

WEDESSENCE

BY SHAADIVAALE
October 2021



In an Exclusive
Conversation with
Mugdha Godse

5 WAYS TO HEALTHY
GLOWING SKIN

WEDDING SEASON
2021 JEWELLERY

HOTTEST BRIDAL
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From the Editor's Desk

Dear readers,

October marks the beginning of Indian festivals and the wedding season. Weddings in India are no less than festivals. The grandeur, the love, the luxurious venues and what not! There's something magical about Indian weddings that keep us hooked to the concept of grand celebration. While some people may choose to keep it simple, reports still suggest that almost 70% of the people in India still like Indian weddings to be the same old way. I guess the traditional wedding concept of big fat Indian Wedding is never going away!

Simple or lavish, Weddings are beautiful. We are here with our October issue to bring out the best ideas from across the country for brides and their families.

We are so happy to have the very beautiful, Mugdha Godse on the cover page of our October issue. It was an absolute pleasure to have worked with Mugdha for a quick Q&A session. Stay tuned till the end.

Love
Tia Chhabria
Editor-In-Chief, WedEssence



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*Exclusive : In
Conversation with
Mugdha Godse*



What's one thing that inspired you during the early days of your career?

Mugdha: I always wanted to be in front of the camera and that ability to express affectively is something that attracted me to the profession. I wanted to do justice to my potential and that's what I got me here.

Everyone gets an opportunity or a break that changes everything for them. When did you get your first big break?

Mugdha: I was a super model earlier. But the true calling was acting. The shackle breaking moment would be fashion. The love came in leaps and bounds and there was no stopping ever since.

When it comes to Indian weddings, what do you enjoy the most?

Mugdha: The food. I am a big foodie. I enjoy the rituals and the dressing up part as well but mostly the food

What's one piece of advice you'd give to women in India when it comes to maintaining balance between their relationships and career?

Mugdha: Look for getting financially independent first. Both individuals in a relationship. Everything starts with that. And in career one has to look for their calling. We all have that voice. Listen to it and go all out. We are all capable of leading extraordinary lives.





