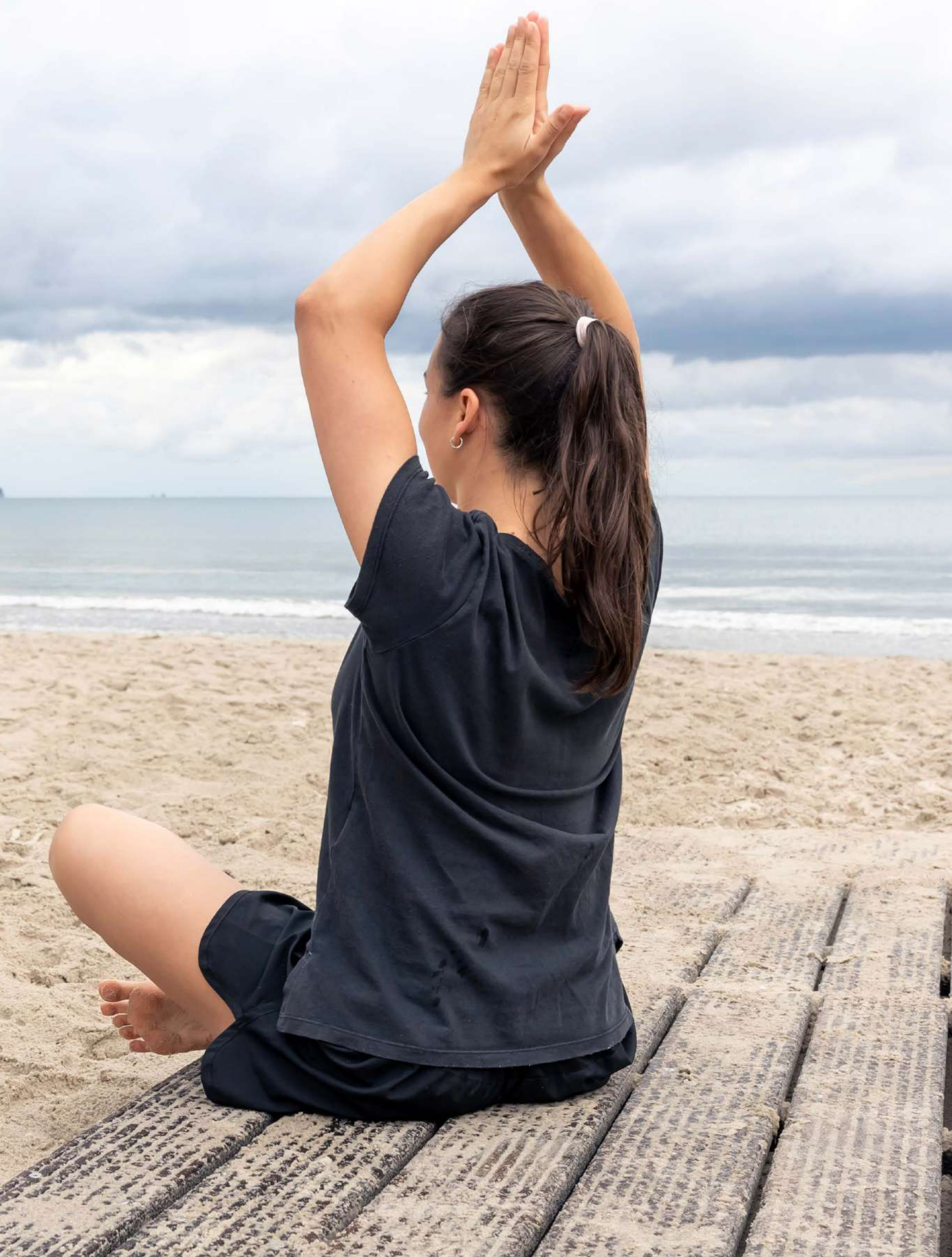
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# GLOBALSPA

JULY-AUGUST 2022

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Dear Readers,

Whether it is laying on a hammock gazing at the waterfront, hiking up miles just to soak in the sunset, or silently falling in love with the wildlife - the most pleasing common denominator between all nature is how it helps us connect while disconnecting. Away from the chaos outside, to heal the chaos within. With this hope in our heart, we bring you our "Nature Issue" - a calming guide to reconnect with your true self.

Connect with the luxury of nature in earth-themed hotels, discover the nuance of sustainable travel (peek Qatar hosting FIFA!), and how to build an ethical fashion wardrobe this month and ahead.

With India's leading wellness leaders, catch our cover stars Yasmin Karachiwala, Luke Coutinho, Pooja Makhija, and Anshuka Parwani as they unveil their humble beginnings, fitness philosophies, future visions and more. In conversation at the breathtaking Soneva Maldives, the crew came together in celebration of their new transformative wellness concept, Soneva Soul. Flip through to know more!

Furthermore, we highlight the blooming bounty of nature's corals, the traditional nature-inspired beauty rituals, the importance of sustainable eating (check our plant-based and vegan restaurant recommendations), as well as some interesting conversations with influencers around the world.

Nature simply never ceases to amaze, and it is yours to explore. Let's embark.

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**Parineeta Sethi**

Chief Editor & Publisher



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# Koishū

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Cover Story:

# The Mavens of Wellness on a SONEVA SOUL JOURNEY

Where cutting-edge innovation meets thousands of years of healing wisdom, Soneva Soul by resort Soneva is a metamorphosis to the world of wellness. And at the forefront of this unique wellness concept, India's wellness stalwarts Yasmin Karachiwala, Luke Coutinho, Pooja Makhija, and Anshuka Parwani experience the glory of Soneva Soul.



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*Shamana Spa at Grand Hyatt Goa* is the resort's temple of wellness that offers a peaceful and serene retreat. With a combination of modern and ancient Indian techniques, the essence of *Shamana Spa* is to create the perfect balance between well-being and lifestyle for a youthful you.

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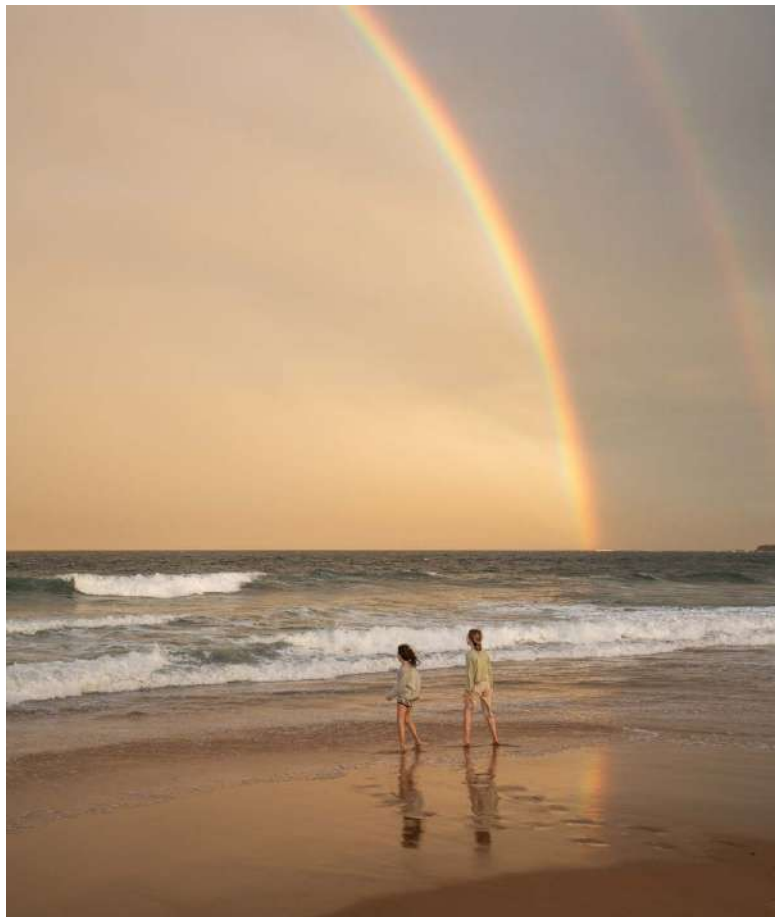
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# HOME4U

ELEVATE YOUR HOMES



**Nitin Jain**  
Managing Director



**Ritika Jain**  
Co-Founder



**Sunil Jain**  
Chief Operating Officer

The global home décor market touched a value of USD 630.4 billion in 2019. In India, this value is expected to reach 40 billion USD by FY 2026. Thirty percent of consumers in India are willing to spend more on products that they perceive are “better.” Home4U, a brand under Aesthetic Retail Private Limited (ARPL), was conceived and launched based on this need in the market to make Premium/luxury home décor products available to customers at affordable prices.

*‘When it comes to showcasing your home, we believe you should have the final word...’*

Every waking moment is devoted to fantasizing about finding the perfect piece of furniture or decorative touch that we are convinced to simply transform our homes. Transforming a mere structure into a home requires a fair amount of dedication, but it’s worth the exertion. So much time is spent at home these days that it feels like the extension of our own identities. Most of the time this is why you need a place where you get a curation of assorted products and styles showcased concurrently. At Aesthetic retail, there is a continuous focus on hiring/retaining best-in-class talent to support business deliverables. Our reach to all sourcing destinations - domestic and international, coupled with in-house production

capabilities - gives us an edge over the competition.

- *Nitin Jain*, Founder & Managing Director, is a dynamic entrepreneur and a visionary with a forte in conceptualizing impeccable homes and interiors.

*‘People like things that have a story, that have some age to them,’*

**Home4U** is a brand where we meticulously design home accessories that cater to unique choices. Each design is eye-catching because of its striking hues, styles, and contours that help you assemble beautiful dwellings. Our thoughts effortlessly cover the classic to the neo-classic, sensual to stylish, edgy to sophisticated, colonial to contemporary, neutral to vibrant, and glamorous to elegant. We stand up to the appellation and are your One-Stop Shop for all decor needs. The product range is dynamic and suitable for every mood and space, be it a commercial space, a cozy home, a sprawling farmhouse, a modern loft, or a day room.

- *Ritika Jain*, Co-Founder, is an avid design enthusiast passionate about home textiles and lifestyle accessories.

We started our brand journey via a digital platform almost 18 months back. We utilized this period to enhance brand awareness

while laying down the foundation of our technology architecture and supply chain capabilities. The Voice of customers captured during this period helped us streamline our processes, merchandise range, and offerings for our customers. We are now all set to shift our gears and go for rapid expansion. On the retail front, our first retail store at GK1, Delhi went live in Dec '21 followed by Raghuvanshi mills, the Mumbai store in May 2022, and Gurgaon and Ludhiana store in June 2022. We intend to open another 5-6 stores in FY 2022-23. We are on a mission to make Aesthetic Retail Private Limited a:

- Great Place to Shop
- Great Place to do business with
- Great Place to Work...

*And ‘the top resource for luxury consumers who want to tap into the design and decor at affordable prices without losing on the quality of it.’*

- *Sunil Jain*, Chief Operating Officer at ARPL with 24+ years of experience in Retail, e-Commerce, Supply chain, and customer service domains.

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# Contributors



**Sonali Fabiani**

Sonali runs her own non-profit organization called Altry Gifts That Matter. She has a multicultural exposure and is deeply passionate about what she does.



**Shahnaz Husain**

A leading international beauty icon, she is a pioneer of the Ayurvedic beauty movement and heads a global network of franchise ventures and 375 formulations.



**Divij Bajaj**

He is the Founder and CEO of Power Gummies, a vegan, gluten-free, gelatin-free, and crafted cruelty-free vitamin gummies for hair, nail, and skin nutrition.



**Aditya Agarwal**

He is the Director of Cloth Haus, a brand with a vision to upgrade our lifestyle by making our choices more sustainable and responsible.



**Kanchankuntala Das**

She is the Founder and Designer of Black in Vogue, an eco-friendly clothing brand which mainly focuses on the revival of handcrafted surface ornamentation and traditional textiles.



**Dr. Manmit Kumarr**

Dr. Manmit is a globally renowned spiritual master who founded Soul Miracles with the mission of bringing hope, peace, and healing to the world.



**Harshit Malik**

He is an enrichment guide, wisdom coach, and founder of Jumpstart- A Co-Work Hub, who understands the value and impact of 'human outlook' in every dimension of life, happiness and success.



**Narendra Firodia**

He is the co-founder of YouCare Lifestyle, a platform with the very best healthy foods and products with a direct connection to the farmers and vendors who ethically source from farmers.



**Aditya Ruia**

He is the co-founder of Beco, a brand which makes eco-friendly and sustainable products using natural ingredients that do not harm Mother Nature.



**Dr. Rohini Patil**

She is a nutritionist, and the founder and CEO of Nutracy Lifestyle, and started her own chain of organic handcrafted herbal tea & wellness products.





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# Embracing NATURE

HERE ARE SOME PROPERTIES AROUND THE WORLD WHICH ARE EARTHY, AMIDST PURE GREENERY, AND SUPPORT VARIOUS SUSTAINABLE INITIATIVES IN THEIR DAY-TO-DAY OPERATIONS TO GIVE BACK TO NATURE.

## THE KUMAON, INDIA

A transformative, sustainably designed luxury retreat in the hills of Uttarakhand, The Kumaon is located just above Almora on the outskirts of village Gadholi. You can soak in the remarkable views of the snow-capped Himalayan range or star-studded sky from your own chalets, relax in the main lounge or cosy library room by the fireplace, rejuvenate at the spa or unwind with yoga on the terrace, or choose culinary



indulgence at the striking cantilevered restaurant suspended over the valley below. The sustainable architecture highlights locally sourced materials like bamboo, copper and stones, that have been utilised extensively across different structures and spaces through varied local techniques and skills from the region. There is a genuine, instinctive warmth that radiates from the people of the Kumaoni region and many locals who worked on the site were seamlessly accommodated and trained into various technical roles at The Kumaon

and they still continue to be a part of the core service team. With efforts to restore the balance in the ecosystem over the years, The Kumaon team has also integrated a few indigenous species of trees into the landscape including cedar, oak, rhododendron, and also encourages the cultivation of local pulses, fruits and more in the area. Seasonal produce and healthy local ingredients are a significant part of the culinary experience at The Kumaon, procured from nearby village farms and foraged from the forests.

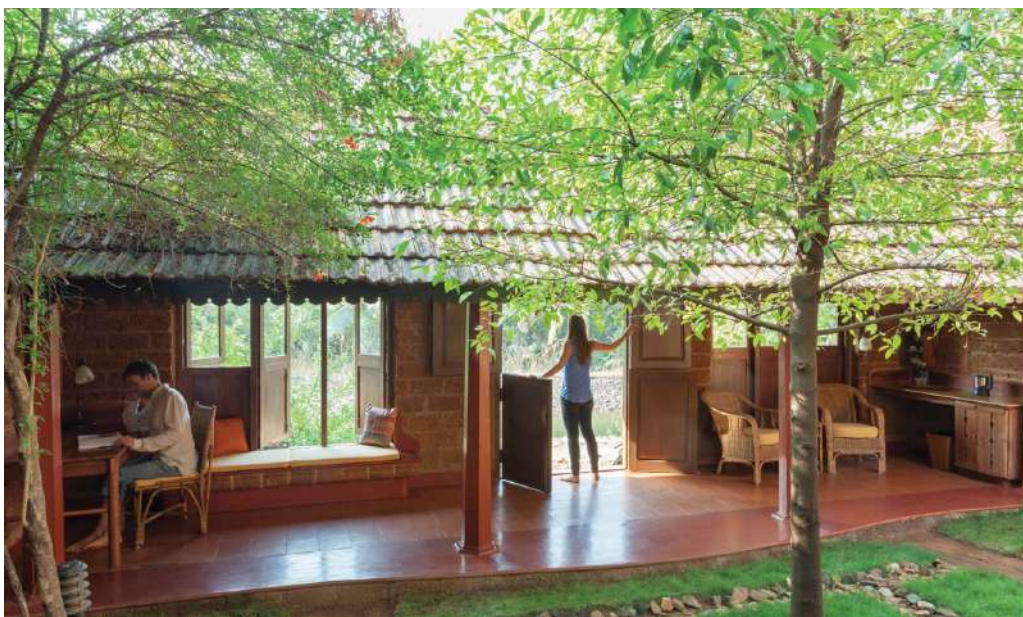




# SWASWARA, INDIA

Embraced by wilderness on the seashore of Om Beach in Gokarna, CGH Earth's SwaSwara is a sanctuary for soul-stirring experiences. A haven away from the hassles of the daily grind and the stifling energy of city life, SwaSwara offers a well-being holiday that brings balance to the body, mind and spirit. SwaSwara is a celebration of simplicity and purity, delicately preserving nature and adopting the local ethos of the community. On 26 acres of land that starts on the cascading hillsides, covered by lush foliage, rainwater harvesting lakes, farmlands and a coconut grove that opens out to the beach, this 24 villa retreat is inspired by the local Konkan architecture and built

using local materials of the region. The resort makes use of rainwater harvesting to make it self-sufficient and lessen the burden upon the local water tables. This water collected forms the only source of water to meet your needs, including the water you drink, which is specially treated and purified. SwaSwara treats and re-uses waste water for the gardens, flower beds, and farms. Kitchen waste is turned into biogas used for cooking and also to make organic fertilisers for the farm. The recipes in the kitchen are invariably taken from the food habits and styles of local communities. There are many ingredients which come from nearby villages as well as grown on their farm.







## AMANOI, VIETNAM

Amanoï's home is in Núi Chúa National Park. Thanks to its status as a UNESCO's Global Biosphere Reserve, the resort rests at the heart of a destination working to conserve and regenerate biodiversity. A tropical paradise overlooking Vinh Hy Bay, the hotel team focuses on responsible dining, waste reduction, and the promotion of indigenous culture efforts to improve the quality of life for the wider community on Vietnam's South-Central Coast. The resort's new water-filtration bottling plant allows delivery of fresh, filtered water to both guests and team members served

in glass bottles. Participation in litter pick up events with neighbours from the surrounding region is a weekly occurrence for the Amanoï team, providing an opportunity to both interact with other members of the community, work together, and help clean up the beautiful area that the resort calls home. By offering à la carte menus, steering away from buffet-style dining and through careful consideration of food waste, Amanoï is striving to be significantly greener. By way of example, when it comes to food efficiency, the resort's kitchen follows a nose-to-tail philosophy, aiming to use all parts of each ingredient to create interesting dishes, or alternatively testing new recipes in the staff canteen. In fact, this is part of the resort's continued efforts to ensure all team members are consuming robust meals and have healthy, balanced diets.







# CHATEAU SAINT-MARTIN & SPA, FRANCE

Perched in the hilltops of Vence, with a splendid panorama of the Riviera hinterland, Château Saint-Martin & Spa is a secluded hideaway of priceless treasures and wondrous pleasures. Float in a pool set against the Riviera's blue horizon, hideaway in a garden cabana lulled by birdsong, spa beneath a wisteria gazebo, and stroll through history and art. Château Saint-Martin & Spa, an Oetker Collection gem, decided long ago to adopt a strategy for environmental sustainability. The beautiful garden has an insect hotel installed, which is a fun tool for teaching children about natural habitats. Gardeners maintain a vegetable and herb garden that supply ingredients for dishes

in their restaurants and smoothies, and bars. There are two beehives set up on the grounds which produce a fragrant homemade honey and that honey is used in whipping up some delicious dishes for the hotel's restaurants menus. Even the olive oil used is made with olives from the property's groves. The property conducts daily efforts to ensure responsible waste conversion and reduction. Last season 2.16 tons of vegetable waste from the kitchen and Juice Bar were composted at the hotel. Moreover, Château Saint-Martin & Spa relies on hydropower for 50% of its electricity consumption. All incandescent light bulbs have been replaced by LED light bulbs.







# JEAN-MICHEL COUSTEAU RESORT, FIJI



Located on 17 flourishing acres on the island of Vanua Levu, the eco-luxury resort, Jean-Michel Cousteau Resort overlooks the peaceful waters of Savusavu Bay and offers an exclusive escape in an authentic Fijian experience. Promoting the preservation of Fiji and the South Pacific is at the heart of Jean-Michel Cousteau Resort, Fiji. The resort - along with Jean-Michel Cousteau himself - has taken a leadership role in sustainable initiatives in the South Pacific - and pioneered ways to involve guests in those efforts. The Fijian people have flourished for more than 3,000 years by living off the natural bounty that surrounds them. Jean-Michel Cousteau and his team of conservationists believe modern society can learn a lot about achieving a sustainable environment from

their agricultural and fishing practices. The seas provide the fish served for dinner, the trees produce coconuts that are served to the resort's guests, and the rain sends water to flow from the tap in the bures. The resort-wide edible vegetation allows guests to enjoy tropical fruits including pineapple, mango, papaya, coconut, guava and more, all included in the edible landscaping. Additionally, the resort is located in a marine protected area. The resort practises recycling and composting, the utilisation of low-energy lighting, solar panels on water heaters for some bures, and uses environmentally friendly chemicals in the laundry and kitchen. The timber used for construction comes from certified forests, and the restaurant menu does not include reef fish or farmed prawns.





# JOALI, MALDIVES

Amid the abundant life between the palm trees and sparkling turquoise water sits JOALI Maldives, the very first art-immersive resort in the Maldives. Based on Raa Atoll, one of the largest and deepest atolls in the world, guests can expect brilliant blue waters, a myriad of sea life, and pristine white-sand beaches fringed by gently swaying coconut palms. Each of the 73 villas is the epitome of sustainable glamour and was inspired by individual stories and designed to take the guests on a rich sensory journey. Along with launching the JOALI Reef Restoration Programme, the resort has also partnered with local and global conservation organisations to help protect our oceans. They do regular coral planting activities with their guests, teaching the delicate art of coral planting, a vital skill to protect our vibrant reefs in the Maldives. Apart from conducting regular Dive Against Debris to reduce the amount of waste littering the oceans, they also do regular clean ups of uninhabited islands near them as well as tree planting activities. The kitchen team loves to craft specialties with locally caught fish and seafood, along with organic produce from



Chef's Garden. The resort's commitment to fair trade principles is reflected in ethically sourced tea, coffee and wood products. The glass is crushed and repurposed, food and garden waste are composted into natural fertilizer, while paper, packaging and cans are recycled. They have built a glass water bottling plant and a wastewater treatment system on the island. Along with using efficient LED lights and smart controls in the villas, they have launched a pilot project to increase the use of solar energy. As a guest, you can join their sustainability tour, visit a local island, take part in tree planting activities, avail a guided snorkeling tour of their house reef and coral nurseries, and many more.







TRAVEL TALES

# Prepare Yourself for Qatar's FIFA Fervor

AS QATAR GEARS UP TO HOST THE 2022 FIFA WORLD CUP, WE LIST OUT THE MAJOR ATTRACTIONS FOR FOOTBALL FANATICS WHO ARE PLANNING FOR THE ULTIMATE SPORTS TRIP LATER THIS YEAR.

**B**etween 21st November and 18th December this year, around one million soccer fans from across the world will be heading to Qatar to experience the most dazzling and electric sporting event of the year - the 2022 FIFA World Cup. The destination is leaving no stone unturned in preparation for

a captivating spectacle of athletic excellence and resilience, and fans across the globe are set for a thrilling ride full of engrossing matches, unparalleled adventures and scenic landscapes in the charming peninsula. Berthold Trenkel, Chief Operating Officer, Qatar Tourism, shares in the fans' burgeoning enthusiasm for the festivities to come, "The FIFA World Cup Qatar 2022™ is going to be the first time the world's biggest football tournament is to be hosted in the Middle East. As fans from all around the world get excited to witness the world's best game, Qatar prepares to welcome them with hospitality and grandeur."

## SPECTACULAR ATTRACTIONS

While in Qatar, make sure to intersperse the thrill of the tournament with a wide range of

leisure activities and recreational breaks, to make full use of your time there.

### Traverse the Unending Dunes

A visit to Qatar is incomplete without a trip to the desert, whether it be for the exhilarating rollercoaster-like ride of dune bashing or witnessing a natural wonder — the Inland Sea at Khor Al Adaid—a water reserve where the sea encroaches deep into the heart of the desert. For a more laid-back experience, spend an evening seated around a traditional campsite, and enjoy a delicious barbecue under the stars.

### Experience Luxury at Msheireb Downtown Doha

Contemporary architecture, gleaming white mosques and a stunning cluster of history



museums housed in elegant, Arabic-style mansions—this developing area is a thriving urban hub. Radwani House portrays Qatari family life along with cultural exhibitions at Bin Jalmood House. Msheireb Downtown Doha is also a spot for discovering global dining options at high-end hotels, only a short distance away from the souvenir stalls and arcades of Souq Waqif.

#### Deep-dive into Qatar's Rich History

Two very important cultural institutions—the National Museum of Qatar and the Museum of Islamic Art—rest on the shores of the Arabian Gulf, and offer wonderful insights into the history of the region. Mathaf: Arab Museum of Modern Art, and the Doha Fire Station Museum are just two of the contemporary examples.

#### Workout at World-Class Sporting Venues

Play a round of golf at Education City Golf Club,

hit the courts at Khalifa International Squash and Tennis Centre, or jog through the palm tree-lined Doha Corniche while taking in the view of the West Bay skyline.

#### Live the Island Life at The Pearl Qatar

This man-made island is located off the West Bay coast, and is known for its elegant Mediterranean-style marinas, internationally-renowned hotels, shopping spots, and a wide variety of cafes and restaurants.

#### Visit Katara Cultural Village

Observe unique architecture, stroll through expansive parks, and binge at popular restaurants at Katara—a beautiful cultural space for sharing art, theatre, literature and music.

#### Unwind at Balmy Beaches

Since Qatar is a peninsula, it is surrounded by beautiful sandy beaches that serve as an idyllic

escape from the crowds. The weather conditions during the tournament will be perfect for basking in the winter sun, preferably at one of Qatar's many opulent beach resort hotels.

#### Relish Local Flavors at Food Markets

Food markets are the ideal setting for trying an array of local specialities including coffee, shawarmas, burgers and desserts, while mingling with the locals

#### Head to Purple Island

Also known as Jazirat bin Ghanim and Al Khor Island, this island is a true wonder of nature—lined with bright green mangroves and low-tide beaches—and a serene destination for spotting fish, crab, fossils, flamingoes and other wildlife, while walking along the salt marshes.

### CONSCIOUS CELEBRATIONS

A special focus for this year's event is the sustained effort towards implementing sustainable practices. Qatar is committed to delivering a carbon-neutral FIFA World Cup, with an objective to achieve carbon neutrality before the tournament begins and then leverage the event to safeguard a climate legacy for the region as a whole. This mission will be carried out through a four-step plan—raising awareness about carbon reduction methods and projects; maintaining a detailed log of emissions related to the event; mitigating emissions through efficient design, recycling, waste management, renewable energy, sustainable procurement, public transport, and more; and offsetting excess emissions through projects in both the public and private sector.

Stadiums will be awarded a minimum 4-star certification from the Global Sustainability Assessment System, which requires a 30-40% reduction in energy and water usage, in accordance with international standards, and mandates that tournament sites must be designed, constructed and operated to limit environmental impacts. Construction materials also contain reused and recycled elements. The use of the Doha metro and the compactness of the tournament will play a key role in reducing the carbon footprint. Besides these notable steps, Qatar will also donate 170,000 seats to countries that need sporting infrastructure, after the tournament.

The 28-day extravaganza will culminate on 18th December, which will be Qatar National Day, bringing an uplifting and befittingly grand end to the celebrations, until the next time!





TRAVEL TALES

# Satiate Your TRAVEL DREAMS

## MAMMOTH ADVENTURE CENTER

The perfect launchpad for your adventure thrills, Mammoth Adventure Center is full of adrenaline-packed activities such as rock-climbing walls, bungee trampolines, archery, gondola rides, rope courses and much more. Conquer rugged cliffs on Via Ferrata meaning "iron path", cruise on your bike through undisturbed nature, or spend an entire day feeling on top of the world, with gondola rides at the panoramic Eleven53 Cafe. Take a break at the sundeck Yodler Restaurant & Bar with tantalizing sandwiches and bratwursts, then get right back to outdoor recreation as you explore the Reds Meadow Valley by the shuttle.

MAMMOTH LAKES, CALIFORNIA, IS AN UNPARALLELED NATURE WONDERLAND FOR THOSE WHO LOVE ADVENTURE, SIGHTSEEING, OR LEISURE.

Whether you have an hour or the whole day to yourself, here are seven of the most memorable sights and adventures you must experience this summer at Mammoth Lakes.

## MINARET VISTA

Cross stargazing off of your bucket list this summer as you visit the Minaret Vista at Mammoth Lakes. Flaunting prolific views of the Mammoth Lakes' skyline at the Minarets - the destination boasts clear views of the signature rock spires, Mount Rinner and Banner Peak. Enchanting colors and dreamy landscapes make for a memorable sight here. Make sure to plan a picnic at the many spots available here; summer evenings are a wonderful time to be at the Vista when the turrets of the rocks behold the sun setting and the sky slowly drifts into a starry pool. At night, it is the perfect spot to enjoy gazing up above. For someone adventurous, they can delight in the Minaret Vista Trail, where teeming wildlife is often spotted in this area.



## SCENIC GONDOLA

Mammoth Lakes is undoubtedly gifted when it comes to its scenery. Take in some of its best views from the Scenic Gondola as you climb to the top of Mammoth Mountain. Explore all the fun at 11,053 ft above ground where you can snap a selfie at The Summit Sign, enjoy lunch with panoramic views at the Eleven53 Café, and discover the history and wonder of the Sierra Nevada at the Mammoth Mountain Interpretive Center. 10 to 15 minutes each way, you can opt for this ride and stop at your leisure to explore wherever.





