

WEDESSENCE

BY SHAADIVAALÉ
AUGUST 2021

*Exclusive
Conversation
with Actress
Donal Bisht*

5 WAYS TO
GET HEALTHY SKIN

FINDING THE
PERFECT JEWELLERY

WORKOUT AT HOME:
BEGINNER'S GUIDE



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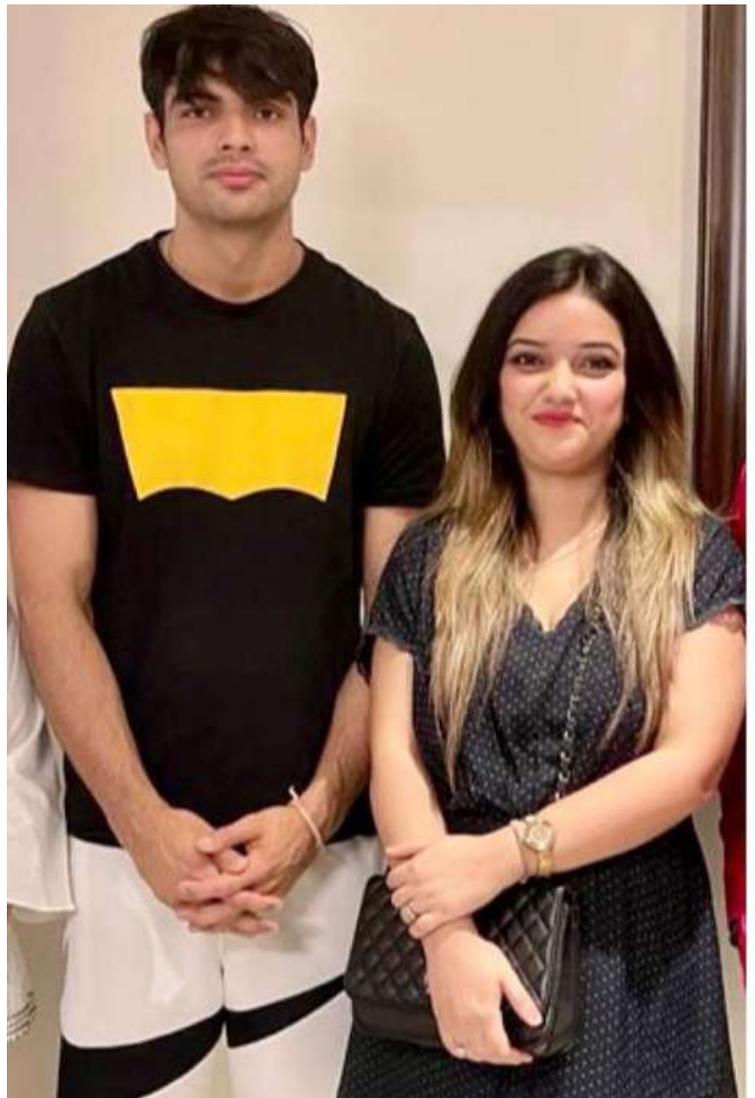
From the Editor's Desk

Dear readers,

After so long, it felt like August was a month we could celebrate. All thanks to our Olympics champions who made us so proud. India's excellent performance in Olympics has been one of the reasons why the whole country was overjoyed recently. I was lucky enough to have got an opportunity to meet our Gold Medalist in Javelin, Neeraj Chopra. As much as the attention he is getting, he truly is a man worthy of it. Simple, grounded and honest about himself and his game. It was an absolute honour to have met him. He is an inspiration for the youth of India.

The August editorial has Actress Donal Bisht on the cover page. We also have interacted with many other popular stars. Make sure you don't miss out and stay tuned with us till the very last page. For brides, the wedding season is near and hence our upcoming editorials will be based on Wedding trends 2021 so you don't lag behind.

Love
Tia Chhabra
Editor-in-Chief, Wed Essence



A full-page photograph of actress Donal Bisht. She is standing on a dark wooden staircase, leaning against a thick black pillar with her right arm raised. She is wearing a maroon and black two-piece outfit with gold embroidery. The background is filled with lush green palm trees under a blue sky with white clouds. The text 'Exclusive : In Conversation with Actress Donal Bisht' is written in a white, cursive font in the bottom left corner.