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5 WAYS TO GET HEALTHY SKIN

Eat a healthful diet

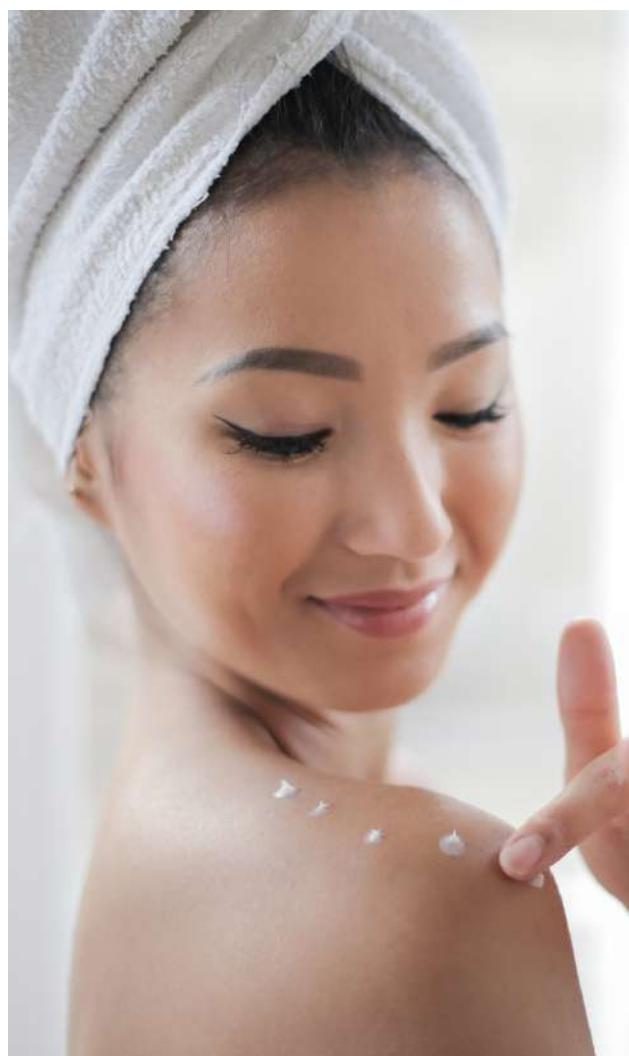
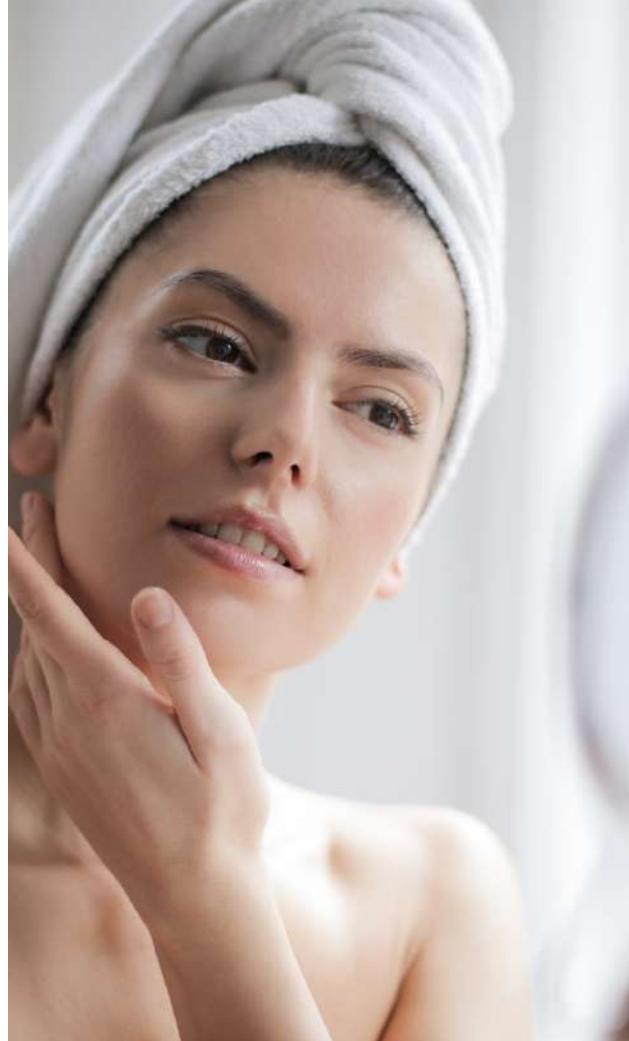
There is a multibillion-dollar industry dedicated to products that keep your skin looking its best, and which claim to fight signs of aging. But moisturizers only go skin deep, and aging develops at a deeper, cellular level.

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

150 ml



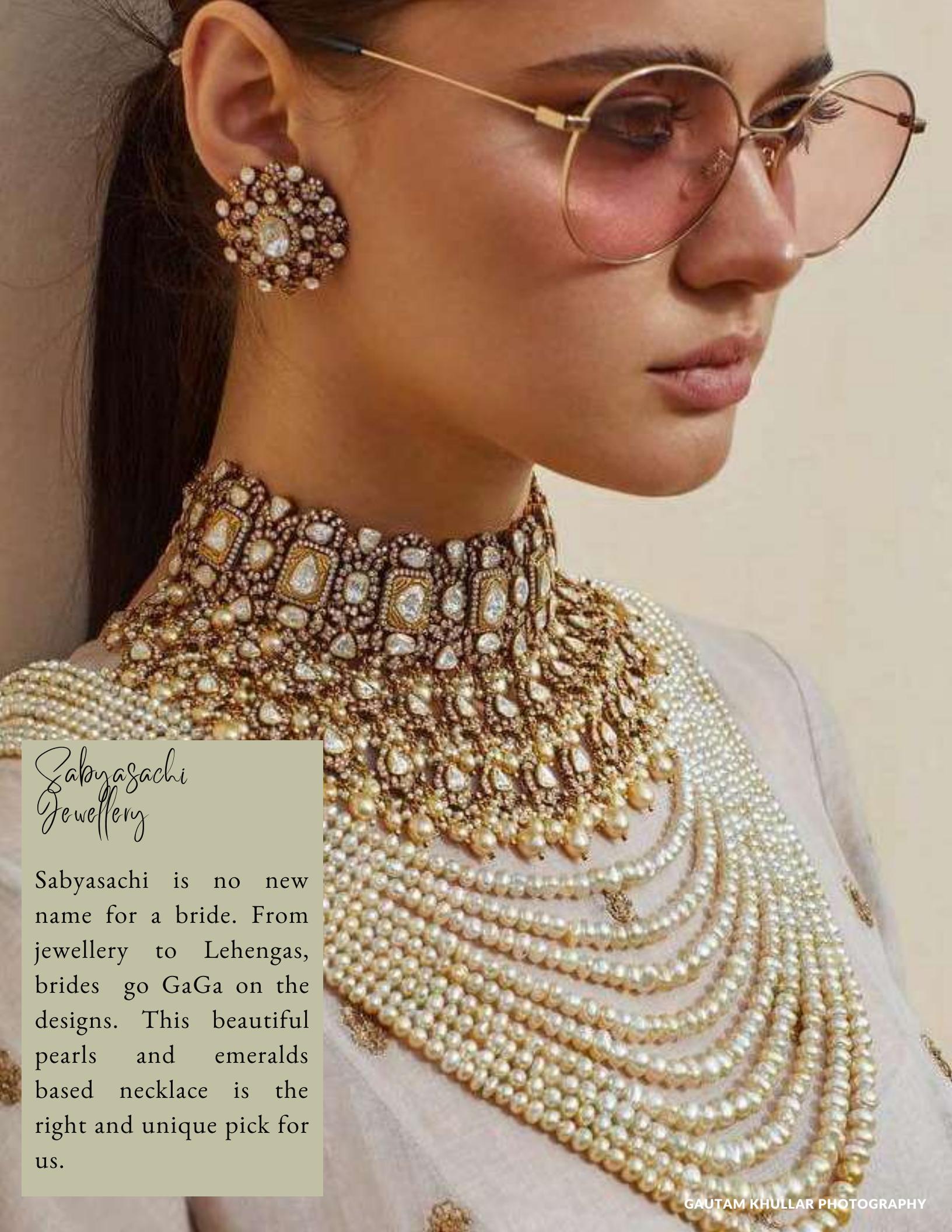
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Anita Dongre