## DEVILS POSTPILE NATIONAL MONUMENT

A unique geological structure featuring thousands of hexagonal basalt columns formed 100,000 years ago, Devils Postpile National Monument is a hallmark destination for those visiting Mammoth Lakes. Accessible only during summers, there is plenty to experience here. Begin by hiking down 8 miles of trails from Devils Postpile and venture outside to the Ansel Adams Wilderness. Home to about a hundred different species of birds and wildlife, a treat to watch during this hike. Then at the San Joaquin River, you may take your time for trout fishing, with this vast landscape as a backdrop. The unmissable part, however, would be visiting the Rainbow Falls. This 101-foot waterfall is known for its mist creating colorful rainbows. Visit during midday and it is a huge paradise! Note that a shuttle bus is required to travel to and from here, adding more time for sightseeing around the landscape at Mammoth Lakes.



## MAMMOTH LAKES BASIN

Hiking, biking, and picnicking by the shores of serene waters and lush greenery - that is the majestic Mammoth Lakes Basin for you. Nestled here are the five iconic lakes- Twin Lakes, Lake Mary, Lake Mamie, Lake George and Horseshoe Lake. Wherever you're headed, towering pine forests, clear calming waters and mountain-ridged streams will embrace your being. Satisfy your inner wanderlust with day hikes, paddle boarding, kayaking, fishing and biking activities around the Basin. When the temperature is just right, you can even swim within the waters. Rustic cabins, boat rentals, campgrounds, wildlife, and the tranquil company of undisturbed nature - what more could one ask for?



## MAMMOTH MOUNTAIN BIKE PARK

With endless mountain roads and more than 80-miles of single track on Mammoth Mountain, Mammoth Mountain Bike Park is home to some of the best mountain biking in the country. Fret not about your abilities; Mammoth Mountain Bike Park offers terrain for each level. From the very top, Off The Top is lined with wildflowers on your path, Kamikaze is famed for its mountain biking races where the downhill grade is most thrilling, Juniper offers scenic views of the Lakes Basin and Mammoth Creek along the way, while The Paper Route Loop is the most popular cross-country trail that rolls through pine forests, and the Big Ring is equally fun as it is fast. Pack some snacks, water, sunscreen and head out for a fun-filled ride ahead



## THE VILLAGE AT MAMMOTH

Whether you're a shopaholic interested in souvenirs and local stores, an adventure junkie looking to trail around a good spot, or simply want to celebrate with good food and drinks - a complete experience awaits you here. The VillageFest is a summer tradition in Mammoth Lakes where you can enjoy a BBQ cook-off, music, outdoor bars, dancing and family fun. Think of shopping as a sport and you'll have much to score here. From necessities like outdoor apparel and gears to gourmet goodies and souvenirs, the destination has many spots for you to indulge in. Dine to your heart's content at the many continental restaurants, cafes, and bars, where you can enjoy fresh steaks, pizzas, burgers, and pints of traditional beer. As the day closes in, unwind with relaxing spa sessions at Simply Massage and Body Boutique - The Village's one and only hub offering massages, facials, and energy work. The Village is truly the perfect place to begin and end your day at Mammoth Lakes.



# THE GREEN ITINERARY

PLANNING YOUR NEXT ESCAPE? INCLUDE THESE TIPS FOR A SUSTAINABLE TRAVEL WHICH NOT ONLY YOU BUT ALSO OUR PLANET WILL CHERISH.

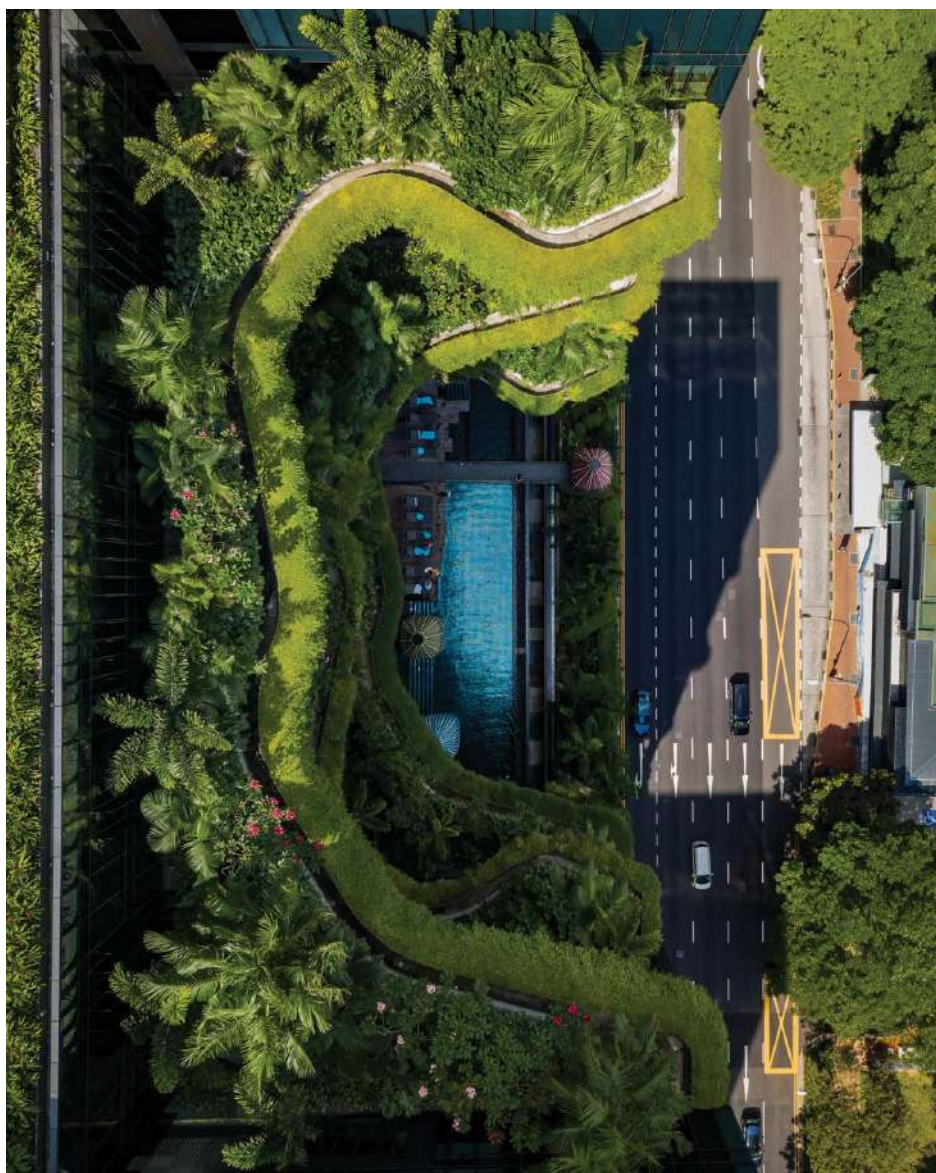
By Sonali Fabiani

**T**he travel industry creates 8% of the CO2 emissions of the world, which doesn't sound like a lot, but transportation creates 27% of it. So clearly it is a leading industry contributing to CO2 emissions as well as waste because of the number of plastic bottles and other single-use plastics involved in flights, cars on the way to

hotels, and even hotels or Airbnbs themselves. Let me share some ways I try to reduce my carbon footprint as an avid traveller myself.

## WHILE BOOKING YOUR TRIP

Research hotels with sustainability initiatives. In today's day and age, there are so many. The ones who aren't boasting about it on their





website aren't doing it. So don't book those. An amazing example of this is the Park Hyatt at Hadahaa, Maldives. My husband and I went here for our honeymoon—there was zero use of plastic anywhere.

Look up greener airlines. Sometimes the same route will have one airline emitting way less than another. So do your research, because airlines that emit the most usually work hard to hide that data from customers. Check Google flights for flights that say "lower carbon emissions than usual". Google calculates it for you and gives each flight a rating. Skyscanner does this too.

### PACKING

Bring your own water bottle, and bring a jute/cloth bag to carry things around in so you don't have to use plastic. Don't forget a metal straw and cleaner if you need one for your drinks.

### GETTING THERE

Flying itself creates a lot of carbon emissions, so the first thing I do is donate to the Sankalp Foundation to plant trees often to offset my carbon footprint. You can even use [co2.myclimate.org](https://www.myclimate.org) to check your flight's carbon footprint.

Try not to print your ticket! You don't need to. Check-in online and then show your digital boarding pass or ticket to enter the airport like a true 21st centurion. At the check-in counter, tell them you don't want yours printed and you'll use the digital one. They may not be able to offer a digital lounge access card, but at least you minimise the amount of paper you use.

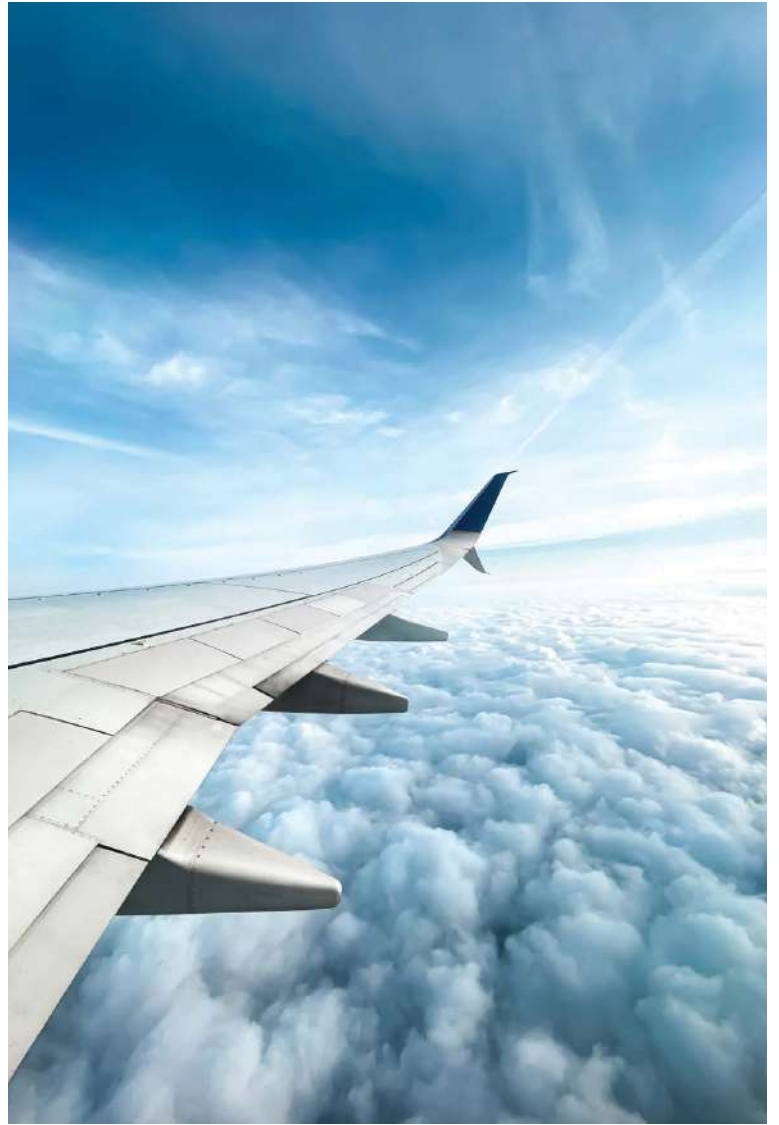
### FOOD AND WATER

Second, always bring your own water bottle. It's tough because you have to time it so that every time you go through security it is empty,

but then you have to fill it somehow (which ends up being through plastic water bottles you buy). I have reached a point where I don't use those little plastic water bottles anymore AT ALL (unless there's nothing else and you are dehydrated, then obviously health comes first). If you absolutely MUST use disposable items, make sure they are paper/wooden and not plastic. Some countries haven't banned single-use plastic so make sure to buy or ask for a more sustainable option. Try not to use straws anymore. There is just absolutely no need—and if you really need one, buy the reusable metal ones with the pipe cleaners and take them with you everywhere, or always ask for a paper/bamboo straw WHILE you order your drink. Sounds like a lot of work to be eco-conscious right? Just skip the straws! Practice saying "Coke with ice, NO STRAW please" as if it is part of the order. Because it is. We live in a world where creating waste was normal for







so long that we need to spend time unlearning that and updating our habits.

### ACCOMMODATION

When I reach the hotel, I ask them to fill my bottle from an Aqua-guard or a larger system they use, even if it's boiled water. Often, hotels have a policy where they don't change your sheets or towels every day because they want to use less water and energy to be mindful of the environment. My husband and I love this. When one is at home, we don't wash towels or sheets every day. Why should hotels be any

different? Hang up your towel and keep the same one for a couple of days.

### GETTING AROUND

Use public transportation! It's great for the experience and also for the environment. Plus, you can make friends with locals and get proper recommendations. If you're athletic, rent bicycles and make them a functional yet exciting activity. If you must Uber, use the "Uber Green" option!

### SHOPPING/ACTIVITIES

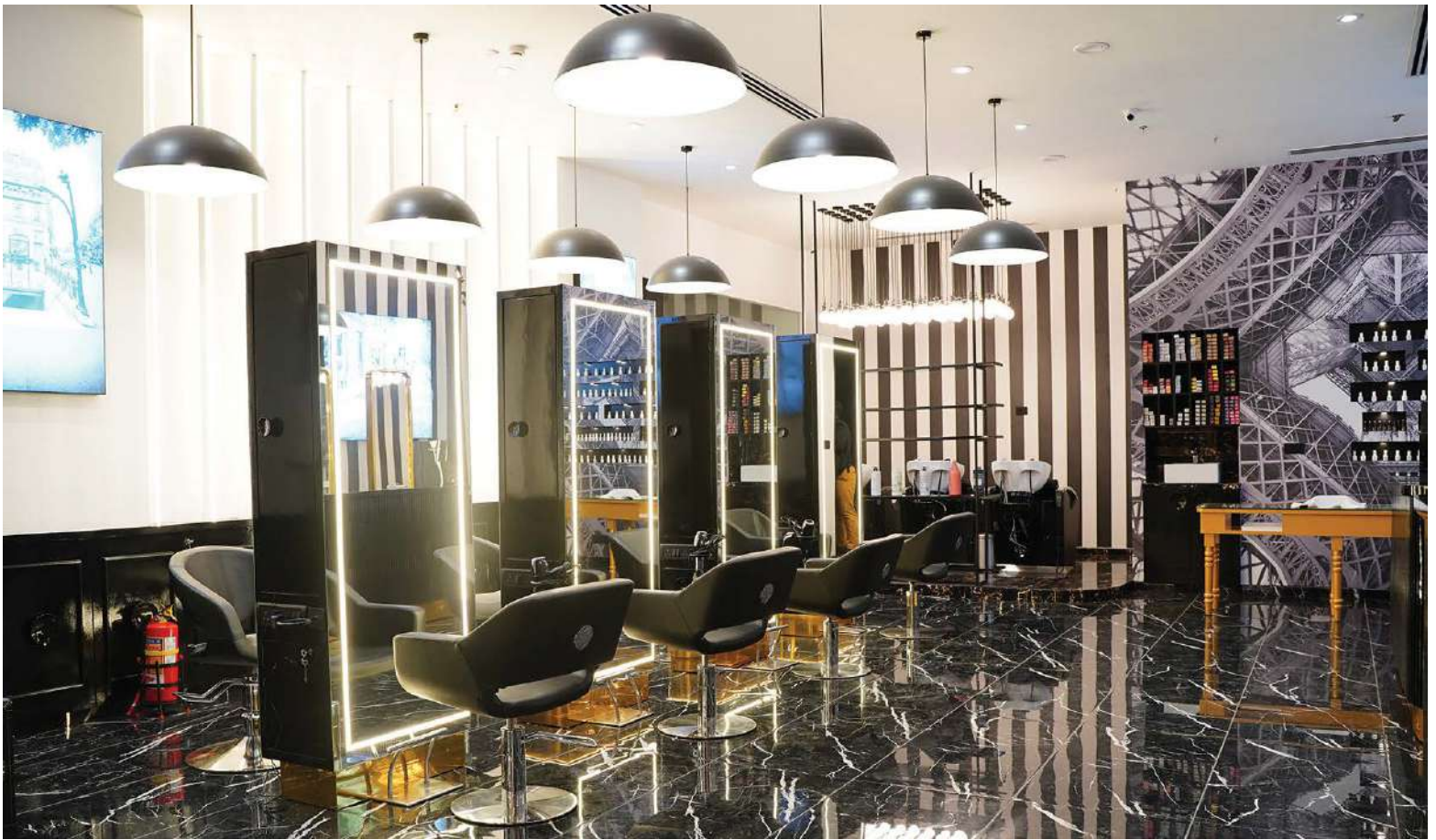
Try to shop from local, small businesses. Ask shop owners or store managers what their environmental policies are. Fast fashion is the WORST for the environment. Check the activities that are famous in the country you are visiting. Are they harming nature? If so, don't go, no matter how "instagrammable" it is. It is our duty as citizens of the world with every single piece of information available at our fingertips to do our homework and research the activity beforehand. If there's a zoo, is it a certified zoo? Do they treat animals right and use their revenue for conservation efforts? Or is

it just a random uncredited zoo jailing animals for money and not taking proper care of them?

If you're going to the Maldives (or any beach destination) choose a resort that doesn't disrupt the natural ecosystem. Many resorts in the Maldives do this by feeding sharks. Feeding sharks may create great photo ops for tourists and hotel guests, but it ultimately throws the natural ecosystem out of balance, leading to the process of coral bleaching. This happens because the extra fish not being eaten by sharks feed on coral reefs faster than they can regenerate. Coral reefs are the foundation of marine life. Without them, everything crumbles.

A lot of the onus falls on hotels, airlines, and even shops. But we can make small changes of our own, independent of that. It's tough sometimes. But everything worth doing is tough. And besides, where there's a will, there's a way! We have to go through some inconvenience for our planet to recover. It's our turn to give back a little bit of what we've taken from Mother Earth.





IN SPOTLIGHT SALON

# SPA DAY

IMMERSE YOURSELF IN THE NEWEST INTIMATE URBAN SPA TREATMENTS WITH JEAN-CLAUDE BIGUINE X AMINU.

In partnership with JCB, Aminu has made unique spa treatments that go beyond the simple scrub or massage. These body treatments use globally the best ingredients and treatment techniques mastered over decades to bring you the best body care in the world to your doorstep.

JCB Salons is truly introducing the best and the most advanced hair and skincare innovations in India. "We are now on the pathway to redefine skincare to one that is clean, sustainable, ethically sourced, high-performing, and that goes beyond the face," says Samir Srivastav, CEO, Jean Claude Biguine Salon & Spa (India), "Indian female entrepreneurs excel in this space and are strong advocates of beauty with a purpose. We want to align our global vision with theirs to further the cause of clean beauty by bringing the promise of quality, sustainability and performance." When asked about why Aminu was the choice, he explains "Aminu, co-founded by Prachi Bhandari, is a holistic skincare line that takes pride in healing your skin with high-performing, multi-active ingredients and the most specialised techniques. JCB Experts along with Aminu have curated an efficacious line of body treatments that include detox therapies, urban-spa rituals, body wraps, glow facials for the back and more."

Aminu's skincare products are dense in highly nourishing ingredients from all over the world. They are highly beneficial to repair and maintain skin with its natural glow & suppleness. The dead sea salt in Aminu scrubs is sourced directly from the shores of Israel & Jordan, as they are rich in mineral content. A



favourite of 'Class A Hollywood' celebrities is the Nordic mud wrap in the Moor Mood Therapy. This treatment increases the oxygen flow and provides bio available nutrition to your skin, recharges it, and restores the glow. It is extremely rich in humic acid & fulvic acid – raggging ingredients in Europe right now. If you have just come back from an ultimate beach holiday but with a tan, Beyond Spa Signature Treatments will help you get rid of it by deep cleansing & exfoliation.





# Green Future

IT IS HIGH TIME TO RE-CHECK AND RE-ALIGN OUR BEAUTY AND SKINCARE APPROACH WITH GLOBAL SUSTAINABLE GOALS.

By **Shahnaz Husain**

**T**he beauty industry is evolving fast amidst choices, challenges, and changes, just like every other industry. As many responsible brands are working on sustainable beauty trends, the future of this industry appears bright and healthy. It is time we learn a little more about upcoming sustainable beauty trends.

#### Recycled ingredients

Ingredients that would have been thrown out and consigned to landfills are found in environment-friendly and recycled beauty products. This is one of the greatest ideas because it ties in with the economic cycle and zero waste in another way. Seeking ways to properly use everything and re-use, as much as possible, is so important to the earth - and our wallets.







**Beauty products that are refillable and reusable**

The advent of refillable and reusable beauty products is another notable initiative taken by the beauty industry to reduce waste. Consumers nowadays often prefer to buy refillable makeup and skincare or wear magnetic eyelashes as an alternative to standard artificial lashes. Beauty is finding new definitions as we are switching from single-use to reusable products.

**Sustainable manufacturing**

Sustainability in the beauty sector goes beyond product packaging and consumer usage. Before

the products even touch the stores, striving for sustainability begins right from the product concept to manufacturing. By implementing a number of sustainable strategies, beauty brands are re-engineering their manufacturing processes. The majority of these practices concentrate on obtaining raw materials and products from natural and ethical sources such as complete reliance of herbal and Ayurvedic products and refraining from animal testing. Even some brands are sensitising consumers about animal rights and discouraging tests on animals in the beauty industry.



**Personalised cosmetics**

Consumer needs are evolving with time; they are more interested in products that are customised specifically to them. Some hair and skin care companies use chat-bots to learn about their customers' demands and hair or skin types in order to tailor oils and other products to suit those needs.

**Need-based skin and hair products**

Consumers today demand results from each product they use or apply to their skin and hair. There are particular skincare and hair products based on needs. For example, a serum that can be used anytime or post-wash helps provide hair shine. These are the only ones preferred to make hair shiny.

**Demand for natural/herbal products**

Traditions and practices from the past are re-emerging. Natural and herbal products are more popular among consumers. Synthetic-based solutions are seen as being harmful to both humans and the environment. This shift in consumer preference is inducing the industry to develop and market sustainable products.

Future changes and trends are also something we can anticipate; therefore, it is critical for cosmetic brands to maintain development in line with consumer preferences and aspirations. We should keep a check on companies that have adopted these sustainable beauty trends into their operations as the beauty industry is constantly changing. Make sure to pick only eco-friendly skin care products for enduring benefits.



BEAUTY

# “That Girl” Regime



MAKING YOUR SKIN HAPPIER  
INSIDE OUT WITH A CONSCIOUSLY  
CRAFTED, CRUELTY-FREE DAILY  
REGIME IS THE NEW DRILL WHEN  
IT COMES TO SKINCARE.

By Divij Bajaj

**M**odern skin love has transformed, from mere moisturisers to nurturing the body from the inside for it to reflect out with reduced fine lines, wrinkles and skin brightening. Self-care regimes have gotten





a sustainable revamp, where the beauty aficionados of this era look for cruelty-free plant-based or vegetarian products, becoming a trendsetter. Clean or cruelty-free beauty searches have doubled every year since 2012. You really got the power to relish the unrivalled healthiest skin possible. These products are considered all-rounder as they help minimise the chances of side effects, and the benefits are noteworthy enough to fit in their 'That Girl' regime, keeping you closer to earth and helping the planet too.

We have sorted the six steps you should follow to achieve That Girl Regime aka a clean beauty regime, which is eco-friendly, vegetarian, and cruelty-free for rejuvenated skin. Choose your green products wisely with harmless ingredients and recyclable packaging. You can be kinder to earth and opt for the green beauty routine this season.

**Never forget the Sunscreen:** Opt for reef-safe or reef-friendly sunscreen that shouldn't contain oxybenzone, octinoxate, PABA, or methylbenzylidene camphor that may kill coral reefs. Sunscreen helps the skin to block the ultraviolet radiations from the sun that lead to sunburns and skin cancer. Use sunscreen with at least SPF 15 and reapply after every two hours.

**Always use a good toner:** Put your skin on a plant-based diet using clarifying toners that rebalance your pH, are gentle and anti-inflammatory containing soothing ingredients like aloe, rosewater, elderflower oil, witch hazel, tea tree oil etc. Meanwhile, some toners

contain ingredients like salicylic acid that help decongest the skin pores. Rule out on the non-vegan ingredient buzzwords like glycerine, lactic acid, and lanolin.

**Double the cleanse:** Give back to planet earth and treat your skin with two different cleansers' regime. The first cleanser can be a muslin cloth or silk cotton pads that get your skin rid of dirt, excess oils and make-up, reducing the need for disposable cotton pads and reducing water usage. Keep a few to be used on a rotational use for fresh cloth every day. One can also use biodegradable face wipes for the same. The second cleanser should be the one to hydrate and exfoliate your skin and treat any other problems like pimples or acne. Hence, the second cleanser needs to be according to the skin type. Avoid the cleansers containing palm oil apart from being sulphate and paraben-free.

**Use products that are infused with Vitamins:** Different vitamins, different benefits! Opt for a product with natural extract-based ingredients with potent benefits to rejuvenate the skin for real

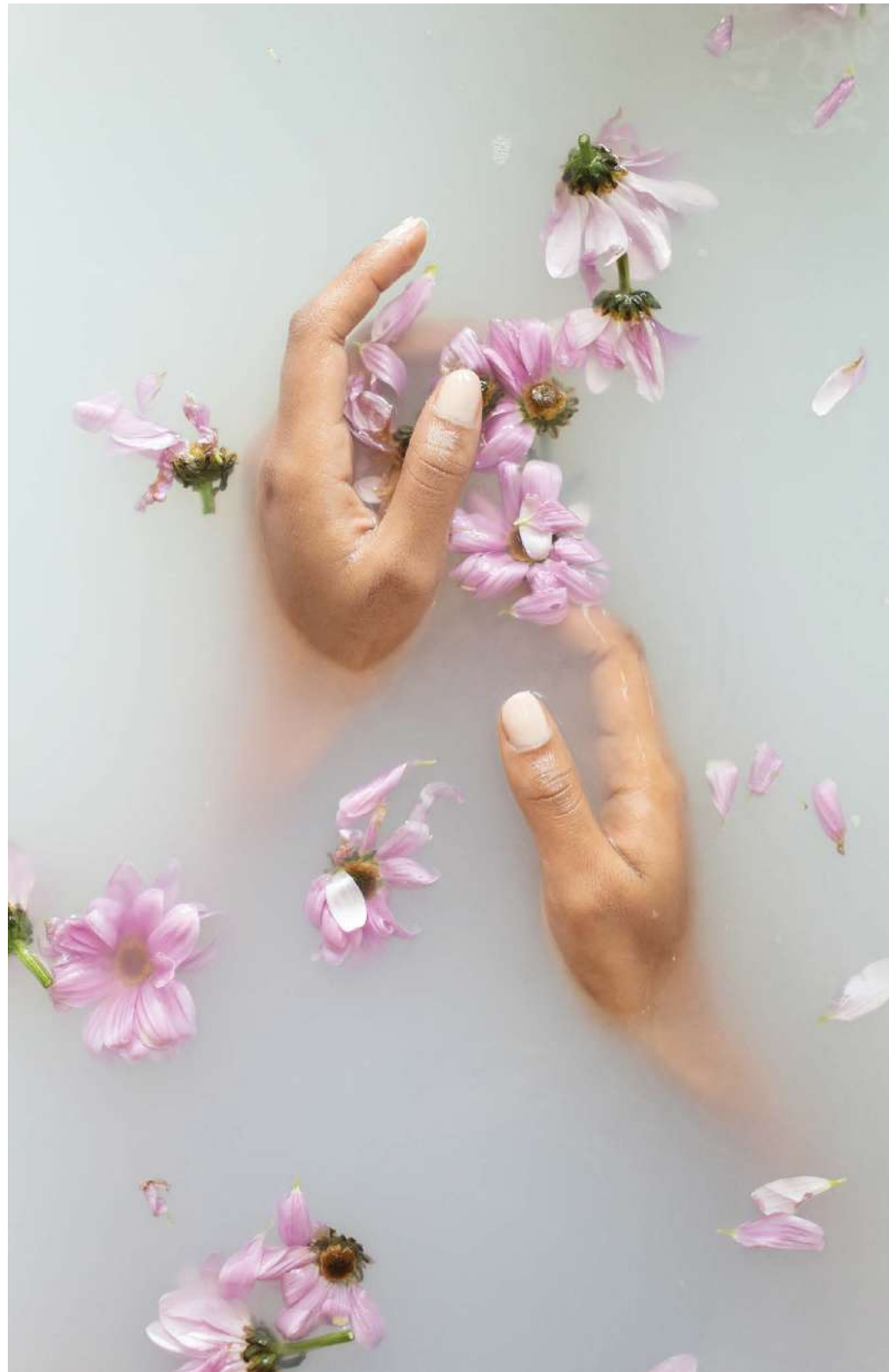




- Vitamin A helps safeguard the skin collagen cells from sun damage.
- Vitamin C helps keep the protein shape intact and proves to be a strong antioxidant by keeping us safe from free radicals, minimising the chances of skin cancer.
- Vitamin E together with vitamin C helps make the cell walls strong with antioxidants. It protects the skin from the harmful UV rays of the sun.

**Remember to take your nutrition daily:** A good diet helps the skin keep you healthy from within. Eating the right food minimises skin ageing as a fact. Having meals with high nutritious values doesn't only keep the skin healthy, but rather brings back the lost glow and delays signs of early ageing.

Say no to Hot baths: Though hot baths are relaxing but bathing with hot water strips the skin off the natural oils, leaving it dry and prone to damage. Bathe with lukewarm water instead to keep the natural skin moisture intact and also reduce the energy used.



A sustainable product goes a long way, they are eco-friendly and encourage a meditative method of care. A healthy beauty regime has become an essential step that should have products that are naturally derived, consciously crafted, cruelty-free, and do not come down to a mere moisturiser. It should have ingredients that uplift and rejuvenate your skin regime, keeping its natural health intact. In this focused generation, health comes first! Healthy skin has become the true mark of being healthy from within. But as lives have become fast-paced, where's the time for all

those long skin care procedures and all those home remedies? Set aside a proper skincare routine, people barely get enough time for breakfast. A new segment of chewable vitamins is the rave all over the social media channels- we come across one such brand called Power Gummies, a self-care nutraceutical gummy brand that took the vitamin for the skin up a notch. Power Gummies' Jaw-Dropping Skin collagen-building gummies strike on point and care for what the millennials look for in skin nutrition. The gummies are the easiest way of taking that nutrition that the skin lacks,





GLAM FILES

# MINDFUL CLOSET

OUR HUMBLE BLUE PLANET NEEDS TO BE CHERISHED NOW MORE THAN EVER. WHILE EVERYONE IS DOING THEIR BIT TO MAKE THIS WORLD A GREENER PLACE, THERE ARE ASPECTS OF OUR LIFESTYLES WE COULD MODULATE FURTHER TO REACH SUSTAINABILITY. ONE OF THESE AREAS IS OUR CLOTHING CHOICES.

