

WEDESSENCE

BY SHAADIVAALÉ
JUNE 2021

*Alankrita
Sahai*

ON HER JOURNEY IN
BOLLYWOOD AND SURVIVING
THROUGH THE PANDEMIC

5 WAYS TO
MAINTAIN HEALTHY
HAIR

FINDING THE
PERFECT LEHENGAS

WORKOUT AT HOME:
BEGINNER'S GUIDE



HIRANYAM | M. RAJONS

NEW DELHI
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From the Editor's Desk

Unlocking has started in almost all cities of the country and we are ready to resume work but are we ready for responsible working?

Did we learn anything from the second wave? Please ensure that you are following all the protocols of COVID-19 while you're out. Taking the responsibility and preventing the third wave should be our priority as a citizen of the country.

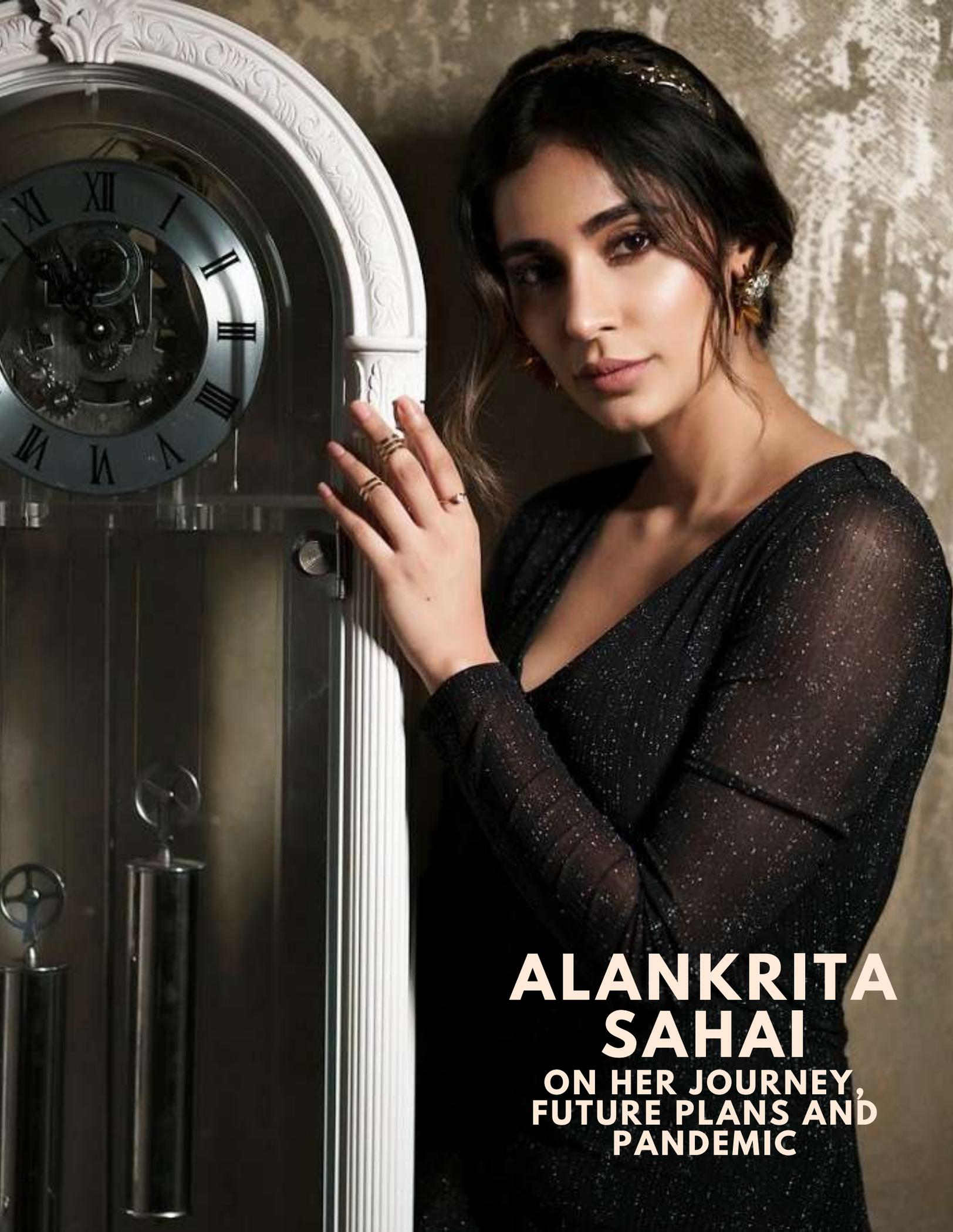
For the month of June 2021, we have Bollywood actress, Alankrita Sahai who has acted in movies like Namaste England and Love Per Square Foot. Alankrita has worked and volunteered profoundly during the first and second waves of COVID-19.