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Manish Malhotra

Manish Malhotra's jewels are fine, classy and royal. You just can't take your eyes off his pieces. Here's our pick for the season by the designer's jewellery collection.

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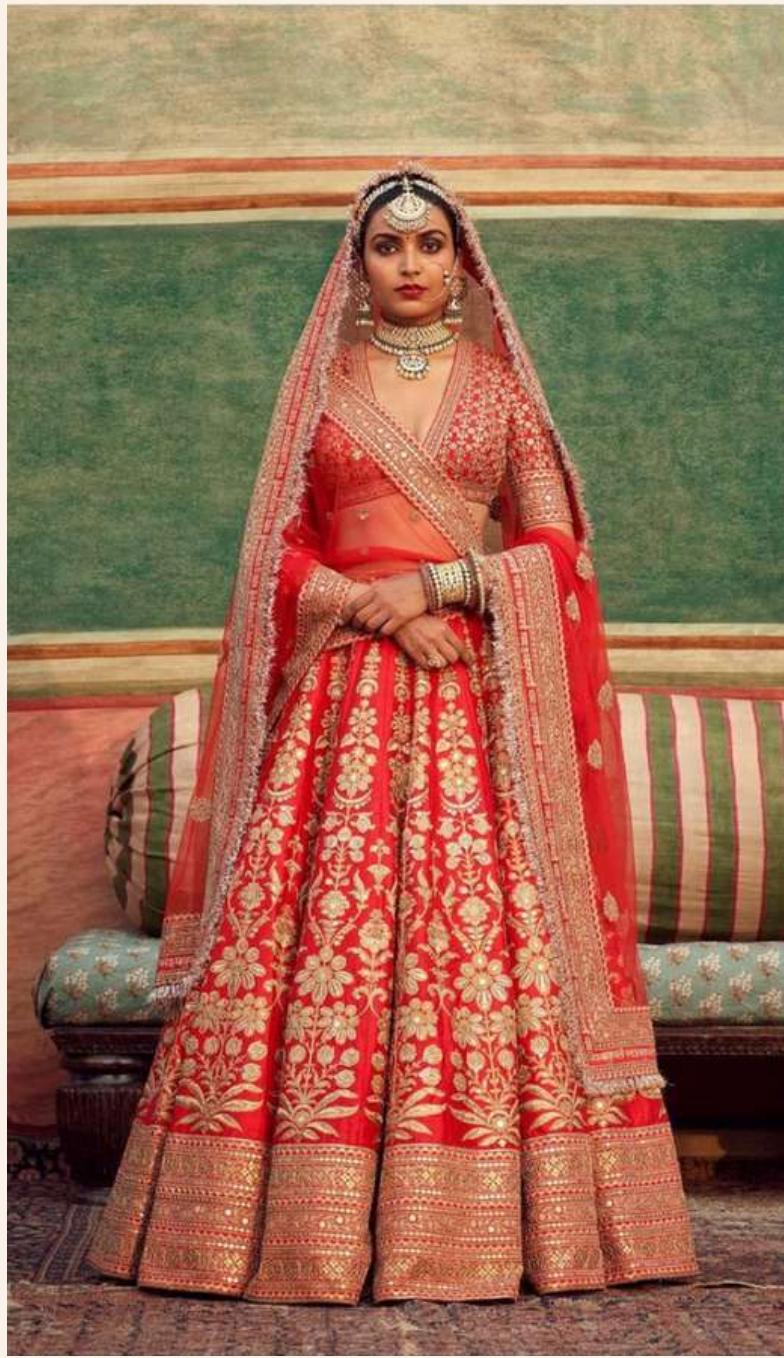


