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ON THE COVER

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Thane, Mumbai-Vile Parle, Nagpur)

LETTERS to the Editor

Dear WT,

My wedding is in about two months and WT has given me many new ideas that I can incorporate in my functions. I cannot thank you guys enough! The stories on wedding fare and desserts are tasteful. Loved the read on grooming as well. I now want to try different make-up styles for my wedding functions. Thanks for the wonderful insights!

Rizwanaa Waqil, via email

Hi,

The 'Royal Weddings' issue was such a magnificant read! For those of us who aspire to have an imperial wedding experience, the last issue was a real treat.

Varsha Rawat, via email

From the editor's desk

Win
trendy
watches!
Turn to
pg 44

he Wedding Trendbook 2013/14

One of my closest friends is tying the knot this November. Ask her about the wedding budget (just the three-day destination wedding to be precise), and she gallantly quotes a figure that stands above a crore currently, exclusive of her bridal trousseau. Mind you, this is just another 'normal' wedding—one of the lakhs that take place in the country every year—sans celebrities and anything OTT. Well, with the wedding industry standing strong at over \$\tilde{\tau}\$1,20,000 cr and as research reveals, still growing robustly against an otherwise tumultuous economy, this is one industry unscathed by our political-economic environs. Bling, as we witness, is all-in!

Welcoming the upcoming wedding season, WT's Trendbook 2013/14 provides an insider's guide—from choosing the right venue to picking up the season's choicest décor, W Cover gives a step-by-step guide to planning a natty wedding. W Trousseau provides tips on bridal ensembles; while W Jewellery decodes the flavour of the season—bling—with some statement pieces. Moving on, W Interiors focuses on 'neo-vintage' furniture; and W Focus expounds the popularity of wedding desserts! And what's a wedding without a honeymoon? W Getaway explores some stylish destinations here and abroad for the newlyweds.

Follow your dream and make this 'once-in-a-lifetime event' unforgettable. Carpe diem!

Aindula Mitra

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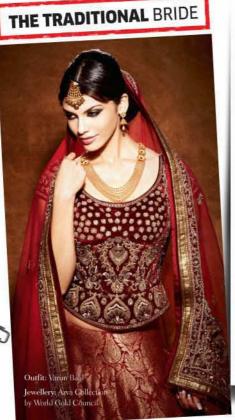






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Vedding

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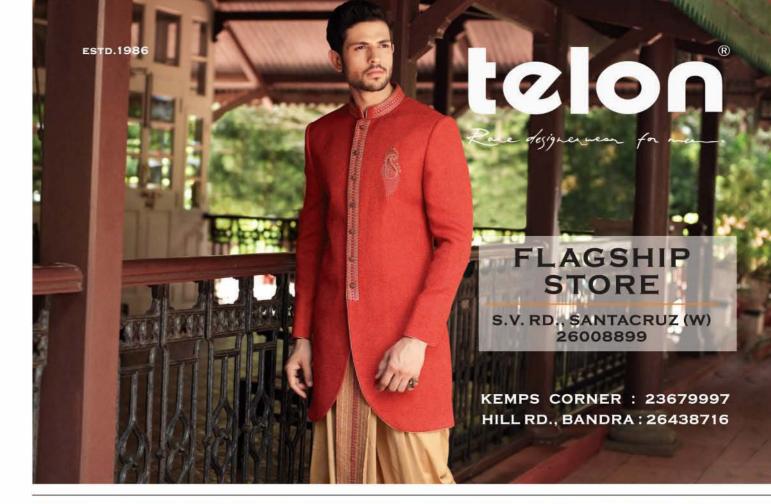
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Trousseau



Pia Pauro fashion designer

The most sought-after trending look for 2013-14 is resort bridal wear, which include drape gowns with ornamental trims, stitched on lightweight saris and beautiful traditional lightweight lehengas. When it comes to destination weddings, what works is the classic fusion of East meets West with a good mix of traditional intricacies in modern silhouettes. Floor length anarkalis with intricate embroidery and heavy borders, conventional lehengas with heavy-embroidered choli blouses are 'in'. India has an amazing history of textiles and embroideries, so the trick is to combine the traditional and the modern silhouette, thereby giving an edge to the look of the garment. Nothing beats ethnic heirloom jewellery that has been passed

While bridal wear is cyclical, contemporary wedding attire is witnessing a sea-change with modern and lightweight silhouettes coming to the fore. Take a pick from WT's 2013/14 lust list that's a notch-up the conventional, yet not entirely cut away from the traditional

by Sreesha Shetty

Contemporary Couture





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Smile Makeover... Permanent Make-up for Your Teeth



Bridal Check List...