Enjoy this issue and stay safe.

Love

Lia Chhabra





ALANKRITA SAHAI

**ON HER JOURNEY,
FUTURE PLANS AND
PANDEMIC**

You have been all over social media since the release of Namaste England? How has your journey been so far?

It has been a journey I would always remember and cherish. It taught me so much about myself and about life. Being in the industry and learning and unlearning various ideas, habits, and things have been a great process that has made me who I am today. It's been a blessed and progressive journey. I just wish I was a little more aware of what I wanted when I started and had the right guidance. It's taken me time to understand and be more aware of the ways and hows.



We saw you volunteer actively and passionately during the COVID times. You were so engrossed in helping people fight COVID. Now that the cases have reduced significantly, how do you feel reflecting back?

I feel overwhelmed even now. It's a great step forward for our nation given the circumstances and new variants but we have a long way to go and it's important for us to not take this for granted and go haywire with our liberties. I believe we must be cautious and committed to the norms and also continue helping people. It's always in giving that we find happiness and I always believe that kindness and sharing take you a long way. It's the basic sense of humanity that should prevail and a lot of people have essayed the roles of heroes in their respective areas. I salute each and everyone who did their bit. And yes I'm glad I could help and do whatever I could within my power and financial capabilities. Kehte Hain ka boond boond se sagar banta hai .



Any upcoming projects that are in store for your fans?

Yes, Two Films, And A Series. I will share details at the right time, though.

Where do you see yourself five years down the line?

I see myself happy, healthy, and serving the nation. Looking after myself and my family. Happily married to someone I love, a successful actor, and definitely an interior designer.





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Malvi Malhotra shoots for a soulful song in Manali

Malvi Malhotra is currently shooting for her next song. We have heard it's extremely soulful. The director of the song is Raaj Aashoo and the co-star alongside Malvi is Anuj Saini. Lyrics are penned by Sayyed Qadri. Released by bull-man records. The song has been sung by Papon. That's a great line up we must say. We love songs about romance and heartbreaks and this one bridges them perfectly well. We have been told by close reports that it's a very beautiful song and potentially a song of the year. We know that it will be very well-promoted seeing the line-up and we are awaiting this.



Let's just hear it from Malvi herself what she feels about the song and the music video, " When I listened to the song for the first time I feel in love. The melody of the song touches your heart. I was very excited even before the shoot. It can be a big song. It's a feeling of separation and the feelings that we go through and the song engulfs them perfectly well. People can directly connect to it. It's really melodious. The direction has been amazing. Amongst other things, let's get vaccinated and move to normalcy. Stay safe and love to all."

Malvi is shooting and we are looking forward to see much more of this power packed performer. We wish her all the best.



5 WAYS TO MAINTAIN HEALTHY HAIR

Use Chemical Free Shampoos

You really can't control all the environmental factors that damage your hair, but what you can control is the kind of shampoos you use. Lesser the number of chemicals in your shampoo, healthier your hair. Go for gentle shampoos that suit your hair type.

Sulfates and parabens in shampoos are used for lathering and preserving respectively, but they can cause skin irritation over time and increase the risk of hormonal disruptions.