*Exclusive : In
Conversation
with Actress
Donal Bisht*

You have been a familiar face in every household now. How does that make you feel? How has your journey been?

Being a familiar face feels great and it makes me feel so warm and accepted and it is the love of my people that boosts me to achieve great things in life. People love to watch me onscreen and that is what has helped me stay glued to my passion. My journey has been great rather fulfilling till date, but I still have a long way to go!

What's your biggest source of inspiration?

Everybody who has done great in their lives they all are my source of inspiration. My source of inspiration is just not confined to one single human being, but everyone who refuses to be bogged down by life in general. I get inspired by people from all walks of life, be it a superstar or a person doing a desk job, they all are inspiring in their own ways.

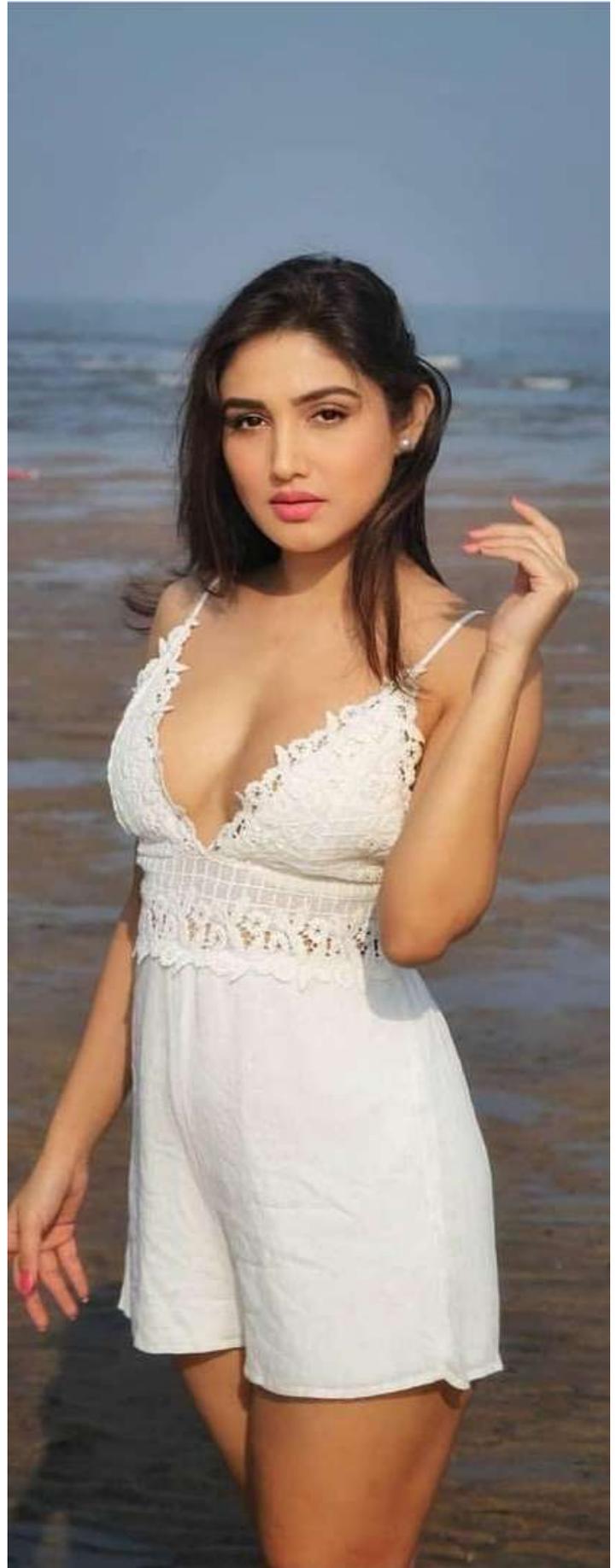


What are your career plans for the next 5 years? What all do you wish to do in the industry?

I just feel that I have climbed the first ladder, previously I wanted to a play leading role in a daily soap. But now, it is time for me to venture on to the big screen! I am shooting for my first south film and I am just keeping my fingers crossed and hoping that it turns out the way we've visualized it to be. I have always envisioned myself on the Bollywood big screen, and I see myself there in the next couple of years.

Being in an industry that demands makeup and styling every day, how do you take care of your skin with a busy schedule?