By Aditya Agarwal

*"The earth is what we all have in common"*

When American novelist Wendell Berry spoke these words; little did he know how deeply it would resonate in today's world!

What we wear and what we shop to wear are very important facets in our journey to be

ecologically responsible citizens. The more sustainably we dress ourselves, the more we help Mother Nature in breathing free. So, how does one give their wardrobe a sustainable makeover?

### KEEP IT SIMPLE

May it be Steve Jobs, Satya Nadella or Mark Zuckerberg; many global leaders spout the most basic and essential of styles when it comes to their dressing sense. Point being, one doesn't need to be shrouded by excess to look suave! Subtle shirts and nonchalant jeans not only save our time while getting ready, but also exude magnetic minimalism. In the end, sustainability is all about the "less is more" philosophy, a light wardrobe with just the appropriate amount of basic wear could be a great way to not overburden the planet.

### SEE ORGANIC, BUY ORGANIC

Nowadays, there are worldwide certifications and standards that attest to a company's wholehearted commitment towards sustainability. The Global Organic Textile Standard (GOTS) proves adherence to sustainable and organic production. The Organic Content Standard (OCS) provides a transparent verification of organic content. The

Recycled Claim Standard (RCS) guarantees the use of recycled and traceable materials. The Global Recycle Standard (GRS) indicates sustainable manufacturing practices. Such certifications and labels help a consumer know that a product has been made with uncompromising environmental responsibility in mind.

### GIVE AND TAKE

Sometimes, to chart a brighter tomorrow, we must look towards the past. Age-old civilizations had practised the barter system in order to fulfil their needs. Imagine your friend has a "classy jacket" you've always admired, and you have a "sublime kurta" they've always had an eye on. Why not barter away? They do say sharing is caring, and in this case we are not just caring for each other but planet Earth too! Barter ensures rotation of clothes that we more often than not dispose after a while. It also introduces us to a whole new way of upgrading our wardrobe sans any fresh purchase.

Sustainability isn't a choice; it is an absolute necessity. One less unsustainable product we buy is one less pollutant the future generation needs to worry about. It's time to take a good and eco-friendly look into our wardrobe.





GLAM FILES

# Beyond FASHION Terms

THREE DIFFERENT TERMS- ETHICAL, GREEN,  
SLOW- THREE DIFFERENT MEANINGS.

By **Kanchankuntala Das**

In India, sustainability is acting as a weapon of advertisement for brands. Adding the word 'Sustainability' in campaigns while promoting the merchandise has been easiest to seek attention from the consumers presently, when people are trying to be more conscious of environmental issues.

But the question is, are we ready to pay the price for sustainable fashion? With the western influence in India and the adoption of 'throw away culture' by us, sustainability has become merely a fancy word for clothing brands. Throw Away culture is strongly influenced by 'Consumerism' where brands make goods disposable rather than durable so that consumers continue to repurchase goods frequently. It is the culture where brands make sure they earn a steady growth of revenue and thereby manufacture products which will compel the buyers to buy more often. This frequent purchase automatically opposes the system of sustainability, which intends consumers to buy more and throw away more, creating an "artificial demand" in the market. This artificial demand for goods leads to huge mass production and leads to industrial toxic chemical releases, environmental hazards, huge



solid wastes releases from clothing industries which are polluting the water bodies, harmful gases polluting the air and countless issues. In contrast, if we really rely on a sustainable production process using handicrafts and handlooms rather than industrial produce and power looms, the pace of production will slow down, which will thereby increase the price of individual merchandise. If the customers are not ready to come and buy products at the increased price point, then the overall market demands will slow down. So it is really hard for brands to maintain the system of sustainability to continue the market play.

To attain sustainable clothing culture, it is not necessary that we have to start purchasing eco-friendly clothing and lifestyles products. There are many ways like purchasing second-hand clothes, increasing the shelf life of the outfits, swapping or borrowing from friends and relatives, which can also contribute to sustainability.



**Green fashion or eco-friendly fashion:** This term aims at achieving a sustainable environment while leaving a minimum negative or even positive planetary impact. Usage of less mill textiles and more handcrafted fabrics as well as natural dyes are one of the ways to create a sustainable clothing culture. The lifestyle products, which are mainly made of plastics, have been proven as very hazardous to the environment. The only way to achieve an effective sustainability is by replacing plastics with natural materials like metal, wood etc, at least to some extent.

**Ethical clothing:** Ethical clothing is all about going deeper to find out the root cause of industry's injustice, repairing harm (a negotiation between people affected by the harm), and creating more equitable and humane ecology in the fashion industry. Ethical fashion is generally focused on the people in the industry supply chain and a moral synchronisation among them. This includes the farmers who cultivate and harvest the cotton, to the weavers who weave the yarns, to the industry workers who are dealing with the entire line of production in a clothing industry, as well as the employees and corporate workers.

**Slowing down fast fashion:** Fast fashion is trendy and cheap and is produced at a rapid pace in huge volumes. Cheap prices and fast selling are both possible because these brands produce in high volumes in a brief span of time. In fact, the companies earn a low profit margin from each garment, but they earn in millions and sometimes in billions by selling in higher quantities to a large section of mass at a lower price in a limited period across the world. The lion's share of garments —nearly 70% —is made from polyester or other synthetic fabrics from non-renewable fuel like crude oil. Even a small percentage of virgin synthetic fibre like spandex is essential for adding some stretch to things like socks, athleisure clothing, sportswear etc. Fashion companies largely use synthetic fabrics because they are inexpensive in comparison to natural fibres and are available in vast quantities. So this rapid production of fabrics and finished outfits is only possible if they are industry made, which is inevitably manufactured with unethical industry norms at the cost of the environment. So slowing down the pace of fast fashion is one of the significant ways to offer a sustainable clothing domain and focus on green fashion and ethical clothing.



# GlobalSpa PICKS

HERE ARE SOME RECENTLY LAUNCHED PRODUCTS WHICH PRESENT THE BEST FOR YOUR SKIN AND HAIR.



## VEDIX

Vedix is an Ayurvedic beauty & wellness brand that provides customised hair, skin care and beauty regimes. They take pride in offering customised Ayurvedic products that are made of 100% natural ingredients, hand-picked from premium sources.  
[www.vedix.com](http://www.vedix.com)

## PLANTAS

It is an organic personal care brand and India's first and only complete range of EcoCert Cosmos V3.1 certified organic beauty brand. All Plantas product offerings are 100% VEGAN & free from GMO, Gluten, Pthalate, Parabens, Artificial Colour and Fragrance, Cruelty, Animal Ingredients, Chemical preservatives, and Mineral Oil.  
[www.plantascare.com](http://www.plantascare.com)



## MILK SHAKE

They choose organic ingredients wherever possible and have been committed to developing new ways of working with ingredients that are more effective and ecologically sustainable. They are approaching the ability to use biotechnologies, which is a natural engineering process.  
[www.milkshakeindia.com](http://www.milkshakeindia.com)



## AZAFRAN

It is a homegrown 100% natural and vegan personal care brand that has each product formulated with the finest, organic, farm-fresh ingredients  
[www.azafraan.in](http://www.azafraan.in)

## KIMIRICA

Every ingredient is carefully-selected & ethically sourced from across the globe with an unwavering commitment to quality. The brand believes that luxury and sustainability go hand in hand.  
[www.kimirica.shop](http://www.kimirica.shop)







## CIEL

They choose the finest natural, sustainable, and proven ingredients that meet international standards. While staying strongly committed to potent and result-driven products, they never formulate with sulphates, parabens, phthalates, or any animal derivatives.

[www.cielskincare.com](http://www.cielskincare.com)



## DESSANGE PARIS

Darshith Shivanagere, Managing Director, Dessange Paris, Bangalore says, "The brand has its own range of sustainable products called Phytodess. The Phytodess philosophy is based on several values - primarily natural ingredients, protecting biodiversity and enhancing the development of the local economy."

[shop.dessange.com](http://shop.dessange.com)



## HEALTH & GLOW

Revolving around the theme 'Work, Play, Party', the new range of vegan, cruelty free colour cosmetics line by Health & Glow, consists of Liquid lipsticks, bullet lipsticks, retractable kajal, foundation stick and a range of compacts.

[healthandglow.com](http://healthandglow.com)



## PILGRIM

This is a 100% vegan and cruelty free skincare brand which derives the most magical ingredients from the laps of nature and curates the products to give you that healthy and supple skin.

[www.discoverpilgrim.com](http://www.discoverpilgrim.com)



## RIVER REMEDY

The products are subtle blends of exceptional oils and butters, combined with hemp seed oil. It delivers the highest-quality, lab-tested and certified pure hemp-infused products, with 0.0% THC, and plant-powered solutions.

[www.rivercandles.com](http://www.rivercandles.com)



## KAMA AYURVEDA

They use authentic Ayurvedic formulations without harmful chemicals, and their products are all natural, balanced solutions. Their devotion to help revitalise the 5,000-year-old medical science of Ayurveda began with sourcing the botanicals and natural actives in a sustainable and authentic manner.

[www.kamaayurveda.com](http://www.kamaayurveda.com)



## LOVE, BEAUTY AND PLANET

It is a vegan, cruelty-free, & PETA-approved beauty brand which practises sourcing indigenous ingredients. They saved the equivalent of 730 kgs of plastic waste in the last 1 year by using recycled PCR plastic.

[www.lovebeautyandplanet.in](http://www.lovebeautyandplanet.in)







### UNIQAAYA

With the highest quality natural ingredients, it delivers paraben-free, non-sulphate & non-phthalates products for skin. Furthermore, it is GMO (Genetically modified organism) free and cruelty free. [www.uniqaaya.com](http://www.uniqaaya.com)



### ST.BOTANICA

It believes in perfecting the art of skin and hair care by using the endowment of Science to bring out the best from nature and natural botanics. All products are designed with the best of ethically sourced ingredients that are natural, safe, and skin-friendly. [www.stbotanica.com](http://www.stbotanica.com)

### PREMIUM BIONATURALS

All the products are free of parabens, sulphate, chlorine, bleach, artificial dyes and fragrances, and phthalates. The products are also vegan, 100% non-toxic, biodegradable and not tested on animals. [www.premiumbionaturals.com](http://www.premiumbionaturals.com)



### PLUM

Plum is a leading 100% vegan, cruelty-free & non-toxic beauty brand with a strong portfolio in skincare, haircare, personal care, and makeup. The brand is driven by a strong leadership & investor team focused on building value for - People, the Planet, and Profit-sharing participants. [www.plumgoodness.com](http://www.plumgoodness.com)



### TVACHAMRIT

It is a vegan skincare brand whose products are made from the finest quality of ingredients and is deeply rooted in Ayurveda and Indian beauty traditional rituals. [www.tvachamrit.com](http://www.tvachamrit.com)



### SHAHAD

The lotion bar acts as a natural exfoliant and humectant, leaving the skin soft and hydrated. At You Care Lifestyle, sustainability is more than just a choice. [www.youcarelifestyle.com/](http://www.youcarelifestyle.com/)



### WOW SKIN SCIENCE

Keeping nature at the core of everything Vitamin C Foaming Face Wash is WOW's First Paper Tube Avatar. Adopting a sustainable approach towards packing, this Face Wash comes packed in FSC (Forest Stewardship Council) certified paper. [www.buywow.in](http://www.buywow.in)

### O3+

It is one of the top skincare brands that offers an assortment of clinically tested, safely manufactured products with organic ingredients under the guidance of the skin experts. [www.o3plus.com](http://www.o3plus.com)







## SEE LOVE

It adheres to strict European Union standards, avoiding over 1,388+ toxins and questionable ingredients that may be harmful to the skin or body. They use eco-conscious packaging materials and have initiated a recycling drive for its consumers by taking back empty bottles and jars.

[www.seelove.in](http://www.seelove.in)



## BLOSSOM KOCHHAR AROMA MAGIC

They have over 200 'Earth to Bottle' signature aromatherapy skin, hair, and wellness products-sustainably blending nature's plant extracts to provide natural healing from within.

[www.aromamagic.com](http://www.aromamagic.com)



## NASHI ARGAN

An Italian hair care & conscious beauty brand that follows a zero-impact policy with a commitment to nature. All their products contain certified organic Argan Oil and certified organic Linseed Oil. The packaging line is made of glass, recycled RPET from post-consumption, and PE GREEN tubes.

[www.nashiargan.it](http://www.nashiargan.it)



## ENN

They take timeless, grandma-favoured, traditional skincare ingredients and recipes, and bottle them up with a touch of love in a modern way. The products are safe, non-toxic, and highly effective.

[www.ennbeauty.com](http://www.ennbeauty.com)

## INNISFREE

Using only reliable ingredients obtained from pure nature and the consistent perpetuation in eco-friendly green design, Innisfree promises to stay environmentally sustainable in the pursuit of delivering beauty from nature to consumers.

[www.innisfree.com](http://www.innisfree.com)



## MELLOW HERBALS

A homegrown affordable luxury ayurvedic brand of India who believes in bringing closer to nature by offering Natural, Ayurvedic products.

[www.mellow.co.in](http://www.mellow.co.in)



## SOULTREE

All the offerings carry the Triple Seal of Truth: Ayurvedic, Organic and Ethical. They combine ancient wisdom with modern technology - an honest example of natural adaptation. All the botanicals are organic; grown and harvested without the use of harsh chemicals, and while protecting the crop from environmental pollutants.

[www.soultree.in](http://www.soultree.in)





## SECRET HAIRCARE

It is a cruelty free, natural and home-made based brand which combines local methods and knowledge with natural authentic ingredients

[www.thesecrethaircare.com](http://www.thesecrethaircare.com)



## KERALA AYURVEDA

It is built on 5000-year-old Holistic Science of Ayurveda. It is a 'Seed to Shelf' company - they grow their own herbs, and produce their own medicines.

[www.keralaayurveda.biz](http://www.keralaayurveda.biz)



## SULWHASOO CONCENTRATED GINSENG RENEWING CREAM

Sulwhasoo revives legendary Korean herbal medicine and blends it with advanced modern science. They seek and combine only the best natural herbs using time-tested methods, extracting synergies and benefits from nature to conjure the true ideal of ageless beauty.

[www.nykaa.com](http://www.nykaa.com)



## TGM BEAUTY

TGM beauty from the House of Green Maven, is Ecocert Cosmos Organic certified and stands for ethically sourced ingredients that are non-toxic, green and sustainable in nature.

[www.thegreenmaven.com](http://www.thegreenmaven.com)



## SURYA BRASIL

Surya Brasil, a globally trusted name in the vegan and Ayurvedic personal care segment for the past 25 years, has forayed into the Indian market.

[www.suryabrasilproducts.com](http://www.suryabrasilproducts.com)



## CARING COMPOUND

They believe in consciously sourcing their ingredients, packaging, shipping and everything along the way. In addition to being carbon neutral, they are constantly working on reducing their environmental footprint.

[www.caringcompounds.in](http://www.caringcompounds.in)



## NOURISH MANTRA

The Ayurveda-inspired natural skincare brand uses eco-friendly and ethically sourced ingredients. The Conscious Collection uses planet-friendly packaging with aluminium, glass or post-consumer recycled plastic.

[www.nourishmantra.in](http://www.nourishmantra.in)



## ARATA

Backed by months of research and development, ARATA uses the finest plant-powered ingredients and formulation techniques to introduce four high-performing products that get your hair right where you want it.

[www.arata.in](http://www.arata.in)







### KIKO MILANO

Experience beauty inspired by nature and tradition with KIKO MILANO Green Me 2022 Collection, an evolving collection of eco-friendly choices formulated with up to 98%\* of ingredients deriving from raw materials of natural origin.  
[www.nykaa.com](http://www.nykaa.com)

### NUSKIN LONDON

Leading pharma company ENTOD Pharmaceuticals has developed nanotechnology based Eyecirque under eye gel serum in collaboration with NuSkin London. Its groundbreaking nanotechnology-based bio cellular formula contains carefully curated, safety tested, and scientifically proven plant-based natural ingredients..  
[www.eyecirque.com](http://www.eyecirque.com)



### I AM LOVE

The products bring the greatness of nutrition to you in its natural, adulteration free form and then blends it with the science of today to fight at the root cause. Their products do not harm the people or the planet.  
[www.iamlove.in](http://www.iamlove.in)



### LIGHT UP BEAUTY

They believe in creating honest, clean and seriously good skincare products. They are strongly committed to the Golden Trinity of a healthy diet, an active lifestyle and our potent Superfood inspired Smart Skincare regimen.  
[www.lightupbeauty.com](http://www.lightupbeauty.com)



### MANETIAN

It is a vegan hair care brand that helps you embrace your natural hair. You can send your pre-used Manetain bonnets, robes, lycra buffs and pillowcases for recycling and avail discount  
[www.manetain.in](http://www.manetain.in).



### EARTH RHYTHM

The brand is committed to influence its consumers to follow a Conscious Lifestyle. It is also a PETA certified brand which follows the practice of extensively using Tin, Paper, Wood and Glass in its packaging since inception.  
[www.earthrhythm.com](http://www.earthrhythm.com)



### CIKITSA

This is a fast-growing manufacturer of nature-based cosmetics and hair oil. They start with sourcing raw materials only from trustworthy sources all the way through a meticulous manufacturing and packaging process.  
[www.cikitsasmart.com/](http://www.cikitsasmart.com/)



### SKINQ

Formulated with naturally derived ingredients. SkinQ is paraben, phthalate and PEG free. The brand deeply believes in giving back to the environment and adapting green and clean practices. It adheres to all regulatory norms created by the governing bodies.  
[www.skinq.com](http://www.skinq.com)



GLAM FILES

# RESPONSIBLE READY

STACK UP YOUR WARDROBE WITH THESE CONSCIOUS FASHION BRANDS. FEEL GOOD AND LOOK GOOD WITH THESE GOOD-AT-HEART LABELS.



**SAND**  
[www.sandbyshirin.com](http://www.sandbyshirin.com)



**Sunoh studio**  
[www.sunohstudio.com](http://www.sunohstudio.com)



**HOUSE OF FAYE**  
[www.thehouseoffaye.in](http://www.thehouseoffaye.in)



**United Colors of Benetton**  
[in.benetton.com](http://in.benetton.com)



**Anavila**  
[www.anavila.com](http://www.anavila.com)



**Cloth Haus**  
[www.clothhaus.com](http://www.clothhaus.com)



**The Dash & Dot**  
[www.dashanddot.com](http://www.dashanddot.com)



**Shivani Bhargava**  
[www.shivanibhargava.in](http://www.shivanibhargava.in)



**Nautanky**  
[www.nautanky.com](http://www.nautanky.com)



**Pinnacle by Shruti Sancheti**  
[www.pinnacleshruti.com](http://www.pinnacleshruti.com)



EKA  
[www.eka.co](http://www.eka.co)



Aks Clothings  
[www.aksclthings.com](http://www.aksclthings.com)



Everbloom:  
[www.everbloomindia.com](http://www.everbloomindia.com)

The Summerhouse  
[www.thesummerhouse.in](http://www.thesummerhouse.in)







**The Loom Art**  
[www.theloomart.com](http://www.theloomart.com)



**Kahani Lush**  
[www.kahanilush.com](http://www.kahanilush.com)



**House of Mrisha**  
[www.houseofmrisha.com](http://www.houseofmrisha.com)



**Grassroots by Anita Dongre**  
[www.anitadongre.com](http://www.anitadongre.com)





GUT FEELING

# VEGAN VIBES

THE CONVERSATION THAT STARTED AS THE FUTURE OF FOOD HAS NOW BECOME A REALITY WITH JUST VEGAN.

There is no doubt the plant-based revolution is on the rise. It has become much more than a matter of diet, but a lifestyle focusing on commitment to using local, sustainable, organic produce. This is exactly what Just Vegan is about. Just Vegan concept was born in 2017 in the US, over a simple discussion with friends about the future of food. Fast forward to 2020, welcome to the flagship private dining restaurant in Jumeirah inspired by nature and sustainability. The restaurant is spread out over two floors with different zones, and its menu aims to showcase 'the power of fresh produce' and just how tasty vegan food can be. Everything on the menu is 100 percent plant-based and the restaurant also specializes in "veganising" popular (and usually meaty) dishes – we're talking no-eggs benny, burgers with cheese and bacon, chicken

tenders served with garlic mayonnaise, shawarmas, pizzas, spag bol, mac 'n' cheese, shish taouk and more.

Everyone can eat differently, without compromising on taste. The Jumeirah signature collection here is a must try! Some of the dishes like 'The Graffiti Eggplant' is made with an over-baked eggplant stuffed with mediterranean roasted vegetables and marmalade tomato cream, and 'Green Tea Noodles Miso Ramen Bowl' comprises Pak Choy, edamame, tofu, green tea noodles, shiitake, miso, and broccolini, all made with love, dedication, and deliciousness! The menus are designed to appeal to the tastes of locals and the increasing number of people trying to explore vegan options. Also promoting fitness, every Saturday, Just Vegan x Bay Yoga hosts 'Yoga Sessions' for the early risers along with a complimentary breakfast meal.

A restaurant for a plant-based, healthy, affordable alternative to animal products, Just Vegan gives out evergreen vibes for everyone who walks in.



# DISCOVER AMARI

AMARI HIGHLIGHTS THE TEXTURES AND FLAVOURS OF ITS UNIQUE SETTING THROUGH ARCHITECTURE, DESIGN, ART, CUISINE AND SERVICE COMPLEMENTED BY TOUCHES OF CONTEMPORARY THAI-NESS.

## AMARI WATERGATE BANGKOK

Situated in the heart of the vibrant downtown, Amari Watergate Bangkok showcases contemporary design with delicate Thai touches that complement the city's charm. Entering the hotel, you will be greeted by a sleek lobby awash with warm earth tones. Here you will see an installation reminiscent of falling rain, titled 'Water of Life', featuring 847 pieces of hand crafted Murano glass signifying the hotel's street address 847 Petchburi Road. The hotel offers rooms ranging from deluxe rooms, premier rooms, to the presidential suite, all with panoramic views of the city

skyline, guests staying in the executive rooms or suites, will enjoy access to the Executive Lounge serving breakfast, light bites throughout day and cocktails hours in the evening overlooking the city from the 32nd floor. When it comes to food, you have plenty of options to choose from. Taking street foods to new heights is Amaya Food Gallery, with its myriad of local, regional and international cuisines with live cooking stations complemented by a collection of inspired cocktails at Amaya Bar. For a casual gathering, Prego offers authentic Italian dishes of fresh pastas and pizzas. The hotel has a pool, FIT Centre offering extensive exercise equipment and fitness programmes, and Breeze Spa, which brings balance back to busy lives with a diverse range of therapies and relaxing treatments based on mood analysis.



## AMARI HUA HIN

Arriving at Amari Hua Hin is the same as arriving at a beach house. Airy high-ceilinged lobby brims with blue panels, contrasting towering white shelves adorned with equestrian-inspired art pieces, and a light colour palette throughout the hotel, everything gives the perfect blend of convenience, style and comfort. You can choose rooms ranging from Deluxe Rooms with views of Hua Hin's rolling hills, to One-Bedroom Suites and Family Suites offering enhanced privacy and living space. A balcony in every room invites you to enjoy the tropical sea breeze. Calling to the sea, the dining options at Amari Hua Hin showcase what is fresh, local and simple. For breakfast, Mosaic offers an extensive breakfast buffet, if you wish to have an afternoon tea or Amari's signature cocktails then Coral Lounge is your place, and for all-day dining, head to Reef Deli which offers an international menu, complemented by Thai comfort food and an assortment of homemade ice-cream and desserts. In the evening, the deli transforms into a wine bar. Another great spot for snacks and sipping on cocktails is Aqua Pool Bar, next to the resort's main pool. For a beach side dining experience, Shoreline Beach Club features a beachfront pool, perfect for lounging in the afternoons, sipping on cocktails and nibbling on Mediterranean-Thai delights. In the evenings, the venue transforms into an intimate dining experience. Recreational facilities include a fitness centre, kids' club and kids' pool, and an oversized 38-metre-long outdoor pool surrounded by landscaped tropical gardens, running track and a vast sundeck. After hours of fun in the sun, you can rejuvenate at Breeze Spa.





WELLNESS WISDOM

# Our Mother EARTH

WHAT DOES MOTHER EARTH  
TEACH US SPIRITUALLY?

By Dr. Manmit Kumarr

**W**e need inspiration to live life in general, and especially for a charged and energised spiritual practice. We also require encouragement, reassurance, and reminders of healthy ways of being in the world that benefit both ourselves and others.

Moreover, realignment with nature is the key to reconnecting with our spiritual selves. Living in harmony with all of the interdependent parts of our natural world is a joy.

River tides, the sun's rhythmic movement, and the autumn leaf fall all have messages for us. Can you hear what they are saying? This is a way the earth is constantly communicating with us. The key to receiving these messages is observation. To put this into practice, start with a nice and relevant quote. Such as –

*Making peace with uncertainty: A metaphor for unforeseen weather changes.*

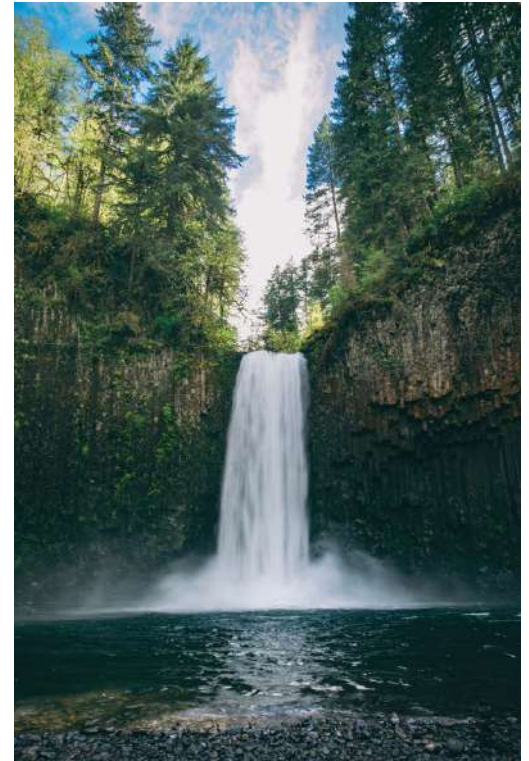
Message: Don't be too set in your ways when it comes to how you think things should be. Be adaptable. Be flexible. Be at home in a state of uncertainty.

*Nothing lasts forever: Summer, winter, autumn, and spring are analogous to the changing seasons.*

Message: Don't cling to anything too tightly. Allow yourself to relax. Quickly forgive.







*The sun will rise again: a metaphor for the passage of time.*

Message: Don't get upset over spilled milk or unmet goals. Make a fresh start. This is a simple message, but it serves as a good reminder all the time.

*When something leaves our lives, it makes room for something new: Autumn is analogous to falling leaves*

Message: Both endings and beginnings are unavoidable. To make room for new energy, old energy must be released. It's also a good lesson in mortality.

*There is sufficient food for everyone's needs, but not for greed.*

Message: The Earth is abundant. The Earth is a fertile place. The earth is a source of life. Nurturing it takes care of everyone. Are we expressing gratitude or are we taking advantage of it for our own gain?

*Sunrise and sunset are analogies for rhythm and discipline.*

Message: Be true to yourself and disciplined in your duties.

*Everything has its own beauty.*

Analogy- Neem is a bitter plant. It doesn't taste very good. However, it has numerous health benefits—read on to learn more about Neem's advantages.

From the moment you were conceived in the womb, Mother Nature began to teach you. She has taught your body how to do a variety of

miraculous things that no human has ever had to teach you, including how to grow, breathe, heal, digest, and much more. And she taught you important survival skills when you were born into this world.

In fact, spirituality is not separate from the world; even if we don't recognise it, our lives on this planet are spiritual experiences. We are divine beings, and this world functions as a training ground for our spiritual development. Yes, life can be difficult, even cruel, at times. However, everything in this world teaches us something and leads us to make decisions in accordance with our True Selves.

Besides this, you will notice a peaceful quickening effect on your spirit, emotions, mind, and physical state as you will practise meditation, because each time you do so, you will be reminded that we are always in sacred space, connected to all life. Enjoy yourself while consciously discovering this nature's life-giving connection to you.

To summarise, if we open our hearts to it, Gaia (mother earth) can be our North Star. Make an effort to be aware of your surroundings and to remain still. There are messages, lessons, and guidance all around us.





