

Dhs 8



# TELE LIFE

January 2008



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inflation

**Paaji**  
*speaks*

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Sanjay Leela Bhansali

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# What's your secret?



**with the readers:** yogurt and oatmeal to exfoliate the skin.  
**An ingredient from the kitchen that you would vouch for beauty/good health:** yoghurt, oatmeal, cucumber and honey.  
**One of the many grandmothers' advice that you follow:** Eat your veggies (and put it on your face too!)  
**You are inspired by the beauty of:** Nature.

## MIKE MONSOOD

- Spa Head- Shangrila Hotel

**Beauty regime for skin:** Gentle cleanser and moisturizer. I exfoliate with a face scrub once every 2 weeks. I try to have a facial treatment every month as well.  
**Brand names you can swear by for skin:** Biodroga and USPA.  
**Beauty regime for hair:** Shampoo and conditioner.  
**Brand names you can swear by for hair care:** Pantene and USPA.  
**Beauty regime for body/hand/feet:** Body - Twice a day bath and moisturize after. For hands and feet - use powder daily and scrub regularly. Keep nails clean and short.  
**Brand names you can swear by for body/hand/feet:** USPA & St. Ives.  
**Anti-ageing beauty regime:** Same as skin regime use sun block and avoid stress.  
**Brand names you can swear by for anti-ageing:** Futuresse/Biodroga Anti-Ageing Creme/Neutrogena/Coppertone.  
**A beauty recipe I would love to share**

**Fitness regime:** I try to workout in the gym at least twice a week with split training. I also try to swim whenever I can. On holiday I like to go ocean kayaking, water skiing, scuba diving and beach volleyball.  
**One weakness you are not able to overcome:** ice cream!!!!  
**What is it that you don't practice what you preach:** working out regularly.  
**Leading a disciplined life - is it an effort or does it come naturally:** I'm a moderate person so I don't restrict myself from too many things but i also don't do things in excess.  
**Secret to happy/ healthy life:** if I knew I would've written a book on it already!  
**Indulge/cravings:** Chips and ice cream  
**Diet:** I pretty much eat anything I want but I watch the fat content and try to eat more veggies.  
**A person you think is picture perfect.** hmmm....

Beauty lies in the eyes of the beholder!! There are many experts today who give advice on your health, fitness and beauty and from whom we seek inspiration. VEATHIKA JAIN puts them in the hot seat to find out what do they do for themselves that keeps them looking so good at the end of the day.



## Rima Soni

- Leading Beauty expert



## Francois Desroches

- PR and Training Manager - Guerlain

**Beauty Regime for skin:** Exfoliating the skin... shed off their cells for clarity- feel squeaky clean- non abrasive type of scrub- ice cold water and then cream once in morning and night.  
**Brand names you can swear by for skin:** Orchidee imperiale by Guerlain, SOS serum by Guerlain and Camphrea cream by Guerlain.  
**Beauty regime for hair:** I bleach my hair white every two months... I use clear shampoo and conditioner and I do a hot towel.  
**Brand names you can swear by for hair care:** Wella Shampoo and Vatika leave in conditioner  
**Beauty regime for body/hand/feet:** I spend a fortune in manicures and pedicures and I always wear closed shoes.  
**Brand names you can swear by for body/hand/feet:** CRACK cream and body scrub by Guerlain Exfoliating chocolate cream from France every evening on my body. And also reve bleu body exfoliate by guerlain  
**Anti-ageing beauty regime:** No sunbath for me as it is a sure shot way of getting wrinkles and burns.

**Beauty regime for skin:** Drinking 3 to 4 glasses warm water first thing in the morning keeps the body, hair and skin stress free.  
**Brand names you can swear by for skin:** I believe in natural beauty cosmetics like honey, milk yogurt and fruits.  
**Beauty regime for hair:** Keep the scalp always clean and healthy and avoid chemicals because they are damaging for the hair.  
**Beauty regime for body/hand/feet:** Brushing the body and application of rich oils like olive or almond oils just before the shower help to keep the skin supple smooth and soft and youthful.  
**Brand names you can swear by for body/hand/feet:** Vaseline  
**Anti ageing beauty regime:** This comes with being content and happy with what you have and following a daily routine of calm and quite time with ones self and if you can catch up with meditation and pranayamas nothing like it.  
**Brand names you can swear by for anti ageing:** I believe in rich nourishment that

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**Brand names you can swear by for anti-ageing:** Orchidee imperiale by Guerlain and Perfect white C by Guerlain for sunscreen.  
**A beauty recipe that you can swear by and would love to share with the readers:** I believe in fasting once a week as it clarifies the system.  
**An ingredient from the kitchen that you would vouch for beauty/good health:** Honey is the element of nature that contains melitic acid and is the best for any skin type.  
**One of the many grandmothers' advice that you follow:** I have heard this in many parts of the world so lots of grannies advice this for nails and I too believe in it. Take garlic cloves and remove the seed, crush it and mix it with labneh and then massage the paste in your nails and sleep with cotton gloves.  
**You are inspired by the beauty of:** Rekha, she truly turned into a swan from an ugly duckling.  
**Fitness regime:** I wish I had a fitness regime...losing weight is a lifetime challenge. I am also considering liposuction and corrective surgery  
**One weakness you are not able to overcome:** I can't say no to Chocolates  
**What is it that you don't practice what you preach:** I tell people to eat reasonable food at reasonable times but I don't eat regular meals.  
**Secret to happiness/ healthy life:** It's a question of self esteem...I am quite flexible but I do practice self restraint  
**Indulgences/cravings:** Diamonds and chocolates  
**Secret to happy/healthy life:** Being in love  
**Diet:** I don't believe in over eating and I hate to waste food. I am a vegetarian that helps me eat a lot of fruits and vegetables.  
**A person you think is picture perfect:** Madhuri Dixit and John Abraham