I consult my dermatologist, who has given me a proper routine for my skin and my hair. In the initial days, when I had to apply makeup every single day due to which I had frequent breakouts on my skin but now I only use the products advised by my dermat for my skin and hair. I don't prefer sleeping with makeup on my face, I always make sure that I wipe off my makeup before I go to sleep. Apart from that, I follow a proper skin care routine and I make sure that I don't skip it at any cost.





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Manmeet Kaur gets rave reviews for her part in Shershaah

Shershaah is out on the OTT and the film is an indelible mark in the history of Indian cinema. Everyone is absolutely loving it. We just loved all the characters in the movie and especially the one played by Manmeet. Captain Vikram Batra used to lovingly call her mona darling and we loved the chemistry between the two. It's one of those friendship moments in cinema that we give examples of. Manmeet played it with amazing conviction and we loved the dimensions of it. She is garnering all the love and praises for her part and rightly so. It's great to see such talent meeting the right opportunities and showcasing it in the biggest of stages

We congratulated Manmeet and here is what she has got to say, "Thank you so much for the lovely compliments. It's an unreal feeling with the kind of reception the movie has got. I will forever be indebted to captain Vikram Batra. He has left an indelible mark in my life. I am so proud of the entire cast and crew for the way they have worked in this movie. It's a lovely story and every Indian should watch it. A huge thank you to all the audience and fans for showering so much love to the movie. It's a story of a hero and we are fortunate to see that on such a scale. Love and prayers for all. Let's stay safe and get vaccinated. That's a war we all have to fight and win."

She is here for the long run and it's a very good start to Manmeet" innings in Bollywood and we are looking forward to many more stellar performances from her.



Shernavaz helps animals and works for their welfare whenever they are in need

Shernavaz is a huge animal lover and she works for their welfare from time and again. We have seen Shernavaz reprise many memorable roles and she has been at the forefront whenever there is an animal in need. The pandemic has shown us that we need each other and examples like these really stand out. It's been a difficult time for both humans and animals as our lives are extremely co-related. There have been a few who have truly stood up for society and animal welfare and Shernavaz's name would be right up there.

We spoke to her about her work and plans and here is what Shernavaz has to say, "I grew up in an environment with lots of animals around. Be it dogs, cats, or ducklings or any stray, they would find food, and never was any animal mistreated. We were in harmony. I would bring the stray to my home. Those were my earliest lessons for caring for those vulnerable creatures. We have rules that anyone can be allowed to feed animals in need and anyone stopping them is punishable. Firstly it should not come to that but if at all it happens, we know our laws. Human beings can easily take care of themselves but not animals. We have to take the effort and I am trying to do my bit. I have adopted a pet and I request everyone to adopt and not just buy all the time. They will give you the same love or more. There are so many pets who need rescue. I hope this inspires others to take that up and build a society that is inclusive and sustainable. We all share the environment and it is equally theirs as ours. We are all on the same team. Love and prayers to all. Let's stay accountable and get vaccinated whenever we can."

Those are some lovely thoughts from Shernavaz. We hope our readers can emulate some of those and we would surely do our bit.