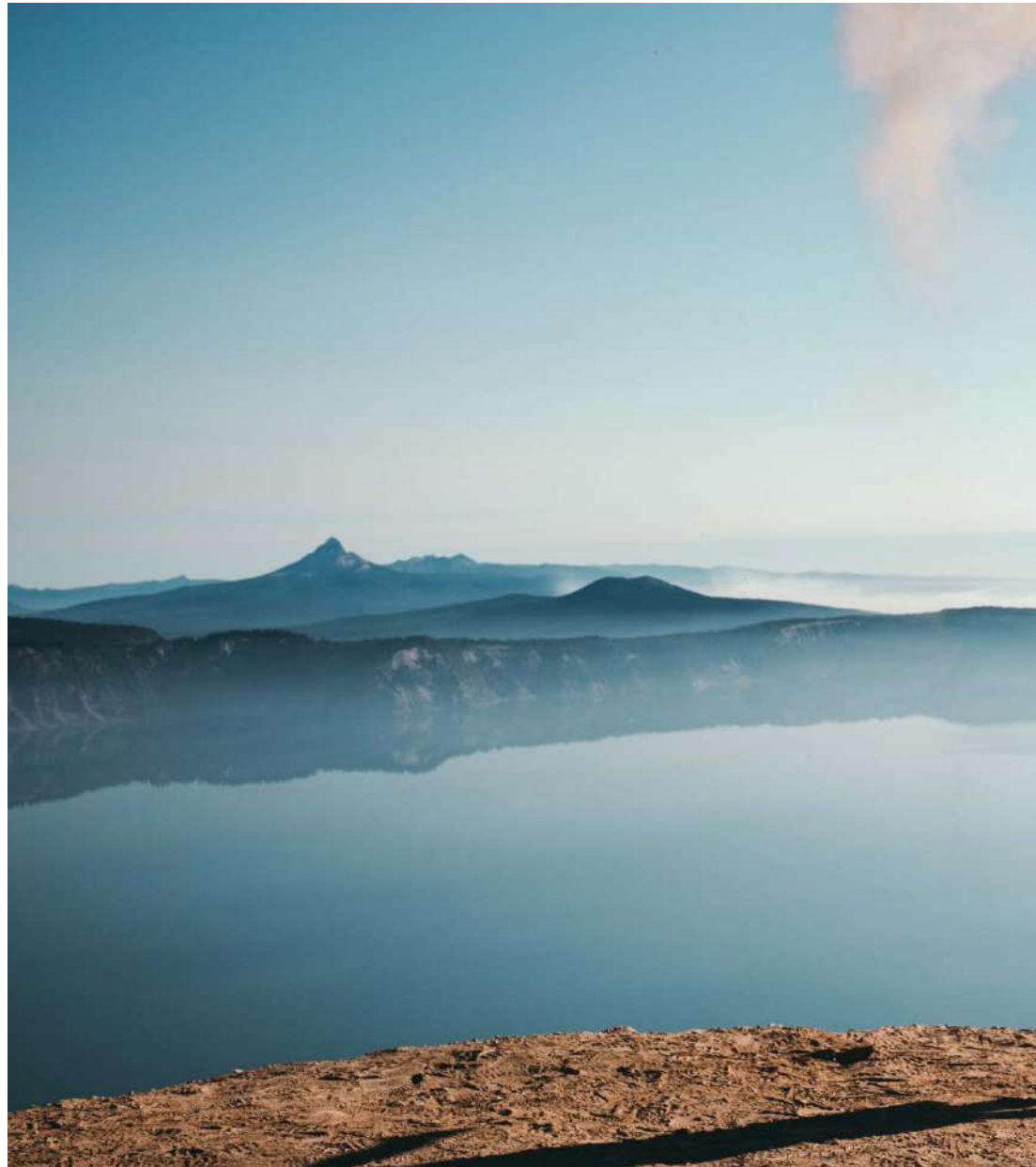
WELLNESS WISDOM

# Holistic HAPPINESS



WHAT COMES TO MIND WHEN YOU THINK ABOUT THE WORD "HAPPINESS"? DO YOU ONLY THINK ABOUT MATERIALISTIC POSSESSIONS TO GAIN HAPPINESS?

By Harshit Malik







our food comes from. It is in our best interests to be mindful of what we consume. Obtaining fresh, organically produced vegetables helps alleviate these worries. When possible, follow a natural vegan diet. Last but not least, drink plenty of water.



**H**olistic happiness is not only a healthier way of life, but it is also a road to true happiness and inner peace. Adopting this lifestyle will quickly result in multiple subtle improvements in your mental and physical health. You will get healthier and fitter. Here are a few steps to guide you towards holistic happiness, which I implemented myself over the years.

**Practise mindfulness and listen to your body**  
Learn to live in the present moment. Living in the present moment is critical. If you can do this, you will be able to give your all to every moment of your life. It will assist you in becoming more realistic and less judgemental. You will increase mental alertness and be better able to focus on the task at hand. Spend some time each day communicating with yourself. The greatest technique is to sit quietly and listen to your body. Make time to do what you enjoy. Read a book, watch a favourite show, listen to music, meditate, or go out on a nature walk.

**Commit yourself to exercising daily**  
Regular exercise increases energy, decreases stress, and, most importantly, keeps you fit. Choose your workout based on your requirements and preferences. It might be as easy as stretching, yoga, a walk around the park, or any other form, but it must be your own.

**Eat clean and healthy food**  
Eating clean begins with being aware of where

**Maintain Healthy Relationships**

Being surrounded by toxic people and relationships has a mental and physical impact on you. Creating a healthy atmosphere for yourself and others around you is one of the most important steps toward achieving holistic happiness.

**Remove toxicity from your life**

Unfortunately, toxicity surrounds us in various ways, including body products, food, our own thinking, the environment, and others. Removing some of these toxins/stressors, or taking steps to decrease toxicity in our life, will reduce stress and enhance overall health.

**Incorporate Affirmations in your life and be grateful**

Your thoughts are one of the most difficult challenges to overcome while going on a healthy journey. Affirmations are simple positive ideas that you think repeatedly in order to motivate you to achieve a goal and assist in establishing a mentality. Gratitude may benefit your health in both direct and indirect ways. According to certain studies, the experience of thankfulness can induce calm, boost the immune system, and lower blood pressure.

**Sleep well**

Did you know that getting a good night's sleep is just as essential as eating well and exercising? Good sleep also improves memory and concentration, allowing you to be more productive. Lack of sleep has been related to an increase in body weight in both children and adults. It is also correlated to eating properly.



# Wellness that Works

FROM THE IMPORTANCE OF AYURVEDA IN THE MARKET TO VARIOUS WELLNESS OFFERINGS BY CGH EARTH, WE GET IN A CONVERSATION WITH MRIDULA JOSE, VICE PRESIDENT MARKETING, CGH EARTH.



**With the hospitality sector finally experiencing a revival, have you also observed a resurgence in demand for luxury Ayurvedic retreats?**

We have been getting an increasing number of people coming to CGH Earth's Centres for Ayurvedic healing – Kalari Kovilakom and Kalari Rasayana, and to Prakriti Shakti, Clinic of Natural Medicine, to address comorbidities and long Covid conditions. Almost all of those who have gained positive and transformative results through Ayurveda and Naturopathy end up sharing the personal experience of their healing journeys and its benefits with family

members and friends. This has contributed to a certain urgency with which more people have started travelling to us. Since travel restrictions via air and road have been lifted, we are seeing more people taking the time out and dedicating 14 -21 days of their busy schedule to invest in their health.

**How do you continue to distinguish your offerings in this market?**

CGH Earth has two clearly distinct divisions, CGH Earth Experience Hotels that focuses on responsible travel experiences and CGH Earth Experience Wellness that has 3 NABH accredited healthcare facilities (Kalari Kovilakom, Kalari Rasayana and Prakriti Shakti) for curative and well-being programmes, and a nature retreat for well-being holidays (SwaSwara). From the perspective of wellness, CGH Earth's healthcare facilities have a singular focus of not compromising on the tenets of Ayurveda, Naturopathy and Yoga. With this focus created in a nurturing environment, these healthcare facilities occupy a niche space. We believe our audience prioritises this and will seek us out. At our nature retreat for well-being holiday, SwaSwara, we focus on staying true to the brand's core values of being sensitive to the environment, being local in ethos and benefitting the local community. With these 3 core values as the backbone of our offering, guests are introduced to a different kind of a







holiday for the self, one that is transformative.

**CGH Earth's properties bring together rich heritage, culture and traditional healing practices, in spectacular natural surroundings. How does the combination of these factors influence the experience of guests?**

All our healing practices emphasise on treating the root cause of the problem and not just the symptoms. This one philosophy is the foundation of the medical principle at CGH Earth healthcare facilities. In order to do this, the medical team uses holistic methods to address the body, mind and spirit, each one equally as important as the other. Part of addressing the mind is our effort to take care of the patient's comfort and ability to embrace the healing spaces. It is also important to ensure that they are in a happy state of mind while at the healthcare facility. The ease and relaxed state of mind goes a long way in achieving



the desired results. To achieve this, we take great effort to create a nurturing environment in idyllic locations and spaces surrounded by pristine nature. We also offer activities and engaging experiences that bring joy and help them focus on their healing with a positive attitude. The team of doctors and therapists also create a warm and understanding environment with personalised attention for all.

**Holistic well-being of the mind, body and spirit is not just a passing trend anymore, but an enduring desire for all. How can a visit to CGH Earth's properties deliver on that premise?**

CGH Earth has NABH accredited healthcare facilities for those seeking to improve and correct their medical conditions or wanting to go through preventive cure treatments. It has a well-being holiday retreat for those wanting to relax, reset and refocus on themselves using the qualitative powers of nature, art, conscious cuisine, Ayurveda and Yoga. It also has wellness centres at some of the resorts for those wanting a relaxing and rejuvenating therapy during their short stay. We understand that people approach holistic well-being in different ways – some embrace it wholly, and some are curious to experience this lifestyle before fully immersing in a medical programme. CGH Earth caters to both of these requirements.

**Finally, what are your favourite services and experiences at the treatment centres, which you are most excited for guests to try?**

I would recommend the benefits of undergoing preventive care programmes. This is a topic that is being widely discussed across the globe, even in modern medicine. While preventive care has always been integral to the ancient sciences of Ayurveda and Naturopathy, most of us believe that medical programmes are meant for the aged or for those with serious ailments. Preventive care programmes, as the name suggests, help us to stop the formation of diseases in our body. And this can be addressed by seemingly healthy young and middle-aged adults.

I would recommend two preventive care programmes, a 21-day Ayurveda Panchakarma at CGH Earth's Kalari Rasayana or Kalari Kovilakom, a 14-day Naturopathy detox and lifestyle programme at Prakriti Shakti, Clinic of Natural Medicine by CGH Earth.

For those who are curious but limited by time, a good start would be the 3-5 day Well-being programme that is a combination of a holiday and a well-being experience at SwaSwara, CGH Earth's natural sanctuary for wellbeing holidays on the shores of Om Beach in Gokarna.





TÊTE-À-TÊTE

# BLISSFUL BEAUTY



A PIONEER IN NURTURING THE GROWTH AND FUTURE OF THE BEAUTY AND WELLNESS INDUSTRY IN INDIA, KIRAN BAWA, THE FOUNDER AND MANAGING DIRECTOR OF IOSIS WELLNESS, IS A FORCE TO RECKON WITH.

By Vidhi Gupta

**W**ith a vision to take wellness services to all of India, and beyond, Kiran Bawa established IOSIS. It was because of her passion and devotion that today, IOSIS Wellness has grown from strength to strength by reaching 10 centres across 5 cities and is slated to add many more in the near future. As someone who loves food, Kiran has also set up a luxury gourmet destination, The Origin, designed to give our grocery list a world-class lift. We get into a conversation about IOSIS and how she managed to sail through the pandemic.

**With so many years of experience in the health and wellness industry, how has your journey been so far?**

The journey was not simple because opening a spa way back in 2008 was the most challenging job, as spas were not looked at with respect, especially when a woman owned the spa. That's where I wanted to stand out and, by God's grace, I'm amongst a few players who have survived through this pandemic as a spa salon chain in India. I come from the Bawa Group of companies where our core business is hospitality. Initially, I started my career with





marketing and operations in my own hotels, but it was never of my interest. However, it was a great learning for me, from finances to operational challenges in one's own business. I took a break and went to London for a short beauty course. It was then when I realised that I passionately loved what I was studying and therefore completed the spa & beauty advance course to become a certified cosmetologist. Soon after, I got the right property and started Andheri IOSIS in 2008. IOSIS motivates me every day. I always say that I worship my work and every spa centre is my temple.

**Tell us more about your partners' involvement in the brand and business journey?**

My partners are my STRENGTH. I believe my customers are my partners who have appreciated my work, been my critics and given me time to grow. I also cannot thank my franchisee partners enough, who are and will always be my support system. One needs to understand that when you are expanding by partnering with different partners, you are sharing your business, ideas, strategies, and business secrets. You are going to share your life's work with them. It's about giving their 101%, their time, their involvement, their

interaction with the guests, with the team, and look into day-to-day operations. I would like to thank each one of my franchisee partners who have supported me throughout; Anita Sharma from Guwahati, Ankita Agrawal from Raipur, Abhishek Jalan from Varanasi and Mrs Burman. It is because of them we are all moving and growing together.

**During the pandemic, a lot of beauty & spa service providers got adversely affected - how did IOSIS hold its fort across with 10 centres?**

IOSIS survived because I had warriors standing by my side- my team. There were also my loyal customers who returned to us for the quality services we have been providing since day one. During the pandemic, I also realised that you can't be stuck to only one segment of business, you have to diversify. I am a foodie, so the choice was obviously food. That's how The Origin happened, a place where you get the best and the most exclusive items in a store. We will celebrate our 1st anniversary soon. What makes us different is our unique concept of a vegan store. We have a lot of additional foodstuffs and a lovely cafe inside the store to serve high quality, delicious vegan items. For now, I plan to make sure that the store runs

well and we cater to a wide set of people who are looking out for the right and healthy choice of food. I am working with my Bawa Kitchens on low cal food items by creating a menu of 21 items which are going to be healthy meals.

**What's next for you?**

I would like to say one thing "Don't give up, God has a Plan B for all of us", I sustained with this attitude. I keep my mind open and creative and that's how all my businesses could sustain. My next plan is to launch a new brand in the spa and salon sector. It's going to be an express services centre- Express Spa, Express Hair Salon, Express Beauty Center. We are in the process of opening 2 such company-owned outlets in Mumbai and then expanding with the same modules via the Franchising route across India. My dream is that every woman entrepreneur who has a dream to open her wellness centre becomes a part of this family where we spread wellness together with a minimum investment. A major key requirement is that the franchisee should commit for the long term with passion and dedication to the business. With passionate and dedicated partners, we have seen success in our business and we intend to replicate it in our next phase of expansion.



# Skin Magician

ON SUSTAINABLE VANITY, EARTH DERIVED INGREDIENTS, AND MANY MORE, WITH INDIA'S FINEST DERMATOLOGIST, AUTHOR, AND ENTREPRENEUR, DR. RASHMI SHETTY.

By Vidhi Gupta

**D**r. Rashmi Shetty has a sharp eye for facial aesthetics and, with her magic wand, she has beautified various people. She is the founder and chief dermatologist at Ra Skin & Aesthetics, Reva Health & Skin, and Solskin, a platform for reliable and trustworthy products.

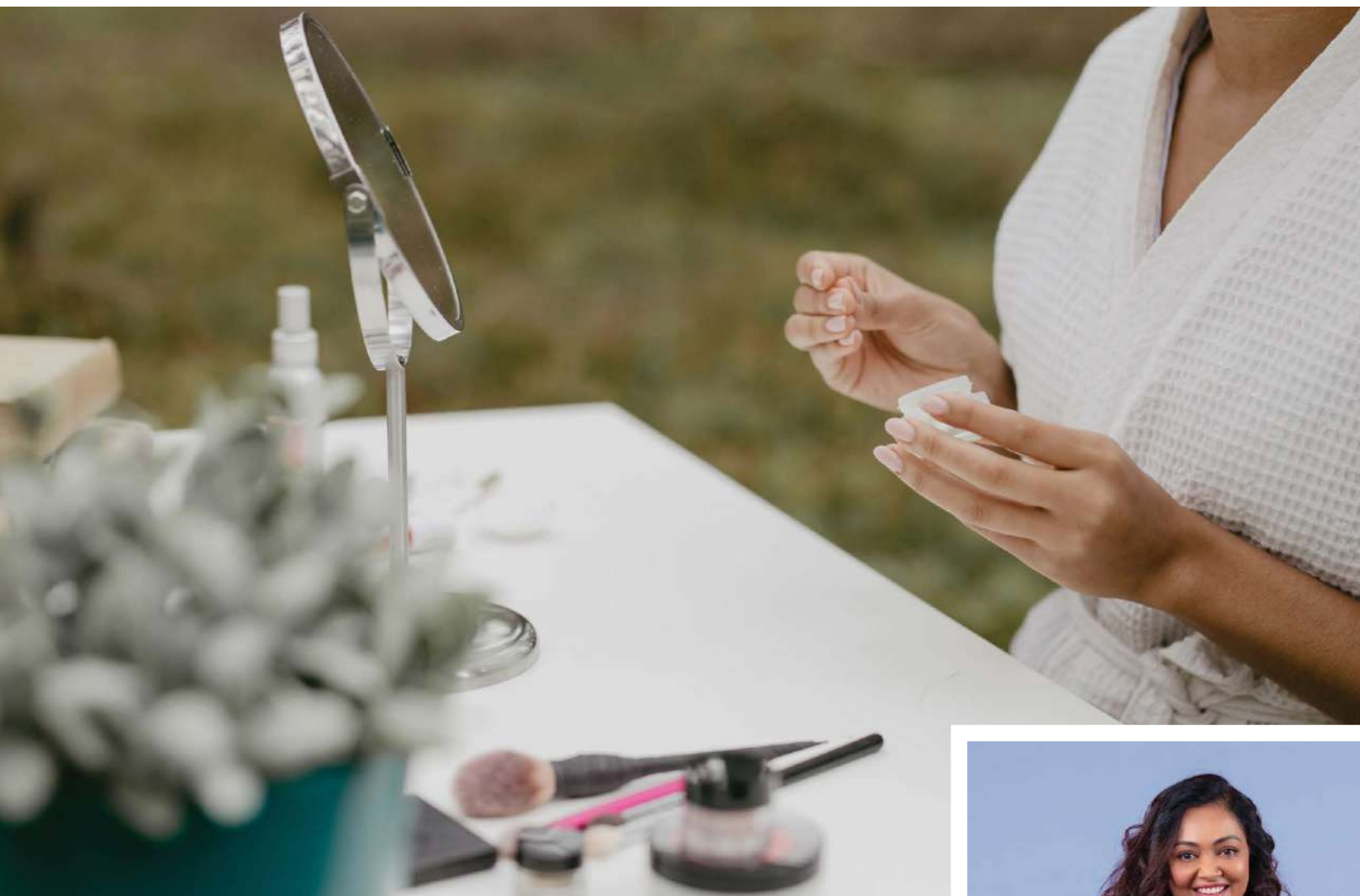
"There is a huge influx of beauty establishments which are overflowing in the market and offering patients various options, which is a good thing. But the consumers have to figure out the intent.", says Dr. Shetty on the current scenario of the industry, "Secondly, the standards of beauty are being defined on the basis of social media and selfie filters, which are not all normal. However, there is another completely different wing which talks about going more natural, less on injectables, more on the right skin health." We get into a conversation talking more about the industry and sustainability....

**What is something one should beware of before consulting a dermatologist?**

It is your doctor's qualification. A beauty centre, which sells you packages without a doctor's consultation, or where you are oversold treatments without having a diagnosis to your problem, are some of the things one should notice. Otherwise, once you go to a doctor, they will only do a treatment which is right for your skin. A treatment, if not worked on your skin, may work for someone else's. The provider is who you need to really choose wisely. That is where the game begins and ends for you. The rest is in the provider's hands.







**How can one make a sustainable skincare routine?**

It is important to first choose your cleansing agents. Whether it is scalp or skin or body, you should make sure that there is a right cleansing agent according to your skin type, your ambient humidity, and dust that is around. Then you choose a moisturiser according to your lifestyle, which is defined by your age, smoking, pollution, air conditioning, and everything. The moisturiser could also be something which nourishes you. After this, you choose sunscreen. These are three basic things you can do which are easy on your routine, your skin, and your pocket. At your doctor's office, you can start off doing the right facials and maybe pick one energy based device which might do good to your skin, depending on what your skin issues are at that point of time.

**Are there any earth-derived ingredients one should use for a healthy skin?**

There are a lot of extracts of various fruits which work wonders. Various herbs like curcumin, which is derived from turmeric, is a fantastic ingredient that people love from around the world. Licorice, which comes from a root, is an ingredient used for anti-ageing, hydrating, and brightening the skin. Kojic acid (plant derived)

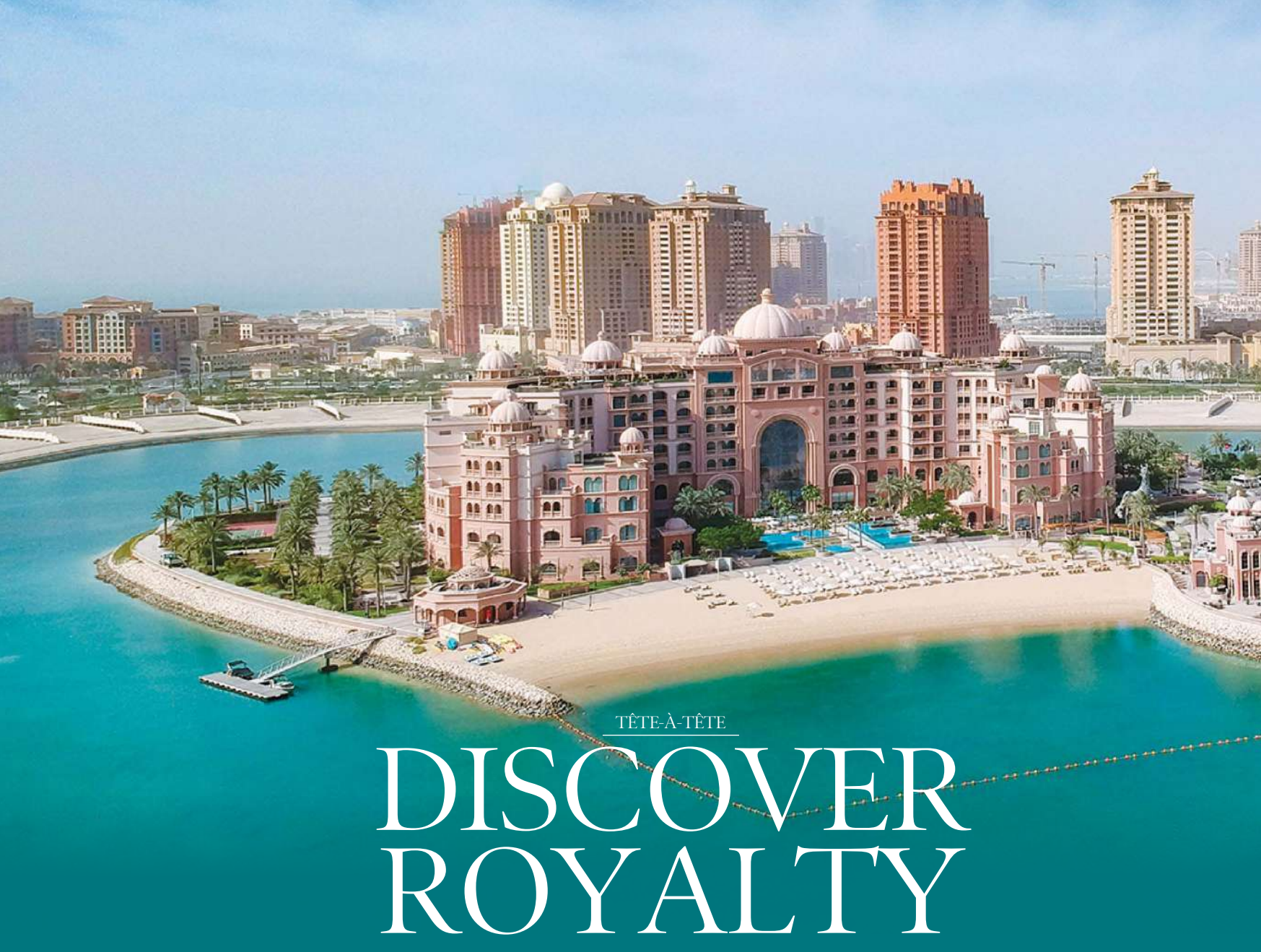
and bakuchiol (plant derived retinol) are also wonderful ingredients. There are minerals such as various clays that really help in clarifying the skin, reducing the oiliness and blemishes. Wood extracts, such as red sandalwood and yellow sandalwood work brilliantly on the skin. Metals, such as gold have been talked about but honestly, there is not too much scientific evidence to say that it is beneficial. Then you have Thermal spring, where the water is enriched with elements and minerals which are fantastic for skin soothing,

**What's next for Sol Skin Corp?**

Sol Skin Corp believes in beauty from within. I have always been a big advocate of good health. Your nutritional balance, hormonal balance, lifestyle balance, all this is what reflects on your skin and hair. In fact, skin and hair is just more of a diagnostic tool to what is happening within you. Therefore, we started off Sol Skin Corp, which is right now a nutraceutical and supplement based company. We launched Rest Well, a non-addictive not a sleeping pill which does not leave you groggy in the morning. It is a concoction of certain herbs and a tiny amount of melatonin which makes you sleepy quickly. This is exactly what we wanted as a lifestyle modification. As a lot

of women were suffering with bloating due to PMS and also premenopausal symptoms, and perimenopausal symptoms. That's when we also got a PMS relief, which works brilliantly on the special days when skin actually looks bad. So these are the two absolutely innovative things that we have brought up just now. In the future we are working on something towards giving you better gut health which leads to better skin. That's what's in the pipeline.





TÊTE-À-TÊTE

# DISCOVER ROYALTY

IN CONVERSATION WITH  
KARIM TAYACH, AREA  
GENERAL MANAGER GCC OF  
MARSA MALAZ KEMPINSKI  
THE PEARL AND KEMPINSKI  
RESIDENCES & SUITES IN  
DOHA, KEMPINSKI HOTEL  
MUSCAT IN THE SULTANATE  
OF OMAN AS WELL AS  
KEMPINSKI AL OTHMAN  
HOTEL AL KHOBAR IN SAUDI-  
ARABIA.

**“I** feel it is the perfect ground for unleashing the team’s own innovation, ideas, new initiatives, and trying new things” says Karim Tayach on his views of the hotel, “It is gratifying to see that as the hotels develop, its own people and team grow with it. I would describe the hotel as a hardware, while its team is the software. We all know that any hardware is as good as its software.” We get in a conversation on more about the hotel and its upcoming initiatives.

**What new changes can we see in the hotel under your guidance?**

I am passionate in helping the team to develop and show off their potential, both as a team and as an individual, whether professionally or personally. I share with them the attitude of not to be afraid of trying new things. Never be afraid of failures in life, if we don’t try, we will never know if it works. With this culture, we as a team pursue to develop out-of-the-box approach on enhancing our guest experiences and journeys.

In the past two years, the teams in different areas of the hotel came up and are continuously coming up with fantastic ideas and initiatives. Some may not have worked out while others became a benchmark in the hotel industry worldwide, like our White Glove Service initiative.

**Are there any sustainable initiatives followed by Marsa Malaz Kempinski?**

Our team implemented several initiatives, mostly included in our monthly welfare plan. The monthly activities are ranging from beach cleaning campaigns, tree planting initiatives, garbage collection, no plastic usage, control of food wastage, to reducing energy consumption, be it water or electricity.

We are also combining both local initiatives and Kempinski’s worldwide specific corporate social responsibility campaigns. With these efforts, our resort has been proudly awarded with the Silver Status certificate for three years in a row through





EarthCheck, the World's leading environmental management and professional services group for the travel and tourism industry.

**How do you see the hospitality sector changing after the pandemic? Are there any new trends you see in the travellers?**

The Pandemic completely changed the way hotels are operating and opened the door to unthinkable initiatives in the past, from takeaway and delivery business, sterilisation of the areas, digital menus to new amenities such as masks and hand sanitizers. It was a phase that challenged and pushed everyone to re-think, dare trying new things and get away from the traditional business models.

**Which is your favourite part or thing about this hotel?**

My favourite is the property itself. We have an iconic resort, fantastic owners and a fantastic brand name in Kempinski. We became a prominent landmark in the city. The sky is the only limit, as we can fly as high as our team will decide to. Our common vision and goal is not only to be recognized as the industry leader here in Qatar, but also in the entire region.

**What's next for you?**

For 2022, especially with the upcoming FIFA World Cup in November/December and beyond it, we have so many projects in the pipeline. Ranging from the launching of new restaurants and exciting new concepts, along with upgrades on some of our facilities and opening of new sister hotels in the region in the next 24 to 36 months, hence preparing and developing our team members to be ready for these upcoming opportunities.





# Disconnect to Reconnect

ACCLAIMED LUXURY DESTINATION SPA AND WELLNESS RETREAT ANANDA IN THE HIMALAYAS AND BESPOKE ULTRA-LUXURY BOHEMIAN HIDEAWAY AND PRIVATE ISLAND RESORT, THE NAUTILUS MALDIVES, JOINED HANDS TO CREATE A ONE OF ITS KIND, UNIQUE WELLNESS JOURNEY.

By Vrinda Rastogi



**D**iving into the many facets of this luxe wellness concept, we get in a conversation with Mahesh Natarajan - CEO, Ananda In The Himalayas, and Andre Miethig - GM, The Nautilus Maldives.

**Starting off, how did this wellness collaboration come about?**

**M:** It was really a meeting of two alike minds. As we got along, we discovered we share similar brand values, customer propositions, and a passion for creating experiences which are so uniquely bespoke and customized in our own fields. Both of us wanted to create something transformative for our guests and that's how we are where we are now!

**A:** Hailing from a family business established by I.U. Maniku, one of the very first entrepreneurs in Maldives, The Nautilus Maldives has history and family behind it, much like Ananda. And as

Mahesh says, we both believe in curating bespoke experiences where we focus on each guest for a highly personalized and holistic experience that begins even before they've arrived with us.

**The retreat emphasized yoga, meditation and essentially mindfulness and holistic well-being. What was the response like from the guests?**

**M:** It was extremely positive. What struck me the most was people were seeking specific goals for their health goals on a much deeper level. Our Chef and Head of Yoga witnessed people consulting them individually on how to best maintain a healthy lifestyle and understand their own self. We consciously wanted to make this retreat personalized so that guests could take away something tangibly transformative within these five days of the retreat. The privacy combined with the elements of nature was indeed a special experience for the guests. There was no sense of space and time, just the lush environment, and it made it all the more beautiful.