Condition Correctly

Your conditioner contains ingredients that make the hair fall straight and manageable. It protects your hair from environmental aggressors and heat styling. However, it should be applied only on the tips of the hair and not on your scalp. Also, make sure to rinse it off thoroughly post application.



Trim Your Hair Regularly

Trim your hair every 6-8 weeks to get rid of split ends. Split ends form when the hair is damaged due to heat styling, pollution, smoking, stress and so on. Trimming does not magically make the hair grow faster. Hair growth happens at the scalp level, but trimming ensures healthy hair.

Eat Healthy

We will go on repeating ‘you are what you eat’ as long as we write about hair care and skin care. Your hair is made of proteins and amino acids. It needs the right nutrition to grow well and maintain itself. Eggs, berries, nuts, fish, green leafy vegetables, sweet potatoes are some of the many great foods for healthy hair.

Washing your hair regularly ensures that your scalp and hair is free of dirt and excess oil. However, the right frequency depends on your hair type and personal preferences. If you have extremely dry hair, limit your washing to twice a week. If you have an oily scalp, washing your hair on alternate days can help.





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*Lizaa Malik designs
her Delhi office
during the lockdown*

Lizaa Malik has a great sense of interior decor and we have seen that when she did her Mumbai new house. Lizaa is known widely for her sense of aesthetics and style. She has been in new delhi during the second wave lockdown. She took to doing the interiors of her Delhi office and it seems she has had a lot of fun. Lizaa firmly believes in recycling and DIY. She believes that not everything which looks great has to be expensive. Lizaa is an actor, singer, performer and now an interior designer as well. She is a truly enterprising woman who has been such an inspiration. She took care of her employees even during the lockdown and she stood with them to feed for them as a lot of them had contracted covid.



We spoke to Lizaa and here is what she has to say, "I think it was an opportunity to do something cool. I didn't want to waste the time during the lockdown. I wanted to do something challenging and constructive. So I designed the entire working space of our Delhi office. Everything is very artsy here and it needn't be expensive. I totally believe in recycling and DIY. It gives a personal touch and also reduces pressure on the earth. I would take people coming here on a tour of the office and that would be some nice feedback as well. The pandemic is not over yet. Let's stay within the protocols and get vaccinated whenever the opportunity arises. Stay safe and stay blessed everyone."

Well, we are eager to see the newly done office. And we would bring more on this soon from Lizaa.



Every bride-to-be comes with her own customised to-do list but one task that's important to all is that of buying the dream bridal lehenga. Let's face it - bridal shopping is not easy, especially when you have the entire wedding to plan alongside. This is why we recommend starting early on your buy bridal lehenga binge, researching well and finding an outfit that defines 'you' as a bride.

Finding the Perfect Lehenga...

Define your budget

We know that you are ready to invest in your lehenga but do have an estimate of how much before the buy bridal lehenga expedition. Break it down to have a bracket for your lehenga, jewellery, other accessories and shoes. And then use your research to shortlist stores and studios that fit your wedding budget. That way, you won't have the heartbreaking experience of leaving a lehenga you loved, just because it doesn't fit into your financial bracket.



Find your bridal style

Step one towards closing your buy bridal lehenga journey requires research. Spend time browsing websites and Instagram to shortlist outfits and styles that appeal to you. Attend bridal exhibitions because they expose you to designers outside of your city and help widen your perspective on brands and designer wedding lehengas.

Plan a different look for every function

The big fat Indian wedding gives every bride the chance to experiment and create a balanced trousseau set. With that in mind, remember to plan a different look for all your wedding functions.

Try an Indo-Western outfit for your cocktail and engagement, a fun cropped blouse design for your mehndi, a classy bridal gown for your reception and a traditional lehenga for the wedding. Keep this in mind when you start bridal trousseau shopping and you'll come back with outfits that you love after you finish the buy bridal lehenga spree.



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Sheldon Santos" latest photoshoot with Radhika Apte and Shraddha Kapoor shakes the internet.