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5 WAYS TO GET HEALTHY SKIN

Eat a healthful diet

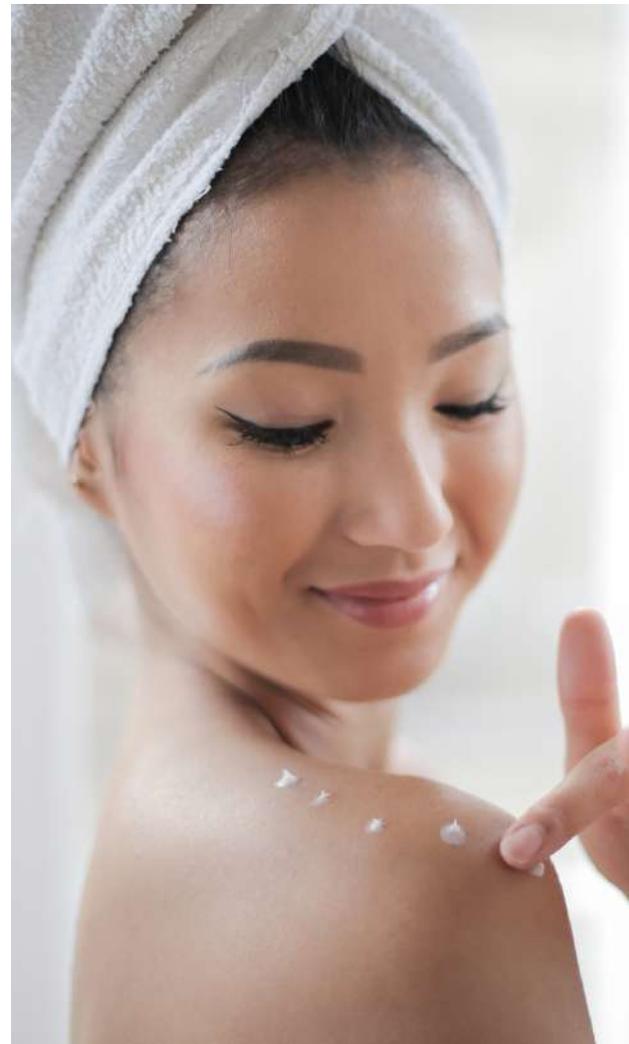
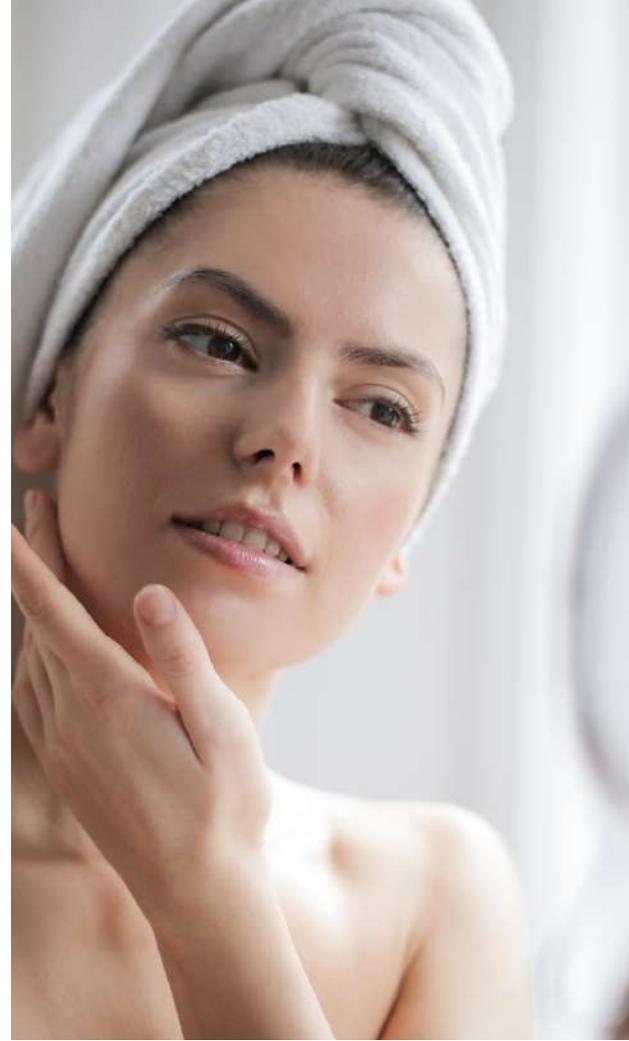
There is a multibillion-dollar industry dedicated to products that keep your skin looking its best, and which claim to fight signs of aging. But moisturizers only go skin deep, and aging develops at a deeper, cellular level.

What you eat is as important as the products that you put on your skin. Your diet could improve your skin health from the inside out, so a clear complexion begins with eating a healthful diet.

Calorie restriction diet

Research has demonstrated in mice that reducing calorie intake slows down the cellular aging process. This finding could prove to be an anti-aging strategy to test in humans in the future.

Scientists found that reducing the number of calories consumed by 35 percent had an impact on aging inside a cell. Cutting calories caused the cell's protein makers, called ribosomes, to slow down, and the aging process also to decelerate.



Keep moisture in the skin

Skin moisturizers keep the top layer of skin cells hydrated and seal in moisture. Moisturizers often contain humectants to attract moisture, occlusive agents to retain moisture in the skin, and emollients to smooth the spaces between skin cells.