**A:** Wellness retreats tend to follow a strict itinerary but here we were bound to no fixed schedule. It felt timeless, and that led to some really memorable moments like how our yoga sessions stretched for hours instead of just one, and this one family really liked the food so the chef decided to cook a special dinner just for them. We were able to adapt to individual needs and that was the beauty of this retreat. I also believe the energies of all of us present there were aligned. There was zen all throughout and everyone was collectively enjoying the same activities.

**Sustainability has been a core virtue at The Nautilus. How did you incorporate that philosophy in this retreat specifically?**

**A:** I always say sustainability is no longer nice to have but a must to have. We're not limited to just avoiding plastic and using glass bottles throughout our hotel, but also carry



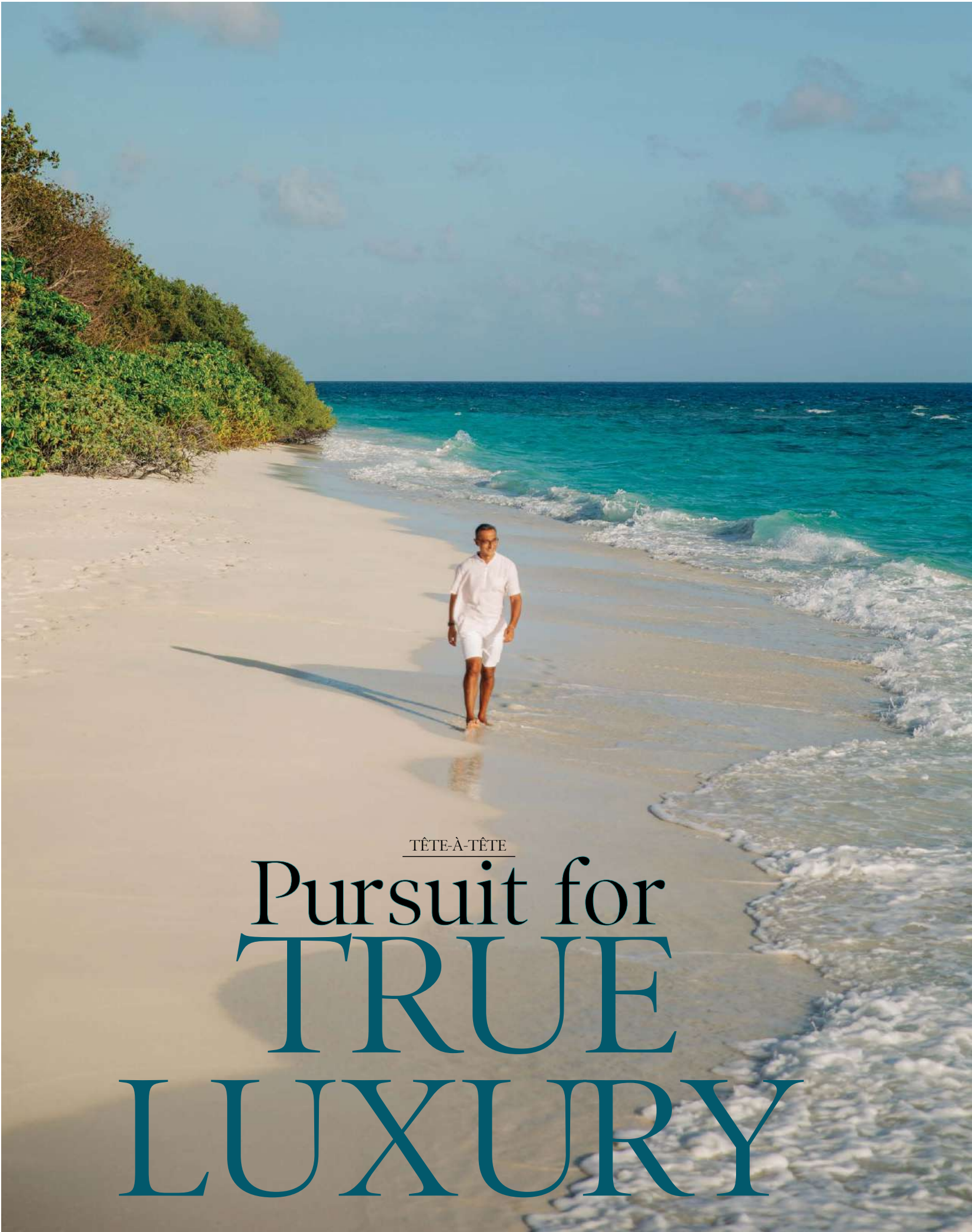
a strong holistic approach to being sustainable that's far beyond it. When it comes to food, our kitchens use only locally sourced fresh ingredients, and we include local communities in our projects to support them as well. Even our staff is handpicked who love the environment and are passionate about the notion and what we stand for. Our surroundings are completely attuned to nature which not only supports biodiversity but also naturally cools the island down. All these details we have put together that directly connect to the impact of sustainability on our guests' overall wellbeing.

**Lastly, statistically speaking, would you say wellness is the new way ahead for hospitality in the new normal?**

**A:** For me it's a definite yes. Wellness has been booming in the past decade in different places around the world and now people are even more willing to invest in their health. It's about prevention for them now and they're going back to their roots. I believe we need to consider the latest science findings but also listen to our ancestors, so if we take the best elements of history and bring them into the 21st century, it creates a beautiful and healthy environment. This is what people are looking for.

**M:** The level of consciousness is changing dramatically. People are actively seeking something conscious for them to do while they're traveling. There's been a huge resurgence in wellness tourism and I owe it to two years of the pandemic that have really changed the perspective of how people are looking at what is important for their health. On the flipside, people's expectations are getting high. Today there are almost equal amounts of emphasis and effort into creating wellness and sustainable facilities within hospitality projects as much as in other aspects of them. It is a crucial shaping moment for brands today.





TÊTE-À-TÊTE

# Pursuit for TRUE LUXURY



## GET TO KNOW ABOUT THE EVOLUTION OF SONEVA FROM THE MAN HIMSELF- SONU SHIVDASANI, CEO AND JOINT CREATIVE DIRECTOR OF SONEVA (GUARDIAN OF THE CULTURE), By Parineeta Sethi

**S**onu guards and nurtures Soneva's culture by emphasising the beliefs, values and language that drive behaviour within the organisation. Under his guidance, Soneva has become a pioneer for luxury and environmental responsibility. We get into a conversation with Sonu on the recently launched transformative wellness- Soneva Soul, sustainability, and more.

### What is Soneva Soul?

Soneva Soul is our new wellness concept. It was founded out of my severe health crisis back at the end of 2018. I had noticed before that my health was going up and down based on how I maintained it. If I did a detox, I'd be fine, but if I drank a bit, or ate different food, I'd find it almost impossible to breathe. I realised that in our old spas, we were offering more pampering treatments for people who were already very healthy, but not for people who are potentially sick. I decided to offer people a bit more depth of wellness. We have key performance indicators to eliminate dairy, white sugar, white processed sugar, white flour, processed flour, and beef. All of those items are reduced by about 90%. We have 60 flavours of ice cream which are all dairy free and sugar free. We even have a plant-based restaurant as well. We turn off the Wi-Fi at night, as it is very important to have a deep restful sleep. There is an integrative medicine doctor, a traditional Chinese medicine doctor, and an Ayurvedic doctor. Additionally, we will soon introduce PRP and stem cells. There's a depth of wellness as well from the fitness team's focus on cross-functional training. So we're trying to push the boundaries of wellness beyond the usual with Soneva Soul.

### How important do you think wellness is in a luxury environment like this?

Luxury and wellness are not the opposite for us. We want to create experiences that even the most jaded wealthy traveller is blown away by, but we want to ensure that at the same time they're maintaining their health. Being luxurious and sustainable, healthy and delicious, all of this has driven a lot of our creativity in our experiences to offer. Wellness is



the ultimate luxury to be able to enjoy yourself, have unique experiences, and remain healthy at the same time. And for a lot of our guests, that's rare. Wellness is rare because you live in an urban context and your body is bombarded by noise, pollution, physical pollution, and other various interruptions all the time. So coming to an environment like here where you're walking barefoot, you feel fantastic.

### Are there any top initiatives that you have taken related to the environment?

There is always continuous innovation when it comes to sustainability, which I enjoy. We protect our marine life through marine conservation and various strong campaigns. For conserving our nature, we choose eco-friendly materials. We now recycle 93% of our waste, and compost our food waste. We add minerals in our tap water to purify it. We have glass blowers that teach guests how to blow glass and make lovely objects which they can take home. The glass used is upcycled. It

is more about making wealth from waste. We were the first to introduce solar in Maldives. There are steps taken to use renewable sources much more. We avoid toxic spraying and have rather adapted eco-friendly ways of removing mosquitoes. Despite living amidst a jungle, we have reduced 90% of the mosquito population. Then we have just finished the largest coral propagation in Maldives.

### What's next for Soneva?

We will have a Soneva Soul destination spa, which is going to be on a separate island and a separate resort. It will be a place where people will only come for medical and health cure. This separate destination spa is to help people concentrate on their wellness journey. You will get the same treatments and diagnostics, modern medicines, wisdom from thousands of years of ancient healing, whether it's traditional Chinese medicine or Ayurveda. You will get a bit more depth than you normally would get in a resort.





COVER STORY

# The Mavens of Wellness on a SONEVA SOUL JOURNEY

WHERE CUTTING-EDGE INNOVATION MEETS THOUSANDS OF YEARS OF HEALING WISDOM, SONEVA SOUL BY RESORT SONEVA IS A METAMORPHOSIS TO THE WORLD OF WELLNESS. OFFERING PERSONALISED TRANSFORMATIVE WELLNESS EXPERIENCES, SONEVA SOUL UNITES TRADITIONAL WELLNESS PHILOSOPHIES TO RECONNECT ONE'S MIND, BODY AND SOUL. AND AT THE FOREFRONT OF THIS UNIQUE WELLNESS CONCEPT, INDIA'S WELLNESS STALWARTS YASMIN KARACHIWALA, LUKE COUTINHO, POOJA MAKHIJA, AND ANSHUKA PARWANI EXPERIENCE THE GLORY OF SONEVA SOUL AMIDST CANDID CONVERSATIONS WITH PARINEETA SETHI.

Photographer: Rohan Shrestha

Assistant Photographer: Homyar Patel

Stylist: Esha L Amin

Hair & Makeup of Pooja Makhija: Rishika Sethi

Hair & Makeup of Anshuka Parwani: Hriya Marfatia

Production Assistant: Prateek Sethi

Videographer: Sana Chhabra

Location: Soneva Soul at Soneva Jani



**Yasmin-** Swimwear: **Flirtatious**  
Jewellery: **AZOTTIQUE**  
**Anshuka-** Swimwear: **Dash & Dot**  
**Rings:** **Curio Cottage & ZOHRA**  
**Chain:** **Curio Cabinet**  
**Pooja-** Swimwear: **Pallavi Jaipur**  
Earring & Bracelet: **Curio Cottage**

**M**et Yasmin, the lady who has made Pilates the gem it is today and is behind most of Bollywood's biggest stars' fitness; Luke, the integrative medicine guru who has given holistic wellbeing a new platform; Pooja, the nutritionist and dietician changing redefining 'eating right and healthy'; and Anshuka, who is one of the most renowned yoga instructors amongst celebrities and fitness enthusiasts.

On a trip signing in to Soneva Soul, here are glimpses into the memorable experience the stellar crew witnessed:

#### **Yasmin Karachiwala**

OMG can we go again tomorrow? (laughs) It was a beautiful trip - all thanks to the breathtaking place, resources, conscious environments, and the people. Meeting Sonu Shivdasani was so refreshing even though he was busy. The bunch of people GlobalSpa had chosen to work together was amazing. We all knew each other, but never connected. Each one of us is going to be grateful to GlobalSpa and Soneva together for giving this opportunity to know how wonderful each person is. That's what humans are supposed to do, co-exist in oneness because there is space for each person.

#### **Luke Coutinho**

What made the entire trip beautiful was the Togetherness. It was the simplicity, beauty, nature, good food, warm hospitality, and much more that made it fun. We created a whole holistic aura with Soneva and GlobalSpa. While we had so much work to do, we also learned a lot of things. It opened up my eyes to a whole different meaning of wellness that I have returned with so many ideas and knowledge.

#### **Pooja Makhija**

It was soulful-ly good. Beautiful ocean, food, fun and friends, perfect weather, you have everything that makes a trip perfect. It was enriching in terms of the kind of work I do, different modalities that I can use to help my patients, and the newer things that some of which I wasn't aware of. So along with fun and pleasure, sun and beach, there was a lovely cocktail of learning and progressively multiplying your knowledge.

#### **Anshuka Parwani**

If I have to describe it in one word, It was sublime. I am utterly grateful. I was surrounded with amazing people that felt like being a part of one big family. I learnt a lot of new things from the resort, from speaking to people from different fields, everything was perfect. It was elevated holistic wellness which went just beyond the normal mundane wellness experience.





# YASMIN KARACHIWALA



Outfit: Rahul Mishra



### How did your journey with wellness begin?

It surprises a lot of people when they know that as a young kid, I was extremely lazy. My mom put me in athletics in school and I would make an excuse every morning to avoid going. I used to take full advantage of my house help to even get a glass of water. When I was in college, my best friend wanted to join a gym to impress a guy. She forced me to join just so that we could avail the 'two for the price of one' offer. I went along very reluctantly, and when I saw the aerobics class, I thought this would be easy for me. But to my disbelief, it really wasn't that simple, I realised I was totally uncoordinated. People looked at me like I was an alien as I couldn't keep up with my instructor's instructions. I felt so embarrassed, but I kept going back to master it. I always wanted to stand in the front, but people would request me to go back as I was so clumsy and uncoordinated. However, I never flinched and always wanted to be in the front spot. One day, the instructor was unwell and asked me to teach the class. She told me to play any cassette and do whatever comes to my mind. Honestly, I was petrified and so were the people in the class as they knew I would be a disaster. But, surprisingly I knew all the movements and could instruct others easily. My instructor encouraged me and told me

that nobody in India is certified, and I should go to the US for my certification. I decided to take up the challenge, it was a difficult test and I had to redo the exam but I was determined. Fitness was not such a big thing then, and I am eternally grateful to my instructor who showed me the right direction, and the rest is history.

### As a fitness & wellness enthusiast, what is the vision that you carry?

Over the years, it has become really important for me to encourage the people around me to think of wellness, to stay fit, to eat mindfully, and move mindfully. The pandemic was a wakeup call for people to pay attention to their immunity, and to stay healthy.

### You have often said "You are as young as your spine is flexible"

That is the best thing I have learned from Joseph Pilates who is the founder of Pilates. Your movements become hampered if you don't take care of your spine. It is what makes you move from point A to B. It doesn't mean that one should do acrobatics or gymnastics for a flexible spine but you need to do some form of exercise to keep your spine flexible. I have my mother and mother-in-law who come to workout in the studio, and all we do is work on the spine.



Outfit: since1998.in  
Bracelet: Curio Cottage

### What does a day in your life look like?

HECTIC. I love to pack my days with a zillion things. After getting my good 6-7 hours of deep sleep, I start my day with working out for an hour and a cup of coffee. From there we always have some shoot or interview. Then there is lunch which is carefully planned for the entire week to make sure I eat without skipping meals. I try to finish work by the evening. I do an online class with my instructors in the US twice a week to be in check and ensure that my teaching is still authentic. Later in the evening, I go for a chill walk with my friends and then after coming just hours of TV.

### It has been years since you've been training stars, have you ever felt any pressure or expectations while working with them?

There are many expectations as there are different requirements for different roles that they need to play. I don't feel pressurised because I love what I do. When they have expectations, it becomes a challenge for me to work towards achieving them and it's always more fun to plan my workouts to suit the requirements.

The only person who tries to stress me out is Katrina, because from the time we start training to the time that we are supposed to reach our goal, she is never satisfied. I am a very chill person in life so I try to assure her. She is a perfectionist, and I am very sure that by the time she has to go for whatever she is going for, she's going to look the part, all because she is so hardworking. By the grace of God, all my clients are so hardworking that all I have to do is just steer them in the required directions.

### What is that one fitness advice you'd like to share with the new generation of fitness trainers?

Never stop learning. Don't make google your teacher as that's not always authentic. Keep on studying about fitness and anatomy. That is what I do. I never stop learning. I am going back for a seminar in the US in August where I meet people from the fitness industry who are all professionals and instructors. I feel like a drop in the ocean there, but it is great as it gives me a reality check and makes me realise that I have so much more to learn.

### What's next for you?

I want to make fitness and wellness a household thing. I want to involve everyone in the family with children, parents, grandparents, to do some form of movement. I am writing my book, which is coming out by the end of this year, on '10 minutes to Fitness'. It has exercise formats which are for 10 minutes only to encourage people to make fitness an integral part of their daily life. It has pictures with explanations, but the best part is that it has a QR code. So, for every exercise stack, there is a QR code which directs you to work out along with me.



# QUICK BYTES:

FAVOURITE WELLNESS DESTINATION

Soneva

TOP 3 DESTINATIONS ON YOUR BUCKET LIST

Bora Bora, Hawaii & the Himalayas

ONE THING WITHOUT WHICH YOU CANNOT STEP OUT OF YOUR HOME

Credit Card

SNACKS WHICH YOU LIKE TO MUNCH ON

Seed bars, protein balls with dates and flax seeds, I make my own snacks

CURRENT BINGE WATCH

Anatomy of a Scandal

ONE PERSON YOU WILL ALWAYS LOOK UP TO

My mom

YOUR FITNESS MANTRA

Be fit because you deserve it

MUST HAVES IN YOUR VANITY KIT

Under eye concealer and lipsticks

MUST HAVES IN YOUR WARDROBE

Workout clothes and a jacket

ONE CUISINE YOU LOVE TO BINGE ON

Thai and Japanese

FAVOURITE HOBBY

Chilling on a beach

A SUPERPOWER YOU WISH YOU HAD

I could fly

A CRAZY RUMOUR YOU HEARD ABOUT YOURSELF

That I am born in the US

A SKILL YOU WOULD LIKE TO MASTER

To be punctual

YOUR GUILTY PLEASURE

Chocolate

FAVOURITE CHEAT MEAL

Chicken biryani



FAVOURITE WAY TO UNWIND

Watch Netflix

SOMETHING YOU NEVER TAKE FOR GRANTED IS...

My family

A MANTRA YOU LIVE BY

Be true to yourself



# LUKE COUTINHO





### **How did your journey with wellness begin?**

I have always been in the field of wellness. I studied nutrition when I was in hotel management but then I moved into the corporate world. But I always kept coming back to wellness by studying, doing courses keeping myself updated with the latest fitness and wellness trends. When I was with IBM, I noticed that all the top management had lifestyle issues. I started to look more closely at the problem and realised that the missing gap is related to the lifestyle they lead. That's when I decided to get into lifestyle medicine. I moved back to the US and began working on projects in the field of integrative and lifestyle medicine while I studied. There are times that you need to prescribe medication even in my field of work, but if we can help you address the root cause and then work with your lifestyle, your nutrition, we can eventually help you get off the medicines in most cases.

My journey with holistic wellness really started when I decided to drop the corporate world completely and went into my own personal practice. After that there was no looking back.

### **As a fitness & wellness enthusiast, what is the vision that you carry?**

Human body works on a very simple concept of intelligence and simplicity. We all have an intelligence in us right now working 24x7 to protect us and help us survive. Even when we fall sick, if my immune system is strong

and intelligent, my body kicks in and takes care of it. But we've come in the way of that intelligence. We compromise that intelligence with sleep deprivation, stress, poor food habits, eating at the wrong time, eating too much, sedentary lifestyles or working out too much. This doesn't allow the intelligence to work. My vision for people is to revive that simplicity and the knowledge that we have an intelligence to control things.

### **YouCare is a project very close to your heart. Tell us about it.**

When I used to make food plans with my patients, I would list down the foods they should add to their meal plans, but the next question that invariably came up is where do we buy it from? So, we would give them a list which could be bought from Amazon or other sites. But those sites also suggested other options which were cheaper or looked better and that would create even more confusion. When we got all this feedback from clients, we decided to create our own ethical eCommerce platform where we hand pick and select every single food and lifestyle product based on its nutritional labels, certifications, audits. We decided to put all these researched and carefully selected products on one platform to make things easier for the conscious consumer. There's no algorithm trying to pull down one product by deep discounting it or suggesting several alternates, etc. Now our patients go on the platform, and they know they can buy

the product without having to spend hours checking authenticity.

### **You always talk about the four pillars of wellness. Tell us what they are and why are all these four so important for a healthy lifestyle?**

The intelligence I talked about in my previous question needs these four pillars- Nutrition, Physical exercise, Sleep, & Emotional Wellness.

Nutrition is needed to nourish trillions of cells so that they have the energy to protect us. Then, we need movement and exercise for blood circulation. The more my blood circulates the stronger I can recover. Third is sleep, it is everything. Without sleep, we compromise detoxification, skin, hair, hormones, growth, repair, everything. Then comes your emotional wellness. If I'm constantly stressed, I'm creating a hormonal imbalance. I am not going to be creative; I will be craving for sugars and I won't be able to work out because I'm tired all the time. If you give your body what it needs, a little bit of good nutrition, activity, sleep, and being happy, your intelligence works beautifully.

### **What does a day in your life look like?**

When I wake up, I don't put my phone on for at least an hour. I will freshen up, do yoga, meditate, and spend time in nature. I visualise and set my intention for the day. I have four questions with which everyone can set their intentions. Ask yourself, 'what do you want to receive today?' It could be love, happiness, great health, or money. Then ask yourself 'what do I want to give today?' For example, give the best of myself, give time, give appreciation. Then, 'how do I want to feel today?' I want to feel strong, courageous, energetic, happy, and loved. And then the last question is, 'how do I want to make other people feel today?' It is a give and take model. You set your intentions for who you want to be, how you want to be, what you want to receive, and what you want to give. After this I start with my patients, fill in my workout, and try to stop by 4 pm. Then I attend my business meetings, and again have a session with my patients till 8 pm. After that I shut down.

### **Is there any wellness practice, which you feel is really essential for people, but they really don't give much attention to it?**

Breathwork. Even if it's five minutes in the morning or five minutes before sleeping, do some breathwork in the form of yoga, pranayam, or meditation. Also, switch your gadgets off 30 minutes before bedtime.

### **What's next for you?**

Everyday my goal is my patients and that is going to be my primary goal every single day. That is my gift. Despite having other businesses, I remind myself everyday about what truly makes me happy and what my gift and calling is. I never had the intention of building a business. It just happened through my patients. I believe, in life, if you focus on your core which in my case is my patients, life will build for you.





# QUICK BYTES:

FAVOURITE WELLNESS DESTINATION

Maldives & Thailand

TOP DESTINATIONS ON YOUR BUCKET LIST

Venezuela, Fiji & Finland

ONE THING WITHOUT WHICH YOU CANNOT STEP OUT OF YOUR HOME

My Swimming trunks

SNACKS WHICH YOU LIKE TO MUNCH ON

Nuts

ONE PERSON YOU WILL ALWAYS LOOK UP TO

My mom

YOUR STYLE QUOTIENT IN ONE WORD

Comfort & Natural

YOUR FITNESS MANTRA

Consistency

MUST HAVES IN YOUR WARDROBE

Yoga clothes

MUST HAVES IN YOUR VANITY KIT

Aloe vera gel

ONE CUISINE YOU LOVE TO BINGE ON

Thai

FAVOURITE HOBBY

Fishing

A SUPERPOWER YOU WISH YOU HAD

Invisible Slap

A CRAZY RUMOUR YOU HEARD ABOUT YOURSELF

That I have a couple of kids from different women

A SKILL YOU WOULD LIKE TO MASTER

Playing a piano

YOUR GUILTY PLEASURE

Tiramisu & Mysore Pak

FAVOURITE CHEAT MEAL

No cheat meal as I eat whatever I want whenever I want

Outfit: Saison Clothing



FAVOURITE WAY TO UNWIND

Being amidst Nature

MOUNTAINS OR BEACHES

Beaches

SOMETHING YOU NEVER TAKE FOR GRANTED IS...

My sleep

A MANTRA YOU LIVE BY

We are only as abundant as we feel



Outfit: [since1998.in](http://since1998.in)  
Ring, Earring & Cuff: ZOHRA

# POOJA MAKHIJA





### **How did your journey with wellness begin?**

It began when I decided to study nutrition. It was my mom who knew I was going to be a marvel in this and kicked me in the right direction. While I was studying nutrition, I realised that a lot of things that we read and hear about nutrition are false. I understood how the body needed to be fed and food is not such a big enemy as everyone makes it out to be. So, my mission started with wanting to make people aware about the reality of food. In the end, we are what we eat, but sadly our relationship with food is so skewed, troubled and influenced by social media and friends, that we are forgetting food at its core. Food is not the enemy, it is your friend.

### **Tell us about Nourish Genie, what is the vision behind it?**

In the beginning, it was a very small attempt by a just graduated nutritionist who was trying to make her place in the industry. My uncle owned a salon, and in the basement of it I had revamped one of the waxing cabins into a tiny clinic. I went ahead with the thought of helping four people by changing their relationship with food. I guess God was kind, and perhaps my principles were strong and I managed to give my clients miraculous results.

It was a straightforward, pure, and clean attempt to be able to help as many people as I can. As the momentum gained, I decided that the vision needed to grow more than just this one person who can help one on one, which led to publishing my first book 'Eat Delete'. Then came the revolution of online. My brother helped me create an online version of myself as Nourish Genie. The idea all along was just to be able to influence as many lives as I can and bring people back to basics. My diet is nothing novel. It is quite the same as what our Indian ancestors ate. Today, everything our ancestors did is coming to the forefront because the west is adopting just that and also proving it with studies.

### **Apart from the physical importance of having a healthy relationship with food, how is it equally essential mentally and emotionally?**

Food connects with us in every single aspect. Literally 60 to 90 minutes after the food goes into my tummy, it is going to influence how I am behaving in terms of my attention, energy, and stamina. When people address issues such as depression or anxiety, you also need to address how the person is eating, how they look at the food, the way they cook, how that food is eaten, in what duration, the temperature



and the portion sizes of the food. All of this makes a magnitude of difference. Food has a great influence on not just the physical but the emotional and mental wellbeing of a person.

### **What are the nutrients that are good for mental health?**

First and foremost, I would be focusing on the proteins. Eating dals, legumes, pulses, seeds, eggs, chicken, and fish, for protein is beneficial. The other one is magnesia, as it is correlated with mental health and wellbeing. You can get magnesium from your nuts, seeds, whole legumes, and green, dark green, leafy vegetables. Lastly, although nobody thinks of this as an important nutrient, water is a very crucial nutrient in our body that is neglected on so many fronts.

### **What does a day in your life look like?**

A day in my life is truly blessed because waking up to have an aim and a mission in life, to be able to run to a place you love, I think, is in itself a blessing. The drive to reach my clinic is something that pulls me out of bed. Then I cook egg whites for my kids for breakfast and that is the only thing I personally enter the kitchen to make. After a quick shower and breakfast, I reach my clinic at 10 am. At 5 pm I come back home and that is when the nutritionist shuts

down and mom is alive again. I take out 15-20 minutes every day to shut down and recoup. Then later in the evening, I do my workout. After that, just a bit of social media recording and spending time with my family. When my husband arrives, we have dinner and by 11:30 or maximum by 12, I am in bed.

### **What is a piece of advice you'd like to give to the young kids of today when nutrition is concerned?**

That's my focus spot. My vision for the next 10 years is to actually focus more on children. If you teach the child the importance of protein and sleep and water and nutrients, they will automatically realise food is medicine. Pay a little bit more attention to your food. As long as you are eating a balanced meal in terms of your proteins, carbs, vitamins, and minerals, you're providing your internal factories with growth. These are the years you're investing for a better tomorrow.

### **What's next for you?**

I have a huge to-do list. I want to start a Tiffin service, have nourish cafes, and write another book. The next book is 'Eat, Delete, Gold' which is for senior citizens on how they can avoid illnesses and prevent medication. There is a lot in the pipeline.



# QUICK BYTES:

FAVOURITE WELLNESS DESTINATION

**Maldives**

TOP 3 DESTINATIONS ON YOUR BUCKET LIST

**Iceland, Machu Picchu & Bora Bora**

ONE THING WITHOUT WHICH YOU CANNOT STEP OUT OF YOUR HOME

**Food**

SNACKS WHICH YOU LIKE TO MUNCH ON

**Nuts, seeds, makhana**

YOUR STYLE QUOTIENT

**Easy, simple, comfortable**

ONE PERSON YOU WILL ALWAYS LOOK UP TO

**My mom**

YOUR FITNESS MANTRA

**You are what you eat and you are also what you cheat**

MUST HAVES IN YOUR VANITY KIT

**Lip gloss**

MUST HAVES IN YOUR WARDROBE

**Silhouette gown**

ONE CUISINE YOU LOVE TO BINGE ON

**Japanese & Indian**

FAVOURITE HOBBY

**Talking**

A SUPERPOWER YOU WISH YOU HAD

**I wish I could fly**

A CRAZY RUMOUR YOU HEARD ABOUT YOURSELF

**That I have 3 kids**

A SKILL YOU WOULD LIKE TO MASTER

**Sing or play an instrument**

YOUR GUILTY PLEASURE

**Cheesecake**



FAVOURITE WAY TO UNWIND

**Read or sit on a hammock and stare at the stars**

SOMETHING YOU NEVER TAKE FOR GRANTED IS...

**My health**

A MANTRA YOU LIVE BY

**Eat with thought**



Outfit: since1998.in  
Earring: Curio Cottage  
Ring: ZOHRA

# ANSHUKA PARWANI





### **How did your journey with wellness begin?**

Wellness for me started really early. As a child, I used to suffer from asthma and acute bronchitis, so my parents decided that I should start swimming and pranayama as part of my wellbeing. Instead of putting me on various antibiotics, they gave me ayurveda mixtures and focused on my food. But at that point of time, I had no idea what I was doing and why. Eventually, I started healing, and I realised the importance of what my parents had made me do. I always wanted to be a commercial pilot, and I actually achieved my dream, but destiny had other plans. I got into a terrible bike accident which left me bedridden for close to 9 months.