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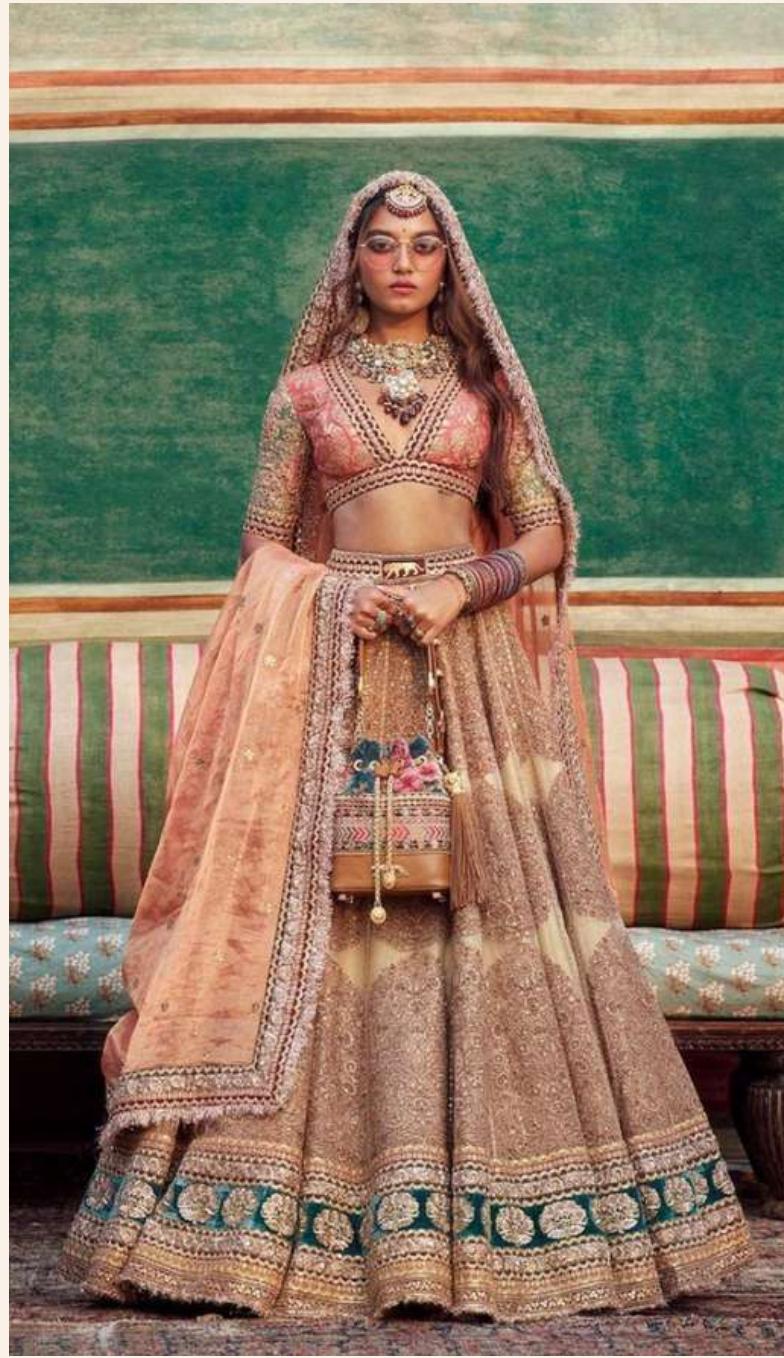