Sheldon Santos is a budding photographer and has been associated with one of India's leading and ace photographer Rohan Shreshtha. At a very young age, Sheldon is slowly becoming the go-to photographer for a lot of Bollywood celebrities. He has recently shot Shraddha Kapoor and Radhika Apte for a leading magazine and we were stunned to see the results. Every frame is a story in itself and it's nothing similar to what we have seen earlier. The stars look ethereal and it's commendable stills from the passionate photographer.



Without much ado, let's bring you what Sheldon has to say about the process, "It was a team effort. All the stylists, make-up team, etc got together and we zeroed in on the looks. And finally, we have what we had visualized initially. We have some lovely colors and combinations and it was a fun shoot. Capturing moments has been my passion for a long time and we try and find out a story in each frame. That's what we strive for. The pictures can be extremely powerful and these are beautiful examples."

Well, we could see the results for ourselves and we are amazed. These are truly mesmerizing. Sheldon is here to stay and we would be hearing this name for long.



Workout at home: beginner's guide



If the idea of a home workout makes you yawn, think again!

When executed correctly, using just your body weight can give you a run for your money.

So, whether the gym isn't your thing or you're short on time, clear out a space in the living room and prepare to sweat.

Bridge

Activate your core and posterior chain (a fancy term for the backside of your body) with a bridge. This is a great exercise to use as a warmup.

Directions:

Lie on your back with your knees bent, feet flat on the floor, and your arms extended by your sides.

Pushing through your feet and bracing your core, raise your bottom off the ground until your hips are fully extended, squeezing your glutes at the top.

Slowly return to the starting position and repeat.



Chair squat

Squat to strengthen your legs and core, which will make everyday movements easier. Starting with a chair underneath you will help you master proper form.

Directions:

Stand in front of the chair with your feet shoulder-width apart, toes pointed slightly out.

Hinging at your hips and bending your knees, lower back and down until your bottom touches the chair, allowing your arms to extend out in front of you.

Push up through your heels and return to the starting position.



Knee pushup

A beginner-style pushup, this move will help you build strength before attempting a standard pushup.

Directions:

Get into a high plank position from your knees. Maintaining a straight line from your head to your knees, bend your elbows to lower yourself down to the ground. Keep your elbows at a 45-degree angle. Push back up to start.



Stationary lunge

Hit your quads, hamstrings, and glutes with a stationary lunge.

Directions:

Split your stance with your right leg in front. Your right foot should be flat on the ground, and your left foot should be up on its toes.

Bend your knees and lunge, stopping when your right thigh is parallel to the ground.

Push up through your right foot to return to the starting position. Repeat for desired number of reps, then switch legs.



Cleansing different
skin types with
Bharati
Chhabra



Know Your Skin Type

The right routine starts with knowing what kind of skin you have. Then you'll know how to take care of it.

Cleaning Normal/Combo Skin

Don't just grab whatever soap is in the shower or at the sink to wash your face. And don't feel like you have to buy fancy, expensive products, either. Just find skin care that works for you. Apply a gentle cleanser or soap with your fingertips. Don't scrub your face. Rinse with plenty of warm water, then pat dry. If your skin dries out or gets oily, try a different cleanser.



Cleaning Dry Skin

For this skin type, use a gentle cleanser that doesn't have alcohol or fragrances. Those ingredients can dry you out even more. Gently wash your skin, then rinse with plenty of warm water. Don't use hot water -- it removes the natural oils from your face faster. Try exfoliating once a week to get rid of flaky skin cells. It will make your skin look clearer and more even.



Cleaning Sensitive Skin

Wash your face with a gentle cleanser and rinse with warm water. Don't rub your skin with a towel -- gently pat it dry. Exfoliating may irritate sensitive skin. Try not to use products that have alcohol, soap, acid, or fragrance. Instead, look on the label for calming ingredients like aloe, chamomile, green tea polyphenols, and oats. The fewer ingredients in a product, the happier your face may be.

Cleaning Oily Skin

Use an oil-free foaming cleanser to wash your face. Rinse with plenty of warm water. You may want to use a toner or astringent after, but be careful because it might irritate your skin. These products can remove extra oil, which makes your face less shiny, and help keep skin clean.



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