That stalled my life. I couldn't move at all and always needed help, which was new for me as I have always been very athletic. I was healing physically, but emotionally and mentally, I was troubled. My mom noticed this and suggested that I start yoga as a therapy. That is when the magic happened. I got so passionate about yoga it that I did not go back to flying even after I fully recovered. I was in tune with my body and my mind, like I'd never been before. That's when I decided to take on Yoga as my profession.

### **As a fitness & wellness enthusiast, what is the vision that you carry?**

Everybody should have uncomplicated fitness and wellness. Every size doesn't fit all. I might feel that I am healthy with my yoga practice but somebody else might feel that by going to the gym or going to a Pilates practice they feel better. What we forget is holistic wellness. I want people to build holistic wellness balance for themselves instead of just focusing on the physical part. That's the vision I have moving forward.

### **How should someone with no yoga experience start?**

Start slow. Please go to a certified teacher. Do not follow YouTube or any free videos that are available. We live in a digital world where people get fascinated with doing headstands or splits, but they end up doing it incorrectly, without proper guidance. Find a teacher with whom you can connect. If you face any contraindications or injuries, make sure to consult your doctor.

### **What does a day in your life look like?**

A day in my life is a lot of yoga, a lot of food, a lot of time with my dog, and a lot of movement. I feel like I was given a new life, so I keep moving. Most importantly, I always take 60 minutes off the day for myself, which could be just sitting on a mat, reading a book, listening to music, or watching TV. That's one thing that I'm consistent with.

### **How can one make an eco-friendly yoga corner at home?**

That's pretty simple. Use some plants, make sure that there's a lot of sunlight, and there is good ventilation. You can use a bamboo mat, which is also very comfortable. Your space doesn't have to be Pinterest worthy or an Instagram worthy corner as long as it appeals to you.

### **What are some of the basic yoga poses everyone should do every day?**

Surya Namaskar. Everybody can do it as there are so many variations of it. It takes care of your stretching, strength, flexibility, and endurance. Add breathwork and meditation practice. I am not talking about hours of meditation, but even taking out two minutes to just close your eyes and setting an intention for the day will help. And one thing that is easy and everyone should do is lie down with your legs up on the wall. When you're lying on the bed and your legs are on top with the support of a wall your blood flow improves. It is as good as an inversion because you're reversing your blood flow and waking up your metabolism. It helps

your hormones be secreted correctly. It is super simple, and everybody can do it no matter your age.

### **What's one piece of advice that you want to give to our readers?**

Consistency is key. Love yourself. Create space in your mind, body and soul. It will help you think, bring positivity, and attract unique things, all which will help you grow as a person. I tell everybody to give yourself a hug. At the end of our yoga practice, we all hug ourselves. Earlier my students used to laugh, but today they all do it without me telling them. I tell them that you need to thank your body that you can move, that you need to thank it for supporting you, and helping you breathe.

### **What's next for you?**

There are many new exciting things. I can't wait to unveil them. We're working on it. Hopefully, this will be a changing year. I have so many dreams to expand, reach out to people, and bring holistic wellness in their lives.





# QUICK BYTES:

FAVOURITE WELLNESS DESTINATION

**Soneva Maldives**

TOP 3 DESTINATIONS ON YOUR BUCKET LIST

**Anywhere from where I can see the Northern Lights, Maasai Mara & Bahamas**

ONE THING WITHOUT WHICH YOU CANNOT STEP OUT OF YOUR HOME

**My 3-litre water bottle**

SNACKS WHICH YOU LIKE TO MUNCH ON

**Nuts**

YOUR CURRENT BINGE WATCH

**Tehran**

YOUR STYLE QUOTIENT

**Comfortable**

ONE PERSON YOU WILL ALWAYS LOOK UP TO

**My parents**

YOUR FITNESS MANTRA

**You are as flexible in your mind as you are in your body and spine**

MUST HAVES IN YOUR VANITY KIT

**Lip balm & Sunblock**

MUST HAVES IN YOUR WARDROBE

**Athleisure**

ONE CUISINE YOU LOVE TO BINGE ON

**Japanese**

FAVOURITE HOBBY

**Flying**

A SUPERPOWER YOU WISH YOU HAD

**To fly**

A CRAZY RUMOUR YOU HEARD ABOUT YOURSELF

**Yoga teachers can't have fun**

A SKILL YOU WOULD LIKE TO MASTER

**Skiing**



FAVOURITE WAY TO UNWIND

**To chill with my dog and listen to music**

SOMETHING YOU NEVER TAKE FOR GRANTED IS...

**My breath**

A MANTRA YOU LIVE BY

**Keep everything in balance**



IN ACTION

# THE GREEN WAVE

HEAR FROM THE STUNNING CONTENT  
CREATORS ON HOW THEY ARE DOING THEIR  
BIT FOR A HEALTHIER TOMORROW.

## SHILPA RAO

*Singer @shilparao*

I feel that all natural resources belong to all living beings on the planet and that includes us, animals, nature, micro-organisms and everything. We are not the only species to reside on the planet. We are part of this ecosystem and all the natural resources belong to everyone. I think once you start looking at life like that, you will become a little more conscious of your actions. In terms of not wasting water, switching off the fan when you leave a room, and not to waste food, especially when you go out to eat.

When it comes to fashion, you need to understand that the more you buy, the more resources have been spent all across the world. So whenever you purchase something, ask yourself 'Do I really need this?' and you will get an answer. Honestly, in life we don't need so many things and once you start thinking of everybody else on this planet, then you will start looking at life differently and you will start using commodities differently.





## RAVEENA MEHTA

*Singer-Songwriter @raveenamehtaofficial*

Food plays an integral part in my clean lifestyle. We are aware that the consumption of meat has been reported to contribute toward a colossal water waste amongst various other factors that are detrimental to the environment. Which is why I have been a vegetarian by choice all my life. I have also switched to alternative milk such as Almond and Oat – something I would highly recommend. On a daily basis, I practise turning water off when I am brushing, prefer walking to places than taking a car, especially in cities like New York where I spend a lot of my time - if you live in a pedestrian city, walk!





## VARUN AGRAWAL

*Lifestyle Influencer @settlesubtle*

Understanding sustainable fashion and its practices has been quite an eye opener, to be honest. Being responsible with my choices feels more like a duty, especially being in the field. I try to keep my wardrobe choices as sustainable as possible. For instance, having knowledge about the brand, its quality and versatility, changes my purchasing habits to buying less but better.

I believe that in addition to creating a cleaner environment, sustainable fashion also gives me a chance to evolve my personal style.

## ANISHA SETHI

*Lifestyle Influencer & Event Curator @anishasethi*

As a parent, I have always pushed myself and my child to be particular about the small things that make a huge difference. From maintaining an office garden to no food wastage, I believe everything accounts for a cleaner and better environment. Go for e-books or purchase old books instead of buying new books. Declutter, this is very important and something I follow. Donate items like clothing, shoes, food, household items and other things that are of no use to you. I also often avoid disposable bottles or packaging, it is genuinely an unwanted waste and useless storage at home!







## SHANAYA MAKANI

*Dancer @shanayamakani*

I have been trying to use vegan beauty products more, stopping the use of leather completely and avoiding brands that test on animals. In efforts to be more conscious about my impact, I refrain from using plastic and have even quit meat completely for 2 years now! I am also working more on indulging in purchases that provide environmental benefits.

## CELINA MATHEW

*Dancer & Lifestyle Influencer @celina\_mathew*

I have incorporated a few changes in my fitness routine, like always carrying a steel water bottle and wearing sustainable activewear as well. I prefer buying healthy, natural produce sourced from local markets, and sustainable companies. Working out in nature is always my top preference over working indoors with AC. Small changes have been serving me well.



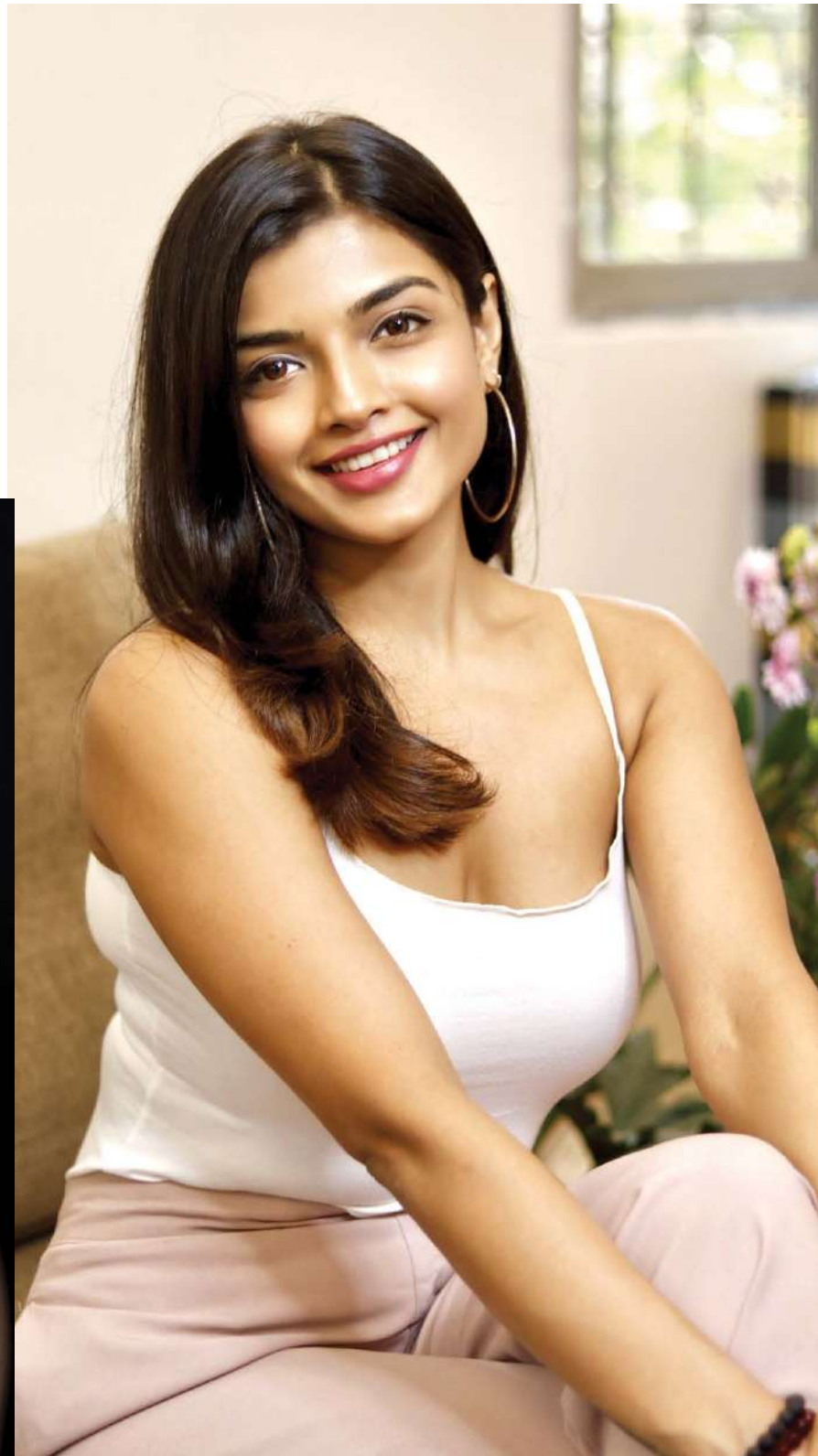


# YASHITA CHANDRASHEKHAR

*Lifestyle Influencer @yashitac*

I believe a sustainable and clean lifestyle should be the top priority to ensure environmental quality. Whether it is food, drinks, clothing, or other items, I try to slow down my purchasing habits. While shopping, I invest in a product only if I really need it.

For me, it's all about planning. I invest in better quality and sustainable pieces. It might cost more, but buying just a few high-quality items yearly, rather than cheaper, less eco-friendly pieces, dramatically reduces the carbon footprint. Basically, save up, invest and buy less.



# ASHNA ZAVERI

*Lifestyle Influencer @iashnazaveri*

I try to opt for organic and vegan products in all areas, from beauty to food. In clothing, I avoid leather and my choice will always be towards environmentally sustainable products. I also follow a vegan lifestyle in terms of my food and absolutely love plants. My house is filled with greens all over.



# USAAMAH SIDDIQUE

*Fashion Influencer @usaamahsiddique*

To me, sustainability is no longer about doing less harm to the environment but doing more good for it. I initially started by making small changes, starting with my business, at home and eventually to my lifestyle, too. I wanted my clothing brand to be as eco-friendly as possible, all the packages that go out are sustainable. At home, I no longer use plastic bottles and containers at home for storage, which is so much more convenient and hygienic. With my lifestyle, I prefer purchasing from brands supporting sustainable fashion, they are definitely better in this fast fashion industry. Initially, adapting to a sustainable lifestyle might be a difficult road, but it's so worth the effort for yourself and the future of living.



# RENIL ABRAHAM

*Producer & TV Talk Show Host @renil.abraham*

One thing that I was always good at was being a hoarder. I think we have all been too lazy to unplug a laptop that's charging through day and night. I was that person, too. But when you live in a jam-packed metro city like Mumbai and see what these small things add up to right in front of you, it forces you to change. Doing small things like unplugging my gadgets once they are fully charged, using as little paper as I can, finding seasonal local food items, and avoiding as much plastic as possible. Of course, these are all tiny steps when it comes to the larger scheme of things. But I hope these add to it.





## KRISHEN RIYAT

*Fashion Influencer @krishenriyat*

Being in the fashion space, I have realised that to be sustainable, I don't necessarily need to buy less, but actually buy smart. I have been consciously trying to stay away from fashion trends and stick to what I have in my wardrobe. Almost all of the clothing that we dispose off can have a second life through refurbishing, mending and other techniques. So, I have started thrifting more often and working creatively with existing pieces to change up its look and feel. It is all about making better decisions for yourself, the people around you, and the planet.

## YASHIKA JATAV

*Lifestyle Influencer @yashikaaaaaaaaa*

Being a fashion design student, I have learned about sustainability and some major ways to adapt to a more sustainable lifestyle. I started with sustainable fashion and I make sure I do my bit by sourcing clothes at thrift stores and up-cycling clothes as well as different items that can be used again. Apart from that I have switched to using a menstrual cup which lasts years instead of using sanitary napkins that are a hazard for the environment. I believe in choosing better options, reusing and up-cycling.





# MAIA SETHNA MALHOTRA

*Fashion & Lifestyle Influencer @maiasethna.in*

We all want to play our part in combatting climate change and helping drive a shift towards a more sustainable lifestyle. Fashion is an extremely fast-paced industry, with designs and styles changing all the time. Working in fashion means that I receive excessive amounts of clothes, accessories, and products to sample and shoot. Once I am done working with them, I make sure that nothing goes to waste and that products are donated, gifted or sold on as pre-loved pieces (proceeds go to charity).







# SHRUTI SINHA

*Dancer @shrutisinhahaha*

A sustainable lifestyle is a way of living that strengthens your own health, supports the well-being of other people, and protects the environment. To live more sustainably, I change my personal behaviours in terms of food, transportation, or energy choices. Things like living plastic free and being water wise go a long way for the environment.





## AMANDEEP KAUR

*Fashion & Lifestyle Influencer @amandeepkaur87*

Sustainable fashion has been around for decades, but it has come into full accelerated focus and has become the need of the hour only recently. For me, green living surrounds my work and choice in fashion, varying from up-cycling old pieces, buying from eco-conscious brands, shopping second hand fashion, investing in versatile staples rather than fast fashion, a conscious purchase of fabrics made from organic cotton, hemp, flax, etc, shopping from ethical brands, and shopping locally. It's not like I have stopped loving fast fashion, but I have just become a bit more aware, and mindful of what I shop and what I consume.



## KAMLESH SALVI

*Lifestyle Content Creator @kamlesh.rockman*

Our day-to-day actions impact the environment in one or another. When you desire to learn how to live a more sustainable lifestyle, you must make adjustments in your daily life. Walking or cycling improves both your fitness and your health. Plastic is truly amazing, but also a plague to the environment, so one should reduce the use of plastic. On an everyday basis, turn off lights and fans, recycle or compost your waste. Taking part in swap shop activities to exchange books or clothes can help reduce resource consumption. Even changing to a renewable energy supplier is a simple approach to cutting CO2 emissions and assisting the energy revolution.



# Cultivating the GREEN Consumer

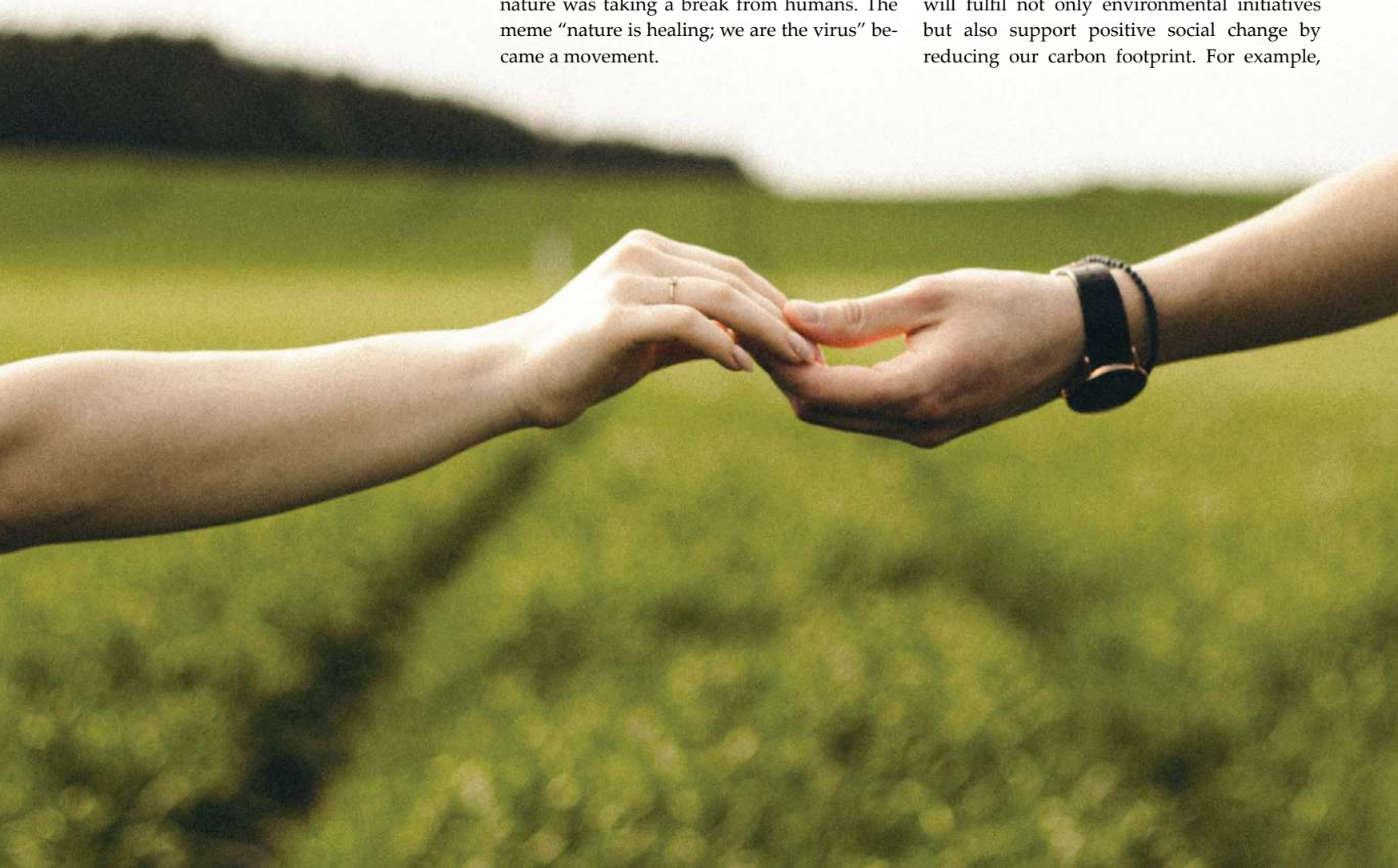
YOU CAN HAVE A SIGNIFICANT  
IMPACT ON THE WORLD IF YOUR  
LIFESTYLE INSPIRES OTHERS  
AND HAS A POSITIVE EFFECT.

**By Narendra Firodia**

**T**oday, we can see a massive shift in consumer behaviour. The effects of extreme weather changes and rising sea levels have caused consumers to pay closer attention to their choices, especially their lifestyles. As you recall, during pandemics, people were forced to stay at home, and businesses worked remotely, so fewer cars were on the highways and less carbon dioxide in the air. There was almost a feeling that nature was taking a break from humans. The meme "nature is healing; we are the virus" became a movement.

The concept of green consumer refers to the demand for or choice of products that are less harmful to the environment. Green buying is a social behaviour that encourages the use of eco-friendly products. Besides shopping for eco-friendly products, green consumerism includes practices such as recycling, conserving, and using public transportation instead of driving.

Choosing sustainable suppliers, such as, will fulfil not only environmental initiatives but also support positive social change by reducing our carbon footprint. For example,







fair-trade helps farmers gain better working conditions and pay, reinforces the prohibition of discrimination, forced labour, and child labour, and provides more secure buyer relationships for disadvantaged producers. By reducing waste production, sourcing sustainable packaging options, and improving recycling processes, companies can minimise the effects of climate change.

To put things in perspective, researchers say household consumers like us are the most significant environmental drain. Most people are not familiar with analysing ecological impacts on a national level.

Additionally, buying sustainably improves your health and wellbeing besides reducing the environmental impact. Sustainable and eco-friendly products often have fewer or no toxic ingredients. Sustainable food, for example, doesn't use harmful chemicals like artificial fertiliser and pesticides. There is even less chance that green items in the personal care category will contain harmful ingredients. Thus, buying sustainably helps make the world and our lives better. Looking at our consumption habits before blaming the entire country might be more appropriate.

Here are a few more simple reasons why

purchasing products sourced responsibly is essential:

- Reduces carbon emissions by reducing energy consumption
- By buying fair trade products, you can improve the living and working conditions of local businesses and farmers
- Promotes and creates jobs for the future through the development of sustainable goods and materials
- Protects natural resources
- Reduces waste

Hence, always choose a suitable platform for all your products that can give you a high level of assurance about the brand and the products that are accessible through that platform. There are several factors that the company must verify and check to ensure that the certificates and the backing authority are authentic. They should also conduct more detailed research to review every ingredient and claim made by the company and then only approve the product on their platform.

Undoubtedly, prioritising health and lifestyle when shopping for clothes, housewares, or food is an excellent idea. It is crucial always to make a mindful decision to purchase items created responsibly and ethically sourced and refuse to consume goods that can negatively impact the environment. We can help protect our planet from further degradation. Shall we?



WELLNESS WISDOM

# Little Steps, Big Changes





## MAKING SMALL CHANGES TO YOUR EVERYDAY LIFE CAN HELP CREATE A BETTER, GREENER, MORE SUSTAINABLE WORLD.

By Aditya Ruia

**A** report released in 2021 by the Minderoo Foundation, a philanthropic organisation dedicated to environmental sustainability, shows that single-use plastics make up a third of all plastics produced globally. 98% of these plastics come from fossil fuels, which have been proven to have a drastically negative impact on the environment. Nearly 130 million metric tonnes of plastic bags are discarded as single-use plastic. All of which are burnt, buried in landfills, or discarded directly into the environment. This category includes straws, cups and cutlery, bags, food containers, water bottles and even clothing made from non-biodegradable waste. In one of the studies made by the foundation it suggests that by 2050, single-use plastic will be responsible for 5-10% of global greenhouse gas emissions. Sustainability is about improving our quality of life and creating a better world for us to live in, not just for future generations, but for all people today. The idea of living a more sustainable life can be a little intimidating. Luckily, there are plenty of ways you can make small changes in your everyday life that will have a big impact on the world around us.

**Support organic and fair trade products:** When it comes to shopping for groceries, you have the power to help create a better, brighter world. Shopping for food that is made of sustainable products, organic and fair trade that can help reduce carbon emissions. Try to avoid buying things like pre-packed meals, cleaning chemical infused products and bottled water where possible. Instead, aim to buy what you need in smaller quantities. You can also try to shop during off-peak times when goods are cheaper and shipping times are shorter.

**Be Water Wise with your garden:** Water is one of the most important things to look after in your garden. Not only does it help the plants grow, but it is also essential for the health of your entire ecosystem. If you are getting water from a contaminated water source or has a high salt content, it can be harmful. To help make sure that your water doesn't go to waste, try to have a plant that can survive using less water.

**Be Vocal about your love for Sustainability:** Let your community know you care about sustainability. By doing this, you can encourage others to make sustainable lifestyle changes and reduce the amount of waste that is produced in your city or community. You can use fewer resources by opting for public transport, conserving water in your household, reducing waste that is produced in your home and by reducing the amount of food you buy from the supermarket.

These are just a few of the ways you can help make the world a greener place. The key is to be mindful about the small changes you can make in your daily life to help create a more sustainable world for generations to come. After all, if you make one positive change, it can inspire others to do the same.





# Earth BEAUTY



AN INSIGHT ON SKINCARE INGREDIENTS DERIVED FROM THE EARTH WHICH DOES WONDERS FOR YOUR SKIN. HEAR IT FROM PRACHI BHANDARI, CO-FOUNDER OF AMINU SKINCARE, AND AASTHA KHANDELWAL JAIN, FOUNDER OF TVACHAMRIT.

## REVIVING THE LOST PRACTICES OF UBTAN

“Using an ubtan for your daily skincare and personal care needs might just be the sustainable shift you need to make,” says Aastha Khandelwal Jain, founder of Tvachamrit on the power of ubtan, “they are a powdered mix of various fresh or dried plant materials which helps in cleansing, scrubbing, and moisturising your skin.” She, in her brand- Tvachamrit, has utilised this power and provides two ubtan products- Turmeric Ubtan, and Orange &

Neem Ubtan. Hear it from Aastha who tells us all about ubtan.....

Traditionally, it is to be used instead of a soap and a moisturiser. In the yesteryears, ladies used to have a box full of dried herbs, leaves, flowers, and fruits that they used to keep in their bathing area to prepare fresh ubtans for their skincare and personal care purposes. They always included it in their trousseau. They also used to get muslin cloth, rugs and thistle vessels for scrubbing their bodies using these ubtans.





Ubtan was made by first drying out fruits, roots, and leaves, grinding them in a mortar pestle to form powders, and then formulating a mix to suit your skincare needs. Nowadays, we have them pre-mixed and powdered already. Ubtans are incredibly useful. They are easier, more authentic, custom made always for your skin type, less time-consuming, natural, no side effects, it builds up the layers of skin strengthening it rather than depleting a layer of the skin which just weakens its barrier function.

There are various types of ubtans for all skin types and all skin issues. You can easily tweak the recipe of any ubtan to suit your skin type or needs. For example, Tvachamrit's Turmeric Ubtan is essentially for glowing skin, but you can use this for acne as well if you add a little multani mitti in it or some drop of tea tree oil. You can even make your own ubtan if you have the time, expertise and knowledge, if not you can always purchase from outside! Try with different activators, add some extra powders, or oils, etc. There is no right or wrong way of using them. The best way is the way that suits you the most. But remember, if you are buying it, make sure that you buy the product which has all ingredients mentioned instead of only key ingredients. It should have no-expiry date but one should stick to a max of 2 years. And if you plan to make it on your own, keep it in glass bottles away from water and humidity. Don't introduce a wet spoon in it.

#### **METHOD OF APPLICATION**

The substance you use to activate the ubtan (i.e, form a paste with) should depend upon your skin type. Use hands to apply as it also massages your skin gently and improves blood circulation. Ubtans are not meant to be dried off completely on the skin, remove the ubtan when it is semi-dry. Either scrub it off or rinse off with lukewarm water. Also, use of soap is not required post ubtan.









## PEAT – A SKINCARE INGREDIENT FROM THE BOSOM OF MOTHER EARTH

Engravings from the times of the ancient Greeks and Romans depict people bathing in mud for curing several skin ailments for more than a few millennia. If you have travelled through Europe, you would have surely come across dedicated spas offering mud wraps and soaks using peat and based on age old peloid therapy or balneotherapy. "The most famous example of peat's ability to nourish human skin is the Tollund peat bog man – the body was preserved in an unbelievable state in a peat bog for thousands of years without any additional preservation," says Prachi Bhandari, co-founder of AMINU Skincare, "The outer form of eyes, nose, and mouth was intact, and the body's exterior had been well preserved while the organs and bones had decomposed. That's the power of peat." Prachi has researched very well in this timeless miracle skincare ingredient which is discovered from the bosom of our mother earth. She uses Finnish Peat as an ingredient for making AMINU Nordic Mud Mask, that comes from Karvia in Finland and is mined responsibly under the watchful eyes of the UN and is completely traceable. Know more about peat from the expert herself...