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Hottest Bridal Couture 2021

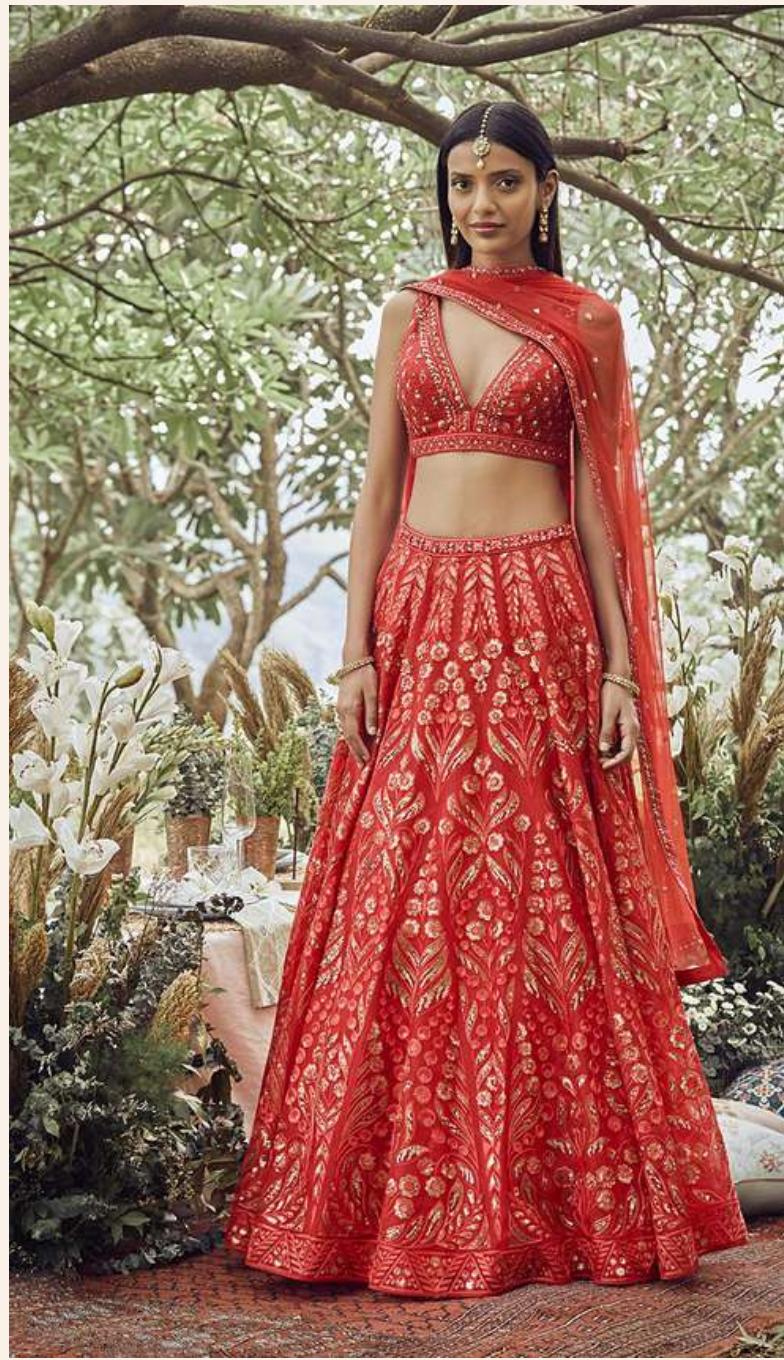


Red Sabyasachi 2021 Lehenga with 2
embroidered net dupattas



Pale Pink Sabyasachi 2021 Lehenga
with 2 embroidered net dupattas

Hottest Bridal Couture 2021



Handwoven in Benaras, by master craftsmen well versed in this illustrious art, this exquisitely rich silk lehenga wraps you in a luxurious lightness with glimmering brocades inspired by resplendent forest motifs.

An eye-catching red lehenga in exquisite silk and enhanced with the timeless beauty of hand embroidered dori inspired by royal Indian botanical motifs. A luxurious silhouette that frames you in lightness and an enduring charm.

Hottest Bridal Couture 2021



Cherry pink rawsilk zardozi embroidery lehenga by Anushree Reddy



Red rawsilk zardozi embroidery lehenga by Anushree Reddy

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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