Get your beauty sleep

Getting your beauty sleep will banish those dark circles around your eyes and improve your skin tone, and, best of all, it is free.

Quit smoking

Smoking ages facial skin^{Trusted Source} and skin located in other body areas^{Trusted Source}. Smoking narrows the blood vessels found in the outer layer of the skin, which reduces blood flow and exhausts the skin of the nutrients and oxygen it needs to remain healthy.





Onion Hair Oil

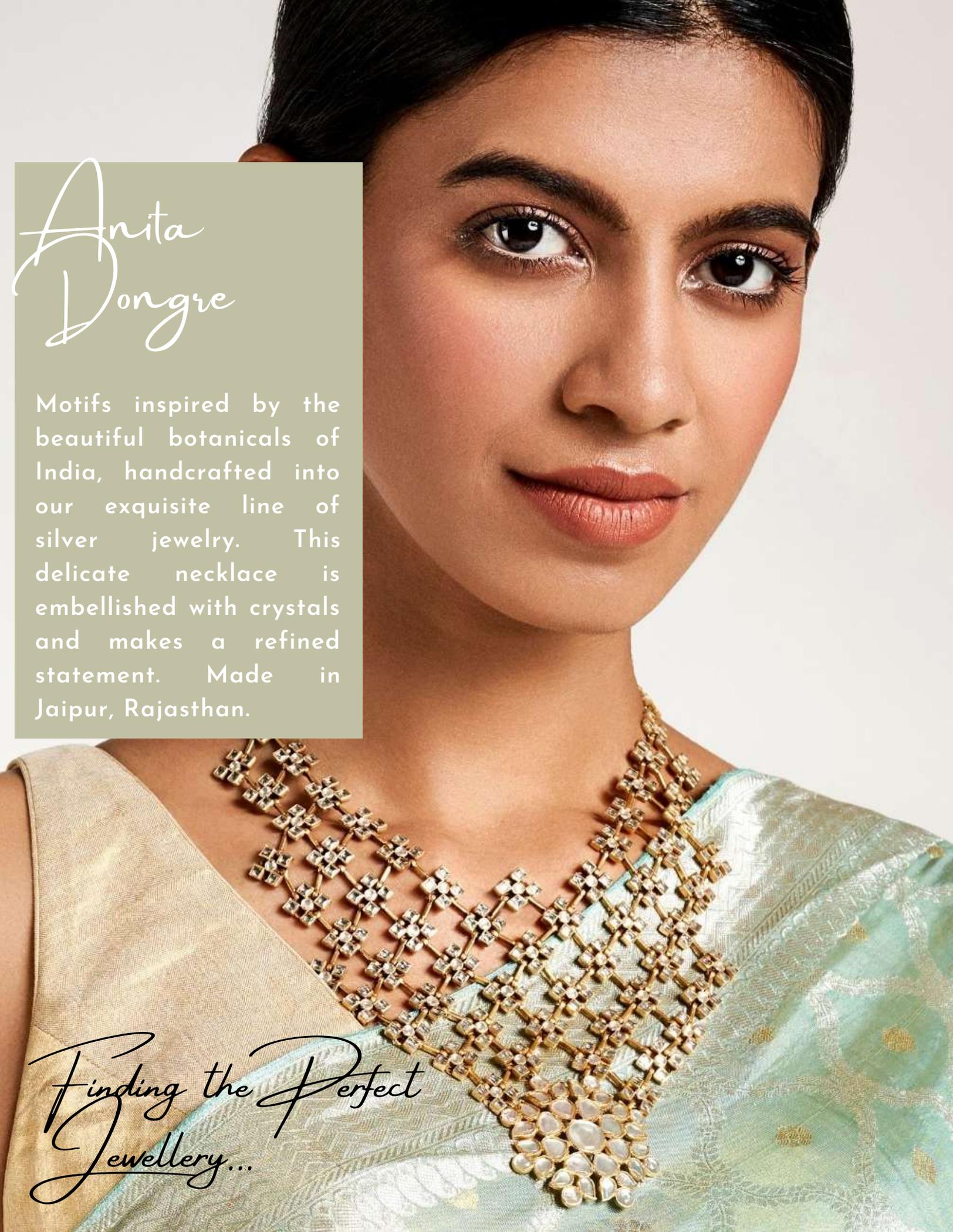
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Workout at home: beginner's guide



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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