### WHAT IS PEAT?

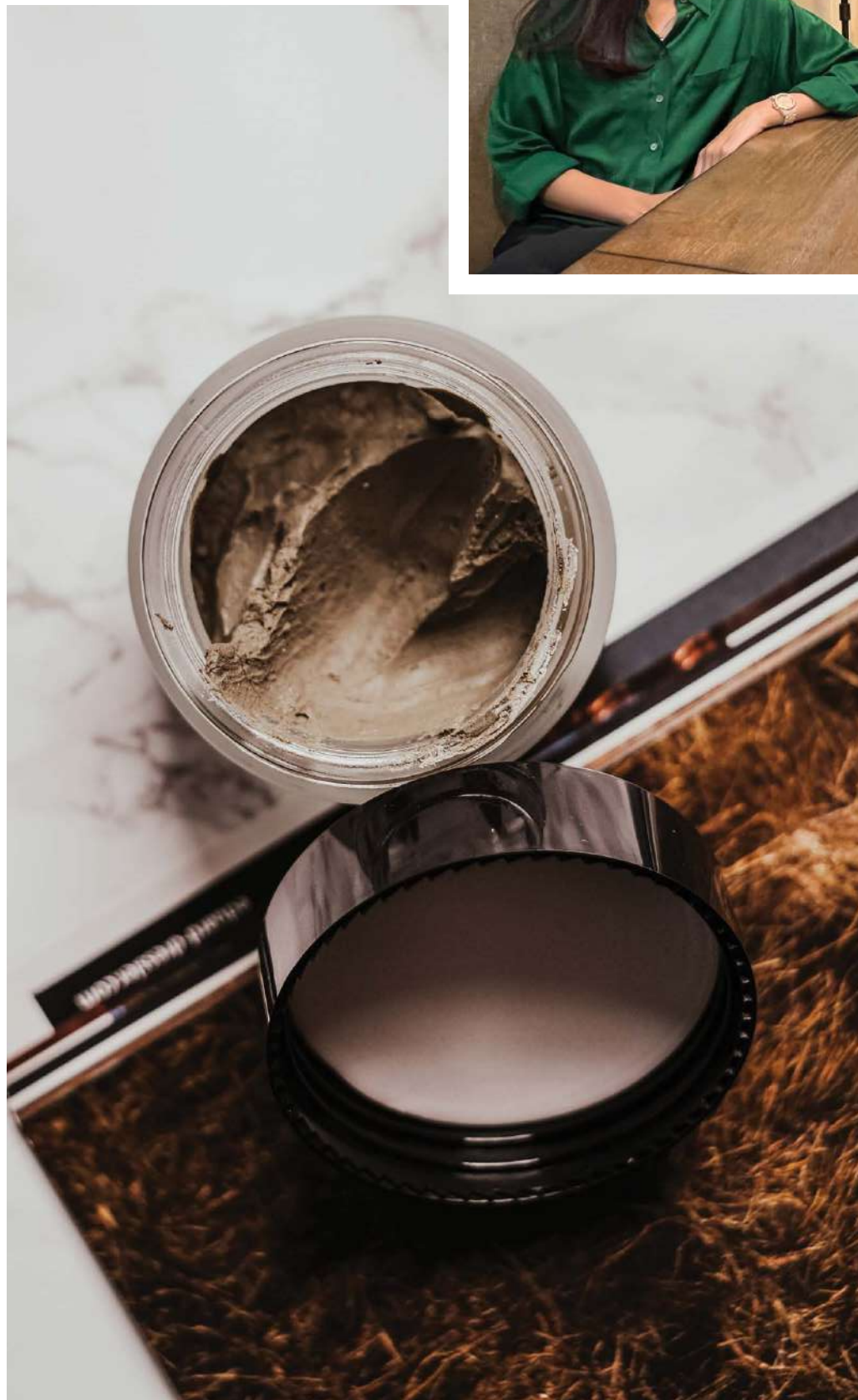
Peat originates in swamp, where it has been naturally developed over thousands of years. The Finnish peat is unique, due to the tundra climate with long days and long freezing winters. Plants have a short but intense growth season and are richer in nutrients than plants grown elsewhere. Following the short but high growth life, these plants are then naturally macerated in the mud resulting in high concentration of active substances. And unlike other muds, peat doesn't contain any clay!

Peat is a natural accumulation of mineral-rich extracts, floral components and pure arctic glacial waters. Over 1,300 natural, organic plant enzymes, bio-minerals, trace elements, amino acids, plant hormones and fatty acids and vitamins have been identified so far within the mud that are bio-available to the human skin.

### HOW DOES PEAT HELP THE SKIN?

Think of it as a plant extract not from just one plant, but thousands. Due to high concentration of bioavailable vitamins, minerals, peat is a very powerful antioxidant, anti-inflammatory and thus an anti-ageing substance. It slows

ageing as it shields the skin from oxidative stress, boosts collagen production, increases skin elasticity, and tightens pores. The unique molecular structure of the peat is so fine that it penetrates the skin and rejuvenates cells almost instantly.





# PRESERVING CORAL

IT IS TIME WE FOCUS ON ONE OF THE MOST DIVERSE AND ECONOMICALLY VALUABLE ECOSYSTEMS IN THE WORLD – CORAL REEFS.

**A**lso called “rainforests of the sea”, coral reefs are calcium carbonate structures that cover about only 1% of the entire ocean. However, it is home to almost 25% of all known marine species! They are present in about 100 countries and exist in three unique variations: fringing, barrier, and atoll. Also, did you know corals are indeed animals and not actually plants?

Here we celebrate nature by focusing on coral reefs – a quintessential part of the same ecosystem that’s being eradicated at a rapid pace. Wondering why they matter so much? Because they actively assist the ecosystem. Coral Reefs play a major role in protecting against and preventing the damaging effects of tropical storms and tsunamis. Majority of the fishing industry depends on these reefs since various fishes reside in these, hence making their jobs easier and efficient. Reefs are also a source of income and employment for millions of people around the globe, including the fishing industry and tourism. They even balance the marine food chain by supplying essential nutrients and fixing nitrogen.

However, practices such as pollution, unsustainable fishing practices, and especially

coral bleaching have been long affecting these species. Here are some ways you could play your part in saving coral reefs: Make the right seafood choices. Seek information on your source of seafood and if they are sustainable enough to be on your plate.

Practise basic eco-conscious tasks such as recycling, saving energy at home, and steering clear of plastic and more. Remember: a little goes a long way. Choose your sunscreen extra wisely. Coral harming ingredients such as oxybenzone and octinoxate have been found in many. Make sure you double check before you buy.

Spread awareness! Educate as much and as many as you can. Always be thorough with yourself before deep sea diving or scuba diving. Further, besides their biological value,





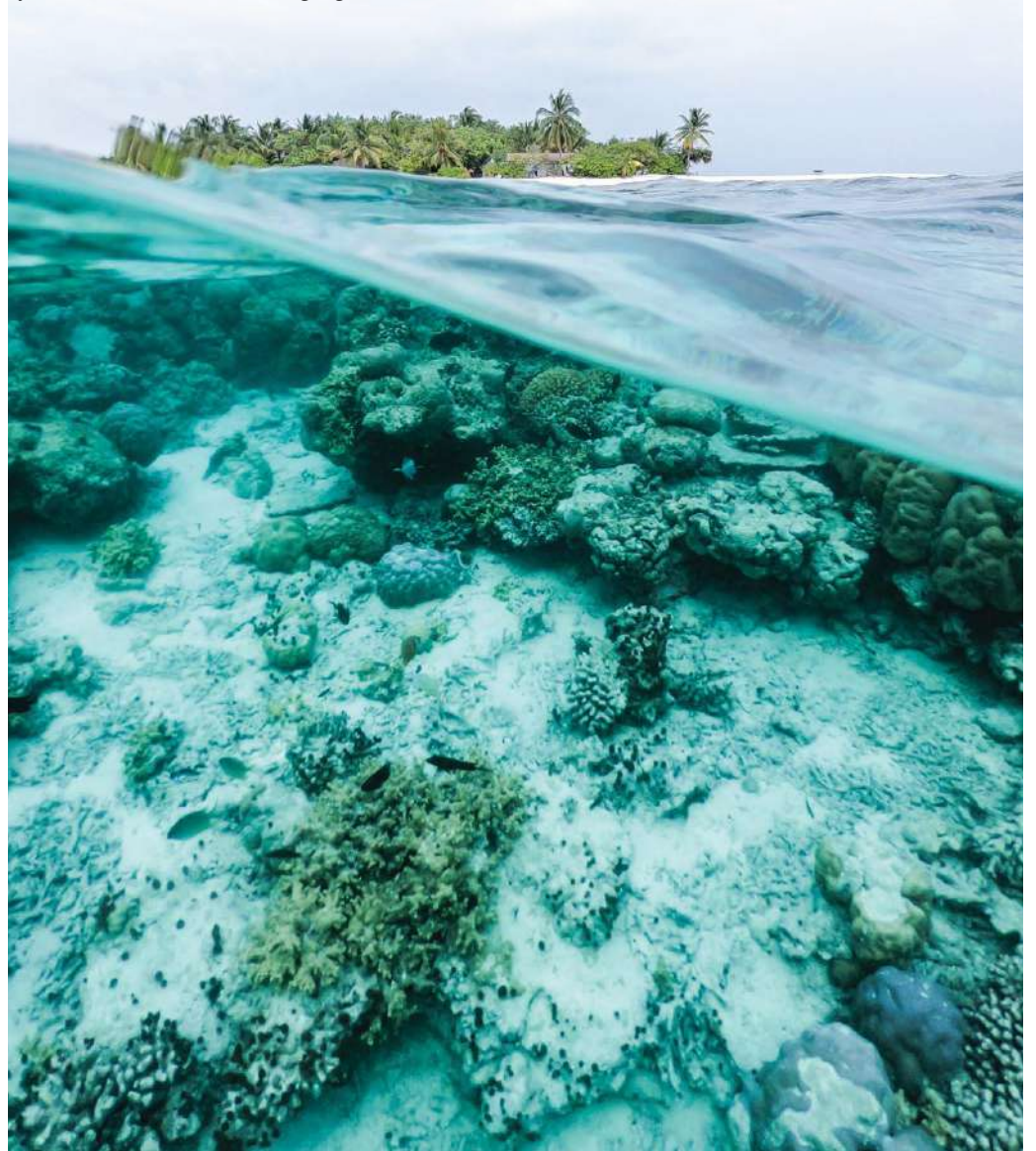


corals are well beloved for their tourist value. Springing in wild colours and splashing the basic blues in many shapes and sizes, dozens of resorts around the world let explore as well as conserve these nature's gifts.

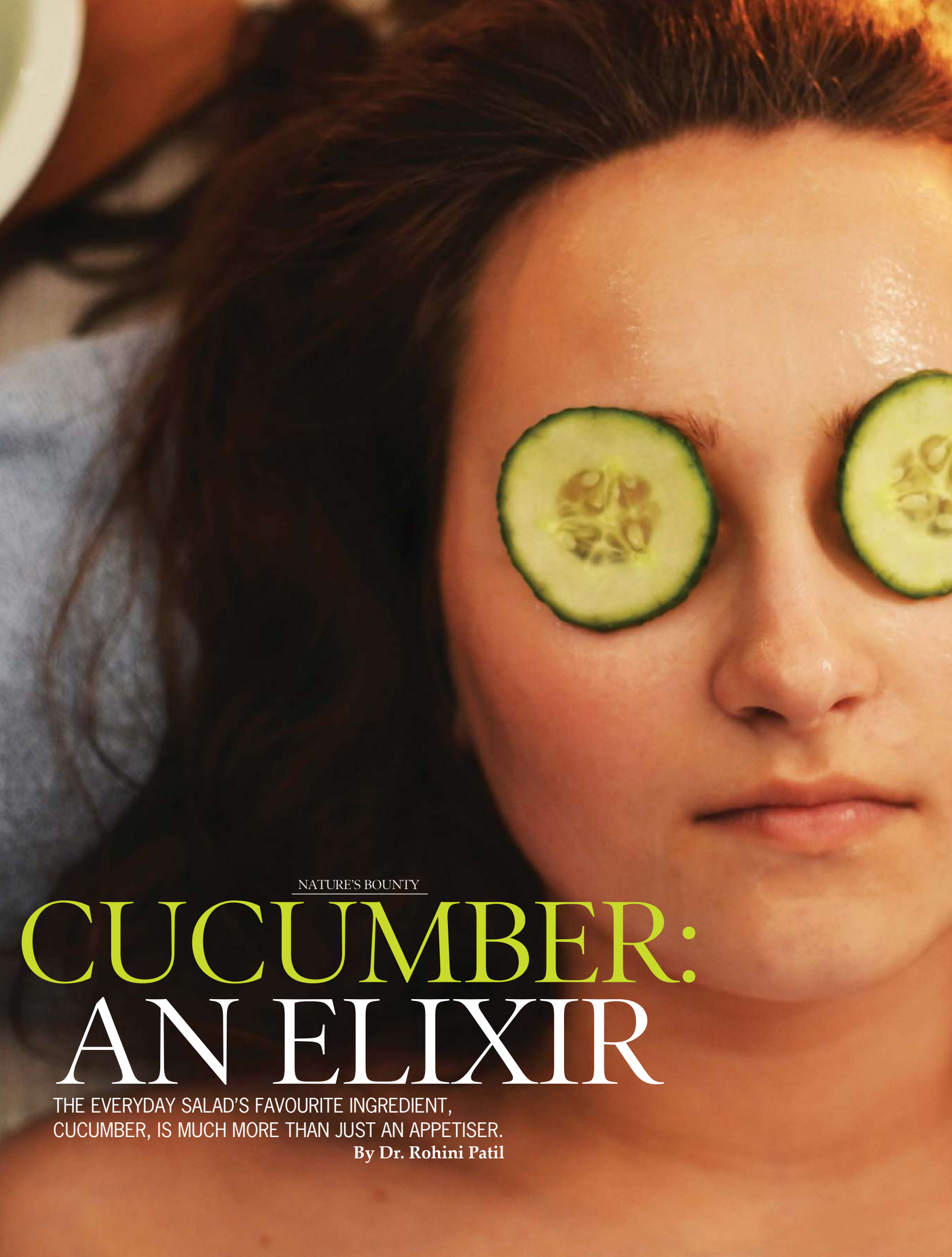
Set five metres below the sea level, Ithaa Undersea Restaurant in Maldives is the world's first all glass undersea restaurant. It offers 180-degree panoramic view of the surrounding coral gardens. Pimalai Resort & Spa Koh Lanta offers eco-sensitive excursions to the idyllic islets of Mu Ko Lanta National Park. The "Koh Haa Sunset" tour transports you to a gorgeous group of limestone islets where turquoise lagoons and a technicolour coral reef attract an amazing array of marine life. Rich in colourful marine life, untouched coral reefs and even boasting a shark pit in the more distant open waters, all are an excellent setting for an unforgettable scuba diving experience by Oberoi Maldives. As a great learning experience, Cheval Blanc Randheli in Maldives, has an interactive wall screen that allows children to create their own virtual fish, which evolves among the corals and lagoons of the atoll and will be reactivated by the child each time he or she passes. Coco Bodu Hithi Maldives invites you to build coral nurseries that can help preserve the reef for future generations. Kandima Maldives gives you a chance to create something extremely special and precious. You get to create your own love reef by adopting a Coral. It is a living coral reef which will be forever yours! The resort also shares the growth of your reef every six months. Bawah

Reserve's iconic jetty was constructed over the coral reef that divides the two lagoons. To achieve this without damaging the coral, a team of specialist divers was employed to guide construction. The jetty is not precisely symmetrical to avoid damaging areas of coral.

Moorings were put in place in the lagoon to enable boat users to anchor without damaging the reef. A range of Bawah branded, locally made 'reef-friendly' sunscreen and other products are also available to purchase at the resort.







NATURE'S BOUNTY

# CUCUMBER: AN ELIXIR

THE EVERYDAY SALAD'S FAVOURITE INGREDIENT,  
CUCUMBER, IS MUCH MORE THAN JUST AN APPETISER.

By Dr. Rohini Patil





**D**id you know that 96 percent of a cucumber's weight is simply water? They are extremely rich in water and fibre. Other than this, cucumber has also been an integral part of skin and beauty care rituals since many generations due to numerous benefits they give. They are an excellent source of silica – the beauty mineral. Even when added in our diet, cucumbers help us fight so many diseases while strengthening us from the inside. Cucumbers definitely have a great many benefits, let's find out more.

**Good for Hydration & Detoxification:** Consuming cucumbers adds to the daily requirement of water by the body, thus keeping us hydrated. It also acts as a coolant, providing us relief from the summer heat. Detox water made using cucumber and mint, effectively eliminates toxins from the body, improves hydration and thus results in innumerable health benefits.

**Regulates Blood Pressure:** Cucumbers are a good source of potassium, magnesium and dietary fibre. These nutrients are known to lower blood pressure, thus reducing the risk of heart diseases. Research has also proven that regular consumption of cucumber juice was helpful in reducing blood pressure, in elderly people with hypertension. The water content and Vitamin C present in cucumber can arrest the spread of damaged cells in your body, thus saving you from multiple chronic inflammatory conditions, including heart ailments. The antioxidants in cucumber will fight inflammation by boosting the immune effects of your body.



## CUCUMBER FACE PACK

Peel a cucumber and grind it fine. Put un-boiled milk in it and apply. It will soften your skin. Rest assured, your skin will thank you for these.

## CUCUMBER AND ALOE VERA FACE SERUM

Cucumber is a nutritious and refreshing vegetable that also helps to tighten the pores. Aloe vera fights wrinkles, deep cleansing the skin; it also reduces acne and lightens blemishes.

Take cucumber and aloe vera, and blend them properly. Apply a few drops of this liquid on your face and leave it overnight.



**Good for Digestion:** The soluble fibre in cucumbers helps in slowing our digestion. Also, the high content of water in cucumber makes our stools soft, prevents constipation and keeps our bowel movements regular. Cucumber is considered a good source of nutritious fibre that will help your body function properly. The combination of fibre and water in cucumbers can help prevent constipation and can increase regularity.

**Reduces the Risk of Cancer:** The fibre in

cucumbers protects from colorectal cancer. Also, cucurbitacin present in cucumbers possesses anti-cancer properties. It can reduce the spread of cancerous cells throughout the body and decrease the risk of cancer cells. Oncologists or cancer specialists ask their patients to consume cucumbers to restore the damaged cells in their body that also aids blood circulation. Lignans and polyphenols present in cucumber may help in reducing the risk of ovarian, uterine, breast and prostate cancer. It will also give relief from heat burn, itchy skin and sunburn. All you need

to do is apply cucumber on the exposed areas of your body.

**Good for Hair and Nails:** Cucumbers contain silica which is excellent for hair and nail care. They help in strengthening the nails and prevent them from becoming brittle. Cucumbers are also a source of calcium necessary to eliminate the risks of low bone density and fractures. Do not fail to add cucumber to your diet, as you will enjoy having strong bones and cartilages despite advancing in years. They also help to improve the





## TZATZIKI DIP

Pronounced Tsaht-zee-kee, this dip is one you've probably had before at your favourite Greek restaurant. Also called the cucumber Greek sauce, Tzatziki is made using cucumber, Greek yoghurt, lemon juice, garlic, and salt. It goes well with any of your meals, even the vegetables that you have daily! Perfect for some extra crunch to your daily meals. It can also help reduce appetite, regulate hunger hormones and increase metabolism.

## CUCUMBER DETOX DRINK

*Mix: Ginger + Cucumber + Mint + Lemon*

Cucumbers have amazing anti-inflammatory qualities that can reduce swelling, as well as soothe and soften skin tissue. This detox drink not only detoxes the body but also helps in reducing weight. The ginger and lemon in it helps in boosting immunity. Cucumber is an excellent source of silica, a trace mineral that strengthens the skin's connective tissue. Cucumbers will alkalize, cleanse the skin, and release toxins from the body, all while keeping you hydrated. The Silica content helps in keeping your hair and nails strong, refresh and heal the gums and mouth, and lower uric acid levels in the body, which will keep your kidneys in shape.



absorption of calcium, enhancing the repair of bone muscles. The sulphur and silicon present in cucumber can help strengthen and rejuvenate your hair. You will have improved hair growth with the hair becoming soft and silky to touch. The hair will be supple and not break easily either.

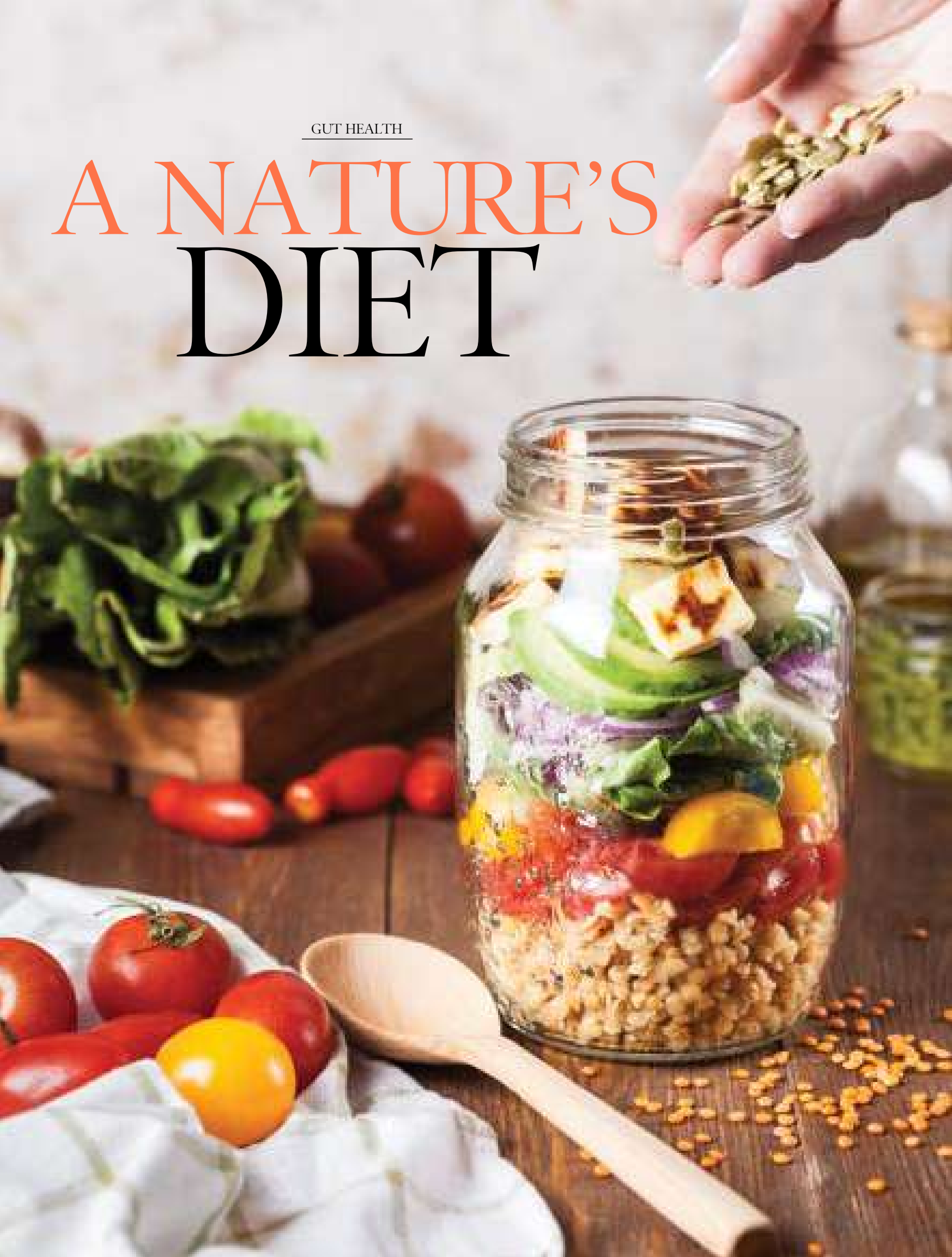
**Prevents Bad Breath:** Phytochemicals present in cucumber destroy the bacteria in our mouth that cause bad breath. Even if you brush your teeth twice a day and

maintain proper oral hygiene, you may still be plagued with a bad breath that makes people shun you. No! You do not have to opt for costly treatments to get rid of stinking breath. Have as much cucumber as you want to wash the accumulated bacteria off your gums and teeth. Just place a slice of cucumber on the roof of your mouth, and it will fight the intestinal worms as it contains erepsin, an enzyme, which is known to kill tapeworms. Eating cucumber will help in eliminating tapeworms from the intestine.



GUT HEALTH

# A NATURE'S DIET





WE MUST BE AWARE THAT OUR FOOD CHOICES ULTIMATELY IMPACT MORE THAN JUST OURSELVES.

'Sustainable Nutrition' is a concept that considers all food-related aspects - also beyond the individual health aspects. It was developed in the 1980s and is defined as "those with low environmental impacts that contribute to food and nutritional security and to healthy lives for present and future generations". This is a complex idea, but in the simplest terms, a sustainable diet aims to positively impact the individual and environment, both now and in the future.

Kajal Wattamwar and Bushra Qureshi, dietitians and co-founder's of Healthy Steady Go, discovered the pain point in people's health journeys, i.e., the lack of awareness around the right way of living a healthy life. Kajal Wattamwar has done MSc in Food Science and Nutrition (SNDT, Mumbai). She is also a Certified Diabetes Educator (CDE) and Gut Health Specialist (IIN, New York). Talking about Bushra Qureshi, she has done MSc in Clinical Nutrition (SNDT, Mumbai) and a Certified Diabetes Educator (CDE). She is also a Hormone Health Specialist (IIN, New York). Hear it from them on how you can include sustainable nutrition:

Essentially, there are four aspects of a worthy sustainable nutrition system. The first is nutritional benchmark. A healthy and balanced diet must be provided to everyone; one that meets the nutrition and calorie requirement of the person based on their needs, age, gender, and environment. There are meat, seafood and poultry food items that are necessary, for they are a great source of protein. In sustainable nutrition, animal-source foods are not eliminated from the diet completely but a balance is found between the plant and animal foods. None of the resources is exploited irreparably and adequate focus is given to all. The same is said about dairy products because milk and other dairy products are important for growing children and ageing adults.







Then we come to environmental needs. Sustainable nutrition ensures that the biodiversity of the planet is maintained and a reduction in the wastage of food is observed by encouraging the recycling of waste products. Once the idea of processed food items reduces, it will not only benefit the population of the world, but also reduce pollution exponentially.

The third aspect of sustainable eating is economic accessibility and availability of food items in different parts of the world. For instance, the people living in deserts have much less exposure and opportunities to feed on vegetables and fruits than the people living in fertile areas of the world. A lot of nutritious foods aren't accessible to a wide range of the



population because they suffer economically and can't afford the food items.

Lastly, is the socio-cultural aspect of sustainable nutrition. Not all social and cultural and religious backgrounds permit people to feed on all types of food items and people follow that, out of their respect and beliefs in the same. For instance, the consumption of meat may not be acceptable in many religious or cultural beliefs and people follow that. In such cases, finding appropriate food items that are acceptable by the community and also rich in nutrients is promoted under the umbrella of sustainable nutrition.

Achieving a healthy and sustainable food system is an urgent matter that depends on collaborative efforts from governments, the private and public sectors, as well as us the INDIVIDUALS. Supply and demand work both ways—a shift in the food production landscape depends on a shift in our diets. We should be aware of the carbon footprint we leave behind for the environment. In the end, what's good for the planet is good for us too.





### GOING GREEN: BOTH FOR THE EARTH AND YOU

“Sustainable Diets have many more aspects that are considered than just what is eaten for a meal on the plate. It involves factors like the costs at which an item on the plate is made available, which is the production cost, transportation costs, etc.” says dietician Vidhi Chawla. Founder of Fisico Diet Clinic, Vidhi Chawla a highly devoted and experienced nutritionist specialising in controlling nutritional deficiency, weight loss/gain, detoxification, pediatric nutrition, women’s issues like PMS, pre and post-natal pregnancy, menopause, etc. She here explains how to shift to a sustainable dietary pattern and how easy it is by just taking simple small steps.

The first step would be to identify the dietary requirements needed by your body. In current scenarios, with the availability of food choices, especially junk, which is cheaper, youngsters choose carbohydrates and fats and are often found in need of other vitamins and proteins. Similarly, there are several body indicators which indicate a nutrient deficiency. The idea is

to identify the missing nutrients. For example, dry hair and dry skin are indicative of the lack of mineral content as well as zinc in the body. Then, to recognize the locally available food that could help with the nutrient deficiency. For example, instead of resorting to imported strawberries for Vitamin C, one could easily opt for the locally produced Citrus fruit.

Similarly, if you find yourself heavily dependent on meat, you could reduce that as well. To maintain poultry and other cattle rearing for consumption, it takes up a lot of energy regarding water, fodder and land. While there are certain regions where a meat-based diet is necessary and only means, their bodies are built in such a way too. Hence, it becomes important to be aware of one’s lifestyle and then choose an appropriate diet. This is not to say that one should avoid meat completely. Restricting and limiting the intake is key. Similarly, the kind of meat also matters. To meet the demands of the meat markets, animals are tampered with and injected with hormones to meet ends. This can be avoided by opting for endemic alternatives. Shifting to a pescatarian diet would cut the footprint by 50% straight away, and could be a good alternative.

While we only spoke about the availability of food, Sustainable Dietary Patterns also include reducing to generating zero food wastage. This includes recycling the vegetable and fruit peels, eggshells, and water used to clean the food.

Lastly, reducing the plastic generation through food processing, packaging, transporting, etc. While snacks are inevitable and India thrives on it, healthier alternatives could be chosen. Instead of going for a processed chip, opt for items such as baked chips or locally made fryums, which will support the local economies as well. It is healthier and eco-friendly, which are the two essential concepts Sustainable Eating focuses on.





RESTAURANTS

# PICK HEALTHY

FROM FARM TO TABLE CONCEPTS, LOCALLY SOURCED INGREDIENTS, TO VEGAN AND ORGANIC MENU, HERE ARE SOME FOOD EXPERIENCES YOU SHOULD NOT MISS OUT ON.



## SIX SENSES FORT BARWARA

Six Senses Fort Barwara brings seasonal and sustainable menus bursting with flavour and inspired by local cultural traditions promising guests an out-of-the-ordinary culinary experience. The restaurants combine the best of regional Rajasthani and pan-Indian cuisine with a sprinkle of international influences while embracing the Eat With Six Senses philosophy of local, fresh and seasonal produce. Where possible, they harvest ingredients from the resort's organic gardens and carefully selected farmers from the villages and townships nearby. The Eat with Six Senses is an integrated wellness philosophy based on the guiding principles of natural ingredients, local and sustainable menus and less is more.