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**comes from natural oils and kitchen products.**  
**There are no quick fixes; years of tender loving care constitute the anti ageing product.**  
**A beauty recipe I would love to share with the readers:** Application of honey or fresh cold milk and rinsing off by splashing cold water with a few drops of limejuice keeps the skin glowing and happy.  
**An ingredient from the kitchen that I would vouch for beauty /good health:** Honey with lemon juice in warm water helps to cleanse the face, body and keep the body feeling fresh and active.  
**One of the many grandmothers advice that you follow:** Water is the fountain of youth thus drinking 8 to 9 glasses of water is a tonic for me.  
**Fitness regime:** Keeping mentally happy is my fitness regime  
**One weakness you are not able to overcome:** Too many but my morning cup of tea is my biggest weakness.  
**What is it that you don't practice and you preach:** I have a weakness for desserts...



**Vandana Luthra**  
- Founder and mentor VLCC

**Beauty regime for skin:**

I clean my face with luke-warm water and a creamy cleanser or purifying gel wash. Next I apply a toner that removes any residual cleanser or make-up that may have been left behind. And finally I use an oil free moisturiser based on my skin type and I follow it up with sunscreen for the day. Before going to sleep I exfoliate my skin through scrubbing and then moisturize. After which I apply a firming eye cream massaging gently around the eye area.

**Brand names you can swear by for skin:** All VLCC products especially the 'I' range. It has been formulated, after all, for answering all skin issues through natural elements.

**Beauty regime for hair:** I boil a few hibiscus flowers in coconut oil and massage hair at least an hour before washing. Let it soak. Next I cover my head with a hot towel. I apply a pack on the hair made up of one cup of henna powder to which one table spoon of limejuice has been added and mixed into it the white of an egg or curd. I leave it on for approximately half an hour and then shampoo. I wash hair with a mild shampoo. Then I use a conditioner to keep hair manageable.

**Beauty regime for body/hand/feet:** I Shower with a luxurious soap or shower gel. I Use a feet file to exfoliate the rough areas and dead cells of the feet after the shower to maintain the smooth feel left after the Spa pedicure. Then I use a nail orange stick to push the cuticles and apply a moisturizing cream thereafter. For my feet, I soak it in a blend of 1 cup Lemon Juice, Cinnamon (for smell), 2 tablespoons (or less) olive

oil, 1/4 cup of milk, and water. This leaves skin refreshed and fragrant.

**Anti-ageing beauty regime:** As mentioned, I exfoliate skin regularly. For skin moisturising and hydration, organic products are very good. Banana is wonderful as an anti-wrinkle treatment.

**A beauty recipe that you can swear by and would love to share with the readers:** Real beauty begins from inside. Proper diet leads to an unmatched glowing skin.

**An ingredient from the kitchen that you would vouch for beauty/ good health:** Water is essential for skin hydration to keep it moist, soft, supple & clear and help the body to get rid of wastes and toxins. Drink at least 8 glasses of water daily; intersperse these with juices.

**One of the many grandmothers' advice that you follow:** I firmly believe in the instant effect of the pack of 'chandan', 'multani mitti' and rose water on the skin.

**You are inspired by the beauty of:** My mother is the most beautiful woman in the world.

**Fitness regime:** Regular exercise with equipments likes treadmill, cross trainer, bikes, rower and stepper, helps me to build stamina as well as the heart muscles. I do stretching and free hand exercises like aerobics for specific body parts like abdomen, sides, thighs, hips and lower back. I also do yoga to keep me calm.

**One weakness you are not able to overcome:** I am an emotional person and my heart dominates the better of my judgment.

**What is it that you don't practice what you preach:** Indulging sometimes in Chinese food.

**Secret to happiness/ healthy life:** A way of life, underlined by health is the secret to happiness.

**Diet:** Fruits, vegetables, legumes and beans are low in fat and high in carbohydrates; these are essential for good health.

**A person you think is picture perfect:** Undoubtedly, it is my mother.



**Malini Ohri**  
- Beautician and Reiki Master

**Beauty regime**

**for skin:** Twice a day wash with soap less face wash and an eye cream is a must and in the night a night cream and during the day a sun block

**Brand names you can swear by for skin:** DR Renauds and Neutrogena sunblock

**Beauty regime for hair:** Thrice a week wash hair with a shampoo for chemically treated hair and then put conditioner.

**Brand names you can swear by for hair care:** Joico, L'oreal, Indola.

**Beauty regime for body/hand/feet:** I moisturize my hands and feet everyday and every ten days manicure and pedicure

**Brand names you can swear by for body/hand/feet:** Vaseline cream, Oil of Olay and Dr Scholl

**Anti-ageing beauty regime:** Right food and sleep are the best I also believe in micro derma abrasions and of course smiling keeps the muscles tight

**An ingredient from the kitchen that you would vouch for beauty/ good health:** yoghurt/ honey/ almond oil/ oat meal- scrub the face it lightens moisturizes and gives protein

**One of the many grandmothers' advice that you follow:** Have lots of veggies, fruits and milk

**You are inspired by the beauty of:** My mother who is 75 and yet so full of vitality.

**Fitness regime:** A walk 3 to 4 times a week, electronic muscle simulation, G5 to remove cellulite and a facial once a month.

**One weakness you are not able to overcome:** Coke

**What is it that you don't practice what you preach:** Walk more often.

**Leading a disciplined life - is it an effort or does it come naturally:** I am fairly regimented however sometimes it's an effort to exercise.

**Indulgences/cravings:** Coke

**Diet:** Three meals and two snacks a day and I follow a blood group diet.  
Person you think is picture perfect: Maharani Gayatri Devi

# Changing the way you live



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