## OMO

One of its kind, premium fine-dine in the hustle of Galleria, Gurugram – OMO, Soul Food Community brings in a fresh breath of culinary delicacy, prepared from the most celebrated organic produce that tempts the taste buds of every epicurean in the town. Built on the ethos of a more awakened lifestyle; accustomed to healthy living and smart-conscious dining, the sanguine bespoke chic cafe is handcrafted for a euphoric embrace of sustainability and nostalgia. Stirring the magical melting pot is Chef Vanshika Bhatia; who has earned her stripes by whipping out delightful gourmet dishes across the best restaurants in the country. It's a 100% vegetarian kitchen that serves freshly prepared food cooked with zero preservatives. OMO, only serve seasonally available produce across the year which means the menu also keeps changing. The produce has been ethically sourced from the far corners of the country and across the globe.



## SANTÉ

Santé Spa Cuisine is a concept by virtue of promoting their core beliefs—vegetarianism, veganism, environmentalism, awareness and an idea of minimalism amongst the new generation. Santé procures the freshest and, wherever possible, organic ingredients,

greens and micro greens from the best of the farms and local businesses around. The restaurant also uses a lot of unrefined, non-white produce to get you the earthy flavours which are authentic to our roots. Their spa cuisine menu consists of freshly made salads, wholesome

smoothies, cold-pressed juices, a wide variety of starters and entrees. The menu is curated to suit the food palate for all age groups, from infants to senior citizens. Santé is currently in Mumbai, Pune, Ahmedabad, Bangalore, and Chennai.



## THE MOON VILLAGE

The Moon Village is a café, yoga studio, and co-working space in Mumbai that incorporates the pillars of a healthy lifestyle under one roof. Founded by a celebrity fitness instructor and mental health advocate Samiksha Shetty along with Aditya Damani, a daytime trader and full-time yogi, together they aim to create a safe space for meaningful connections through yoga and food. The café is modelled as an urban oasis with raw, whitewashed walls and lush greens. Walls are adorned with art that pay tribute to energies of the moon and the universe; celestial-themed geometrical ceramic tiles offset earthy tones running through the space, welcoming you to rest, relax and rejuvenate. As you soak in the good vibes, you can also soak your gluten-free Dosas in a Mangalorean style curry and other delicacies from the eclectic, nutritious, primarily aiming at gluten-free and sugar free menu, heavily influenced by different parts of Southern India. If you're looking for wholesome nutrition after a fulfilling yoga session or just a hectic day, The Moon Village Curries & Meal Bowls come highly recommended.



## GO NATIVE

Go Native is a homegrown conscious store and restaurant offering eco-friendly and healthier alternatives for our daily needs. At the core, they stand for eco-consciousness, healthy eating and sustainable living. Their restaurant celebrates the flavours of earth through the farm-to-table philosophy. Their retail store is a one stop shop for all things locally grown, handcrafted and ethically sourced. As you step into their restaurant and store, you will find earthy interior décor, eco-friendly lights made of banana fibre and cement dust, seasonal and delicious vegetarian meals, handicrafts, handloom apparel, all natural wellness products and rustic tableware - to name a few. They started in Jayanagar with a small restaurant and store for mindful alternatives to mass-produced items. Slowly, they grew from one to five different locations in Bangalore.





## JAMIE OLIVER'S PIZZERIA

Jamie Oliver's Pizzeria is all about simple, honest food, prepared with fresh ingredients, bold flavours and plenty of love. When it comes to toppings, they respect the classics but are also not afraid to break the rules with exciting international flavours. The restaurants are proud to be known for their industry-leading food and nutrition standards, plant-based menus, award-winning kid's menus and warm, welcoming staff who channel Jamie's passion for good food. Jamie Oliver Restaurants is a successful international restaurant franchise business which now spans 21 countries around the world, with 60+ locations across Europe, Asia, the Middle East and South America.

## UNCAFE

With a dream of pioneering a health revolution, UnCafe embodies mindful eating experiences. The restaurant started their journey to bring delectable farm-to-table meals using fresh, quality ingredients sourced from locally owned farms in Delhi NCR. Their vegetarian-only menu is wholesome yet nutritious, and curated using real and hydroponically grown produce. It offers a considered selection of hearty bowls, salads, sandwiches, smoothies, and more. With a thought, to contribute to a healthy ecosystem, UnCafe makes healthy food delicious and accessible! The vision is to constantly provide a space that allows one to step into the tasteful setting of muted yet vibrant colours, to enjoy scrumptious food that does not require waiting for a cheat day.



## 1441 PIZZERIA

Made with authentic vegan cheese, marinara sauce, and original flavours of the 1441 pizzas, the new vegan options pave a perfect way to lose yourself in delectable guilt-free indulgence. From Smokey Vegan Cheese Dough Balls, to Vegan Margherita Pizza, which is loaded with Vegan Mozzarella Cheese and Basil Leaves. Jump right into a new variant of our Vegan Wonder packed with sundried tomatoes or the Vegan Hot Chilli adding the extra spice and zing with Mama's sauce, paprika and capsicum. 1441 Pizzeria's New Vegan Pizzas are available in Mumbai, Pune, Ahmedabad, and Surat.



# For Your CASA

HERE ARE SOME BRANDS THAT CAN HELP YOU MAKE YOUR DREAM HOUSE SUSTAINABLE WHILE BEING FUNCTIONAL, SOPHISTICATED, AND STYLISH.



## HOUSE OF KNOTS

It is a brand that is mindful of the environment, engages sustainable practices and treasures its community of artisans. With the launch of its debut collection of handcrafted designer rugs-Longing, they reimagined the carpet-weaving traditions of India for the contemporary home. The rugs are manufactured in all-natural materials, most notably New Zealand Wool and viscose, while all dyes are 100% azo-free.

## ELLEMENTRY

What lies in the heart of every single product created at ellementry are the materials — they are crafted from natural organic materials. The processes too ensure no harm to the environment. Moreover, every material used in the products is food safe; safe to serve in and safe to cook in. It has also created an eco-mix by combining waste generated from factories like marble dust, wooden dust and old textile with recycled newspapers and other sustainable materials.



## ORANGE TREE

Experimenting with design and blurring the lines between Indian craftsmanship and global aesthetics, home-grown brand Orange Tree's eclectic collection of handcrafted lighting is a contemporary reinterpretation of Greek architecture. The lighting fixtures in sustainable ceramic and papier mâché lend a distinct visual language.





### JAVI HOME

Driven by a strong environmentally conscious philosophy, Javi Home believes in strong ties between culture, craftsmanship and industry. The brand has launched its handcrafted Kilim collection of rugs that pays respect to the carpet-weaving techniques of the Ottoman Empire and the shared textile traditions of Turkey and India. It is committed to sustainable production practices and aims to become a 100 percent carbon neutral company.

### HANDS CARPETS & RUGS

Hands rugs are crafted by skilled artisans who produce every imaginable type of carpet, from Persian masterpieces over 13 years in the making, with a breathtaking 4900 knots per square inch, to out-of-the-world contemporary rugs. Being a member of Rugmark, Care and Fair, and ISO-14001 rated, and with GreenGuard and Goodweave certifications, Hands helps support an ecosystem of hundreds of craftsmen in and around Bhadohi, and is accredited for environmental standards.



### ERIS HOME

Eris Home's 'Cocooned In Luxury' Collection features bedcovers, pillow covers and accent cushions, each with a unique story to tell. The bedcovers made of ahimsa jacquard cotton silk double up as quilts and have intricately woven designs that are inspired by the beauty of mother nature. The brand sources its material ethically with the belief that luxury shouldn't kill.

### GHARGHAR

This is a home décor company established to provide affordable luxury to discerning customers through painstakingly created artisanal and sustainable products. The handcrafted products created by generational artisans celebrate age-old practices every step of the way in order to touch your soul and adorn your modern home. Fun colours, eye-catching patterns and textures, and exclusive designs are the hallmark of GharGhar creations that are also gentle to nature.







**FIMA CARLO FRATTINI**

All their products are sustainable because of the processes, like their electroplating is Trivalent chromium technology which is non-carcinogenic compared to other competitors of industry. All their packing is 95% recyclable, and the power utilised is all from solar. Some specific products like 'Melograno' use only 15 litres per minute and give a diameter of 1000 mm on the floor because of its Mikado flow, which helps in saving water.



**AMOLICONCEPTS**

They provide an opportunity for artisans, artists, creative designers, and manufacturers to exhibit the richness of their creations. For example, this French-style vintage mirror adds a unique charm to your spaces. Combine these with Hand crafted items available at Amoliconcepts to complete the look.

**INDIGENUS**

In line with its sustainability and quality luxury objectives, it is constantly striving to make planters for life and not just for a few seasons. All materials are sustainably sourced and the planters are made by hand. Each range of planters is unique and evidence of the impact that beautiful sculptural planters have on an architectural site or landscape.

(available at Sources Unlimited)



**CLARKE & CLARKE**

Manufactured entirely from recycled plastic bottles, the collection Eco speaks to both the style and environmentally conscious consumer. This comprehensive collection has contributed to caring for the planet - recycling 90 plastic bottles on average creates 1 metre of fabric. A classic herringbone, rustic multi coloured plain and a soft distressed chenille create a perfect union of 3 durable, easy-to-use designs.

(available at Maishaa)







### ORVI HOME

These serving platters are carefully handcrafted from eco-sustainable materials. More than 60 skilled artisans use varied traditional craft techniques from across the world at Orvi including stone carving, hand sculpting, intricate metal inlay, stone-in-stone inlay, raku firing etc., to create bespoke & timeless home pieces as well as surfaces, using varied materials like natural stone, wood, metal, liquid metal, ceramics and glass.



### RAD LIVING

They use a mixture of soy and coconut wax in their candles, which burns clean and slowly. The candles are hand-poured as this process takes care of the texture of the soy wax and avoids performance issues. The leftover wax can be washed off with warm water once the candle wears out and can be used as a pencil holder, mini flower vase and so much more.



### MOMENTI

The products here are made of natural and ecological raw materials. The micro-perforated reticular structure allows the breathability of the wall and prevents the formation of mould and mildew on uncontaminated walls. They also use acoustic fibre which reduces noise pollution. In Paintings, they use a panel made out of aluminium alloy, interposed with a core of polyethylene, which is the simplest of synthetic polymers and the most naturally occurring.



### RIMADESIO

The aluminium used in the products is 100% recyclable. Moreover, 65% of the aluminium used in Rimadesio is recycled and comes from Italian foundries. Float glass, a characteristic material in the Rimadesio range, can be recycled ad infinitum and as such complies to the principles of environmental sustainability. In 2006, Rimadesio was the first company in Europe in the furniture sector to have introduced water painting on 100% of its glass. (available at Sources Unlimited)



### THE BLUE KNOT

The firm has a firm focus on sustainability. They use yarns like BCI cotton, 100% recyclable polyester, RWS wool and sustainable packaging apart from having 20 percent of their textile department and 100 percent of their yarn opening process run by women. Vibrant floral motifs and a kaleidoscope of colours form the essence of the inaugural collection of rugs titled — Fleur Dream - A Riot of Colors.



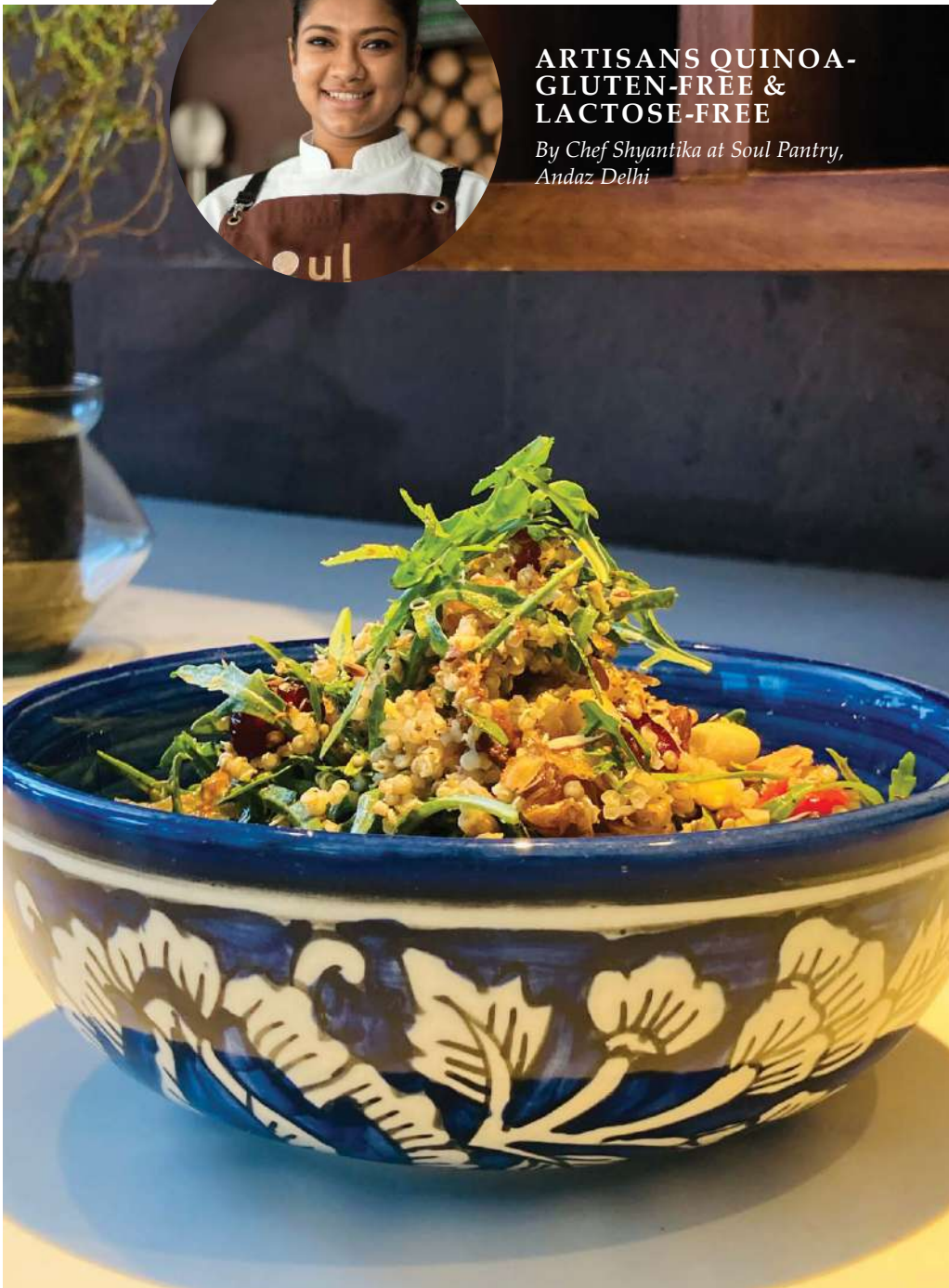
# Absolutely DELISH

SERVE YOURSELF WITH THESE DELICACIES. JUST  
PUT YOUR APRON ON AND START COOKING!



## ARTISANS QUINOA- GLUTEN-FREE & LACTOSE-FREE

By Chef Shyantika at Soul Pantry,  
Andaz Delhi



### Dressing: Herb Vinaigrette

#### INGREDIENTS:

- Thyme- 5g
- Parsley- 5g
- Vinegar- 40ml
- Lemon Juice- 10ml
- Salt- 20g
- Black Pepper- 10g
- Honey- 5ml
- Olive Oil- 100ml

#### Method of Preparation for Dressing:

- Wash and finely chop the herbs.
- Blend all the ingredients together until emulsified.
- Store it in a squeezezy.

### Artisans Quinoa

#### INGREDIENTS:

- Quinoa- 80g
- Peanuts- 20g
- Almond Sivers- 20g
- Melon Seeds- 20g
- Arugula- 20g
- White Onions- 10g
- Cherry tomatoes- 10g
- Lime Juice- 5ml
- Herb Vinaigrette- 20ml
- Salt- 5g
- Pepper- 5g
- Olive Oil- 15ml

#### Method of Preparation for Salad:

- Wash arugula and sort for small leaves.
- Slice almonds and toast them along with peanuts.
- Cut the cherry tomatoes in half.
- Add all the ingredients to a mixing bowl.
- Add in the lime juice, salt, and pepper to taste.
- Place the salad on the bowl keeping arugula on top.
- Sprinkle melon seeds and almond slivers on top.
- Drizzle more herb vinaigrette on top.





## WATERMELON LYCHEE SALAD

By Chef Tarun Sibal, Entrepreneur and co-owner, Titlie, Goa

### INGREDIENTS:

- Watermelon- 200g
- Fresh lychee, seedless- 6
- Arugula leaves- a few
- Feta cheese- 5g
- Balsamic vinegar- 10 ml
- Sea salt- to taste
- Cracked black pepper- to taste

### Ginger Mint Lemonade dressing:

- Ginger juice- 5ml
- Lemon juice- 15ml
- Olive oil- 25ml
- Mint leaves- a few
- Honey- 15ml
- Salt- to taste

### METHOD:

- Dressing: Put all the ingredients in an airtight jar and shake well till the oil and juice amalgamates.

### SALAD:

- Cut the watermelon in fingers.
- Add half the dressing.
- Place fresh arugula leaves on top.
- Add the lychees.
- Add salt and pepper.
- Add the remaining dressing.
- Add feta on top and finish with a drizzle of balsamic.

## CHOCOLATE COCONUT ALMOND BALLS

By Kandla Nijhowne, a MasterChef India semi-finalist who is involved with Modi Naturals for their in-house recipes

### INGREDIENTS:

- Shredded Coconut- 200g
- Icing Sugar- 100g
- Vanilla Extract- 1 tbsp
- Oleev Extra Virgin Olive Oil- 1 tbsp
- Sweetened Condensed Milk- 200g
- Dark Chocolate
- Almonds

### METHOD:

- In a large bowl, mix coconut, sugar, vanilla extract, and condensed milk together. If the mixture is too dry, add

additional milk until it all just comes together.

- Roll the mixture into 1-inch balls and place on a wax paper (brushed with Oleev Extra Virgin Olive Oil) lined baking sheet. Freeze for 15 minutes.
- Melt the dark chocolate until smooth.
- Remove the coconut balls from the freezer and individually roll in melted chocolate to coat. Place back on a wax paper lined tray and sprinkle with additional coconut and top with an almond.
- Chill until firm.





## SOUTH INDIAN FILTER COFFEE

By Gathika Chhabra, Founder of Before British Raj

### INGREDIENTS:

- Coffee- 15g
- Water- 100ml
- South Indian Filter
- Dabarah Tumble

### DIRECTIONS:

- Add 15 gms of coffee for 100 ml of water in the top compartment of the filter. Spread evenly with a spoon and then fit the top compartment in the bottom chamber.
- Place the pressing disc with the stem on the top compartment and press down. Then pour 100 ml of boiling water into the top compartment. Place the lid of the compartment and allow it to drip for around 10 minutes.
- While the coffee is brewing, boil milk on the stove.
- Pour the boiled milk into the dabarah and add 2-3 tablespoons of the brew to it. Add sugar to taste.
- Pour the mixture between the dabarah and tumbler at some distance between the two until the coffee is well mixed and cool enough to drink. Then serve the coffee in either the tumbler or dabarah.
- **Fun fact:** The distance between the pouring and receiving cup during the mixing leads to another name for the south Indian filter coffee, which is "Meter Coffee".



## MARINATED ASPARAGUS, ORGANIC RED QUINOA, KUMQUAT PUREE WITH ROASTED SHALLOT VINAIGRETTE

By Chef Prasad Metrani, Director of Culinary, Conrad Bengaluru



### INGREDIENTS

- Asparagus-12 pieces (sphere head cut into 4 inch)
- Mesculan Greens- Arranged as Bouquet
- Red Quinoa- 50g
- Avocado Chopped- 100g
- Kumquat- 250g
- Star Anise- 2 number
- Sugar- 100g
- Chives- 5g
- Extra Virgin Olive oil- 2ml
- Salt & pepper- to taste

### Vinaigrette:

- Shallots- 50g
- Garlic- 5g
- Balsamic Vinegar- 90ml
- Rosemary- 2g
- Thyme- 2g
- Honey- 30ml
- Salt- 6.5g
- Black Pepper- 2g
- Extra Virgin Oil- 220ml
- Garlic Vinaigrette- 3 ml
- Salt & Pepper- To taste

### To Garnish:

- Micro greens
- Dill Leaves
- Balsamic Glaze

### METHOD:

- Cut the Asparagus spheres in 4-inch of length, blanch and slit in between.
- Cook the red quinoa and let it cool down for a bit.
- Dice the avocados into small cubes.
- Cook the sliced Kumquat, star anise in sugar syrup and make a puree for the same.
- Now mix the salad mixture with avocado, red quinoa and chopped asparagus and drizzle shallot vinaigrette.
- Make a nice lettuce bouquet with red oak, arugula, and romaine hearts.

### Vinaigrette:

- Peel and cut the shallots roughly.
- Roast the shallots, after which, in a blender, add the rest of the ingredients and blend by adding olive oil and check for the seasonings.

### Plating:

- Take a ring and arrange the marinated asparagus in a circular form and add the Quinoa Mixture in the center.
- Top up the salad with lettuce bouquet and garnish with dill and micro greens.
- Remove the ring and tie the asparagus stem with blanched chives and squeeze the kumquat puree on the side of the asparagus.
- Lastly, drizzle with balsamic glaze and extra virgin olive oil for some extra flavor.



## AAM PANNA/PANAK

By Akshi Khandelwal, Founder of Butterfly Ayurveda

### INGREDIENTS:

- Raw Mangoes 2-3
- Black salt- ½ tbsp
- Black pepper/roasted cumin powder as per taste
- Sugar/ Jaggery as per taste

### METHOD:

- Wash the raw mangoes with clean water & boil them in a pressure cooker.
- After a few whistles, turn off the flame.
- Allow the mangoes to cool down.
- Once cooled, peel the mangoes and squeeze out the pulp.
- Blend the pulp and make a smooth paste.
- Add at least 3 glasses of water and then filter it.
- Mix all ingredients in it and stir properly.
- Serve it with ice cubes and fresh mint leaves.
- You may refrigerate it for one day.



## BEAN & GREEN APPLE SALAD

By Chef Anthony Tamang, Executive Chef at Gawky Goose

### Dressing

### INGREDIENTS:

- Apple cider vinegar- 30ml
- Olive oil- 30ml
- Honey- 20ml
- Salt
- Crushed black pepper

### METHOD OF PREPARATION FOR DRESSING:

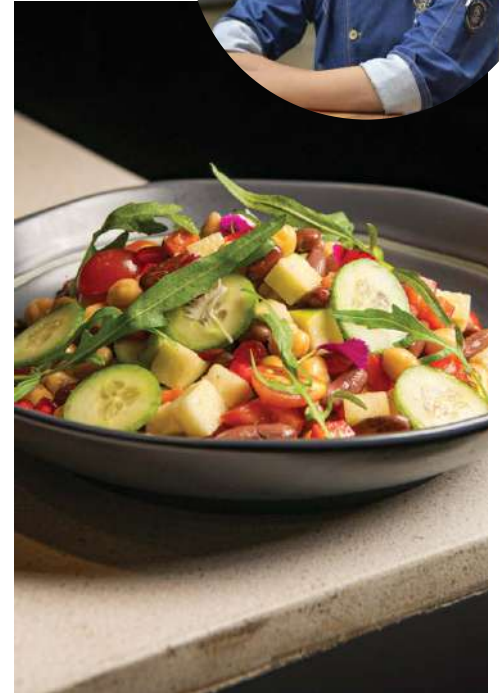
- In a large mixing bowl, whisk together all the ingredients. Season with salt and crushed black pepper.
- Salad

### INGREDIENTS:

- Boiled chickpeas- 100g
- Boiled red kidney beans- 100g
- Green apple- 2
- English cucumber- 1
- Cherry tomato- 100g
- Red bell pepper- 1
- Dill leaves- few sprigs
- Lime- 1
- Roasted walnuts- 50g
- Wild arugula- 50g

### METHOD OF PREPARATION FOR SALAD:

- Cut the green apple and red bell peppers into cubes, cherry tomatoes in half and slice the cucumber.



- In the bowl with the dressing, add the chickpeas, kidney beans, apple, cucumber, cherry tomatoes, red bell pepper, chopped dill leaves and lime juice. Toss and adjust the seasoning.
- Serve in a bowl topped with roasted walnuts and wild arugula.

## SUPER GREEN SMOOTHIE BOWL

By Mohit Bulchandani, Founder of Seeds of Life, Mumbai

### INGREDIENTS:

- Banana- 150g
- Spinach- 50-60g
- Almond milk- 50ml
- Dates- 15g
- Moringa - as per taste requirement
- Ice - as required

### METHOD:

- Put all ingredients in a food processor/ blender and blend until it is smooth. Pout it in serving bowls and relish it fresh with your favourite toppings from super seeds, fresh avocados, and granola.





BY INVITE ONLY

# KARAN JOHAR CELEBRATES WITH GLOBALSPA

GLOBALSPA MAGAZINE UNVEILS ITS MAY-JUNE ISSUE, SHOT IN QATAR, WITH THE QUINTASTIC KARAN JOHAR, AS HE TURNS FABULOUS 50.

GlobalSpa magazine dedicated its prized May-June summer 2022 issue to the unbeatable Karan Johar, right in time for his 50th birthday, at a buzzing, close-knit gathering. Celebrating the biggest fashion icon of Bollywood, the swish event saw the filmmaker breeze-in specially to unveil the cover of the print issue, on 23rd May at the Tony Restobar, Tori, in Pali Hill in Bandra.

In keeping with his uber-luxurious lifestyle, GlobalSpa teamed up with Karan Johar in a premium travel sojourn across the desert state of Qatar. The cover location was the jewelled blue of the Inland Sea. The highly awaited unveiling of the GlobalSpa issue took place in the presence of Parineeta Sethi, Publisher and Chief Editor, GlobalSpa, and Lubaina Sheerazi, CEO Brandit, Representative Office of Qatar Tourism in India, and a cluster of celebrities and media persons vying for a moment with Karan.

Shot in the stunning locales in Qatar, the shoot captured the glitz and glam that personifies Karan. "GlobalSpa is grand, glamorous, and gorgeous, just like my movies," he said, adding that shooting in Qatar was a beautiful experience for him. "The destination is cultural and elegant. Everything here radiates warmth and hospitality."

"We have had a long relationship with Karan," said Parineeta Sethi "and with every shoot we do together, it gets better. Karan is an absolute pleasure to shoot with and is a swift professional at wrapping up schedules on time. It has always been a delight to shoot with him and have him grace our events. This shoot was very special as it marks his golden year! We couldn't have chosen a better location than Qatar to do this, and team Qatar laid out the red carpet for us."

Qatar was the perfect backdrop for the cover shoot as the country is sophisticated, modern, and traditional at the same time - offering an authentic and friendly introduction to the best of the Middle East. Qatar is where cultural authenticity meets modernity. As the leading publication in the wellness space in India, GlobalSpa has now become the first ever home-grown magazine in the lifestyle sector to foray into the international market as it entered the Middle East region with a big launch earlier this year.



Lubaina Sheerazi, Karan Johar & Parineeta Sethi



Arti Surendranath & Karan Johar



Srishti Sawhney, Parineeta Sethi, Arti Surendranath & Deanne Panday



Lubaina Sheerazi & Parineeta Sethi



Karan Johar receives a wellness hamper curated by NAAD Wellness





Arti Surendranath, Dr. Neetika Modi, Parineeta Sethi, Sharmin Karwa, Srishti Sawhney, Simran Malkani, Padma Swarupa Bhagavatula & Keeya Khanna



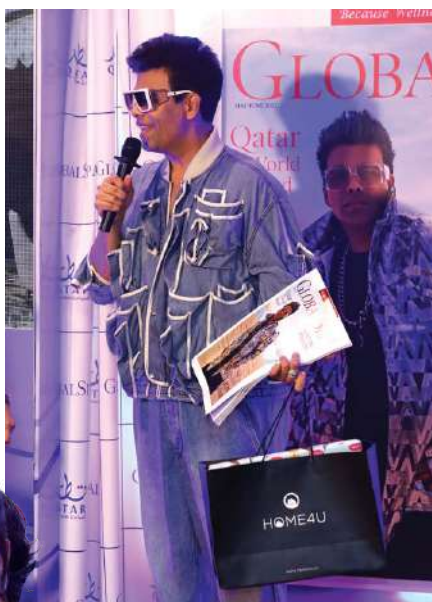
Bhavna Jasra & Shilpi Madan



Vinay Singh



Bandgee Kallra



Karan Johar enthralling the audience



Anshuka Parwani



Punit Malhotra



Karan Johar



Kshiraja Surendranath & Parineeta SethiV



Parineeta Sethi & Karan Johar



Raveena Taurani, Parineeta Sethi



# WELLNESS THAT WORKS



GET TO KNOW WHAT KEEPS SIMRUN CHOPRA, DEEP HEALTH COACH, NUTRITIONIST, AND FOUNDER OF NOURISH WITH SIM, FIT AND FABULOUS.

**Your wellness philosophy....**

Wellness lies in Deep Health. It is the way we feel mentally and physically, the way we perceive ourselves, and the way we navigate our environment and relationships. All these make up the spokes to the wheel we need.

**Your fitness mantra....**

Get in at least 30 minutes of workout daily and keep moving. Try to hit at least 10000 steps a day. Focus on getting stronger and fitter.

**3 tips for people starting their fitness journey...**

Think like the tortoise, not the hare: Find something you can do consistently for at least 3 months. Even if it is just 30 minutes of walking or just getting some steps done. Think small, but think consistency.

Focus on the big rocks: Focus on the most important things that need to get done. Aim to drink enough water that your urine is not dark yellow. Aim to get at least 7 hours of continuous sleep. Both these aids the fitness journey by allowing the body to recover and repair by providing you energy.

Get a non-scale goal: Most people start out with a scale based goal, and this leads to low motivation. Instead, pick a non-scale goal like- I want to do 10 push-ups, run a 5k in less than 30 minutes, run a 10k in 60 minutes, dance for 30 minutes continuously without a break, wear high heels without knee pain, or fix my back pain. Picking a non-scale goal sets the right expectation that you need to start slowly, learn, and build until you can reach it.



*To watch the full interview,  
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