Costume

Jewellery

Hair & Make-up

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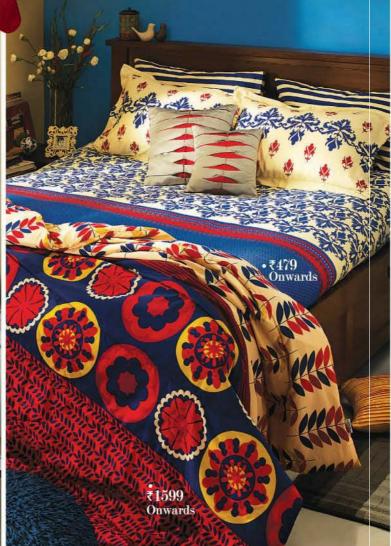






















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Gaurang

RAGHAVENDRA RATHORE fashion designer

Manish Malhotra

There is no such thing as 'trendy' when it comes to traditional attire. However, anything that emulates history and heritage, without being too cumbersome to wear is apt as a trend. For the groom, the original Jodhpuri, bandhgala, achkan, sherwani, waistcoat kurta and breeches reflect a combination of traditional and modern dressing. Vibrant colour tones are trend-setting this season. The colours need to be combined intelligently, so that they complement well. Peshawaris and embellished juttis make for the perfect footwear to go with such



















Tie, Christian







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"We met at a studio in Bandra, Mumbai where I had come to show him

my singing demo. I was working as a marketing professional at an FMCG compan and I had no idea about the nuances of the music industry. It took me six months to even get through to him," narrates Sona. "Ram Madhvani, the filmmaker, had told me that there were only two music producers whom I ought to meet in advertising-Rajat Dholakia and Ram Sampath. The latter name sounded really old and funny to me, at first, to be very honest," she coyly confesses. "We met for a quick snack to discuss the music scene and ended up speaking through the night! There was a connection almost instantly. I found Ram to be unusually different, bright with a really generous heart." Ram declares, "Within the next couple of days, I asked her out. Without wasting any time, we started dating and on New Year's Eve 2003, in Kandy, Sri Lanka, I just knew she was the one."

STRINGS TOGETHER

"For me, the most important things for any relationship to

prosper are compatibility, a common belief system, a sense of humour and passion," asserts Ram. Sona, on the other

she was still working as a marketing manager at the time, the meeting had to be before she left for work. Her mother was so taken aback that she offered me ice-cream at 7am! Nonetheless, we hit it off," smiles Ram.

THE CHIME The couple mutually decided to tie the knot in a simple ceremony

on January 16, 2005 in Mumbai. "Marriage is an essential part of my existence and I don't know how life would be without it," admits Sona. Like every couple, post-marriage, they both had initial issues getting used to each other's idiosyncrasies, but it was a smooth sail afterwards. "We both immersed ourselves in work and enjoyed our time with each other. Even after marriage, our 'courtship' continues to be the same and honestly, nothing much has changed," says Sona.

PARODIES
Ram admits that having a wife who is a singer makes it easier to connect with her even

at a professional level. "Having a spouse from the same industry has its pros and cons. We try and focus on the pros as much as possible," says Ram. adding, "We don't think of each other's involvement with our work as interference. Sona is my

He may not hail from Amritsar, but that didn't stop singer Sona Mohapatra from crooning Ambarsariya, the latest melody of love, for her husband and composer, Ram Sampath. Having been together for 10 years now, the musical duo narrate their love story, which thrives on respect and individuality

hand, believes that a generous heart and a bright mind are just the icing on the cake. "We are like chalk and cheese, extremely different from each other. Maybe that's the reason we get along so well and complete each other. Our mantra is to listen, talk, laugh, read and love," says Sona.

STRIKING

For the duo, hitting the right notes with each others' families was

imperative. "Sona took me to meet her parents right after our first date. Since

best friend and I like spending as much time with her as possible." The couple is involved in each other's careers and take ioint decisions. "Professionally, ou roles are well defined and we hardly have any overlaps. His core is

composition and music

creation, and mine is production and live performances," explains Sona.

IN SYNC, There are times when things hit a low-point and ALWAYS as a couple, you really

need to be there for each other. Ram explains, "I count on Sona to help me bounce back and she's always there. We're both dreamers, but are practical in our own ways," Sona attributes her husband's ability to look beyond the obvious and his genuine need to give back to the society as his most endearing qualities, while Ram loves his wife's freespirited nature, her honesty and cherishes the fact that there is never a dull moment when she's around.

- Interviewed by Avni Mehrotra





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Wedding Times (a Times of India national magazine) is your ultimate guide to tying the



Radha Vishwanath recounts how at the strike of midnight, her 'prince in shining armour', Vishwanath Subramanian whisked her off to a world of love and togetherness

The first time I saw him was back in 2003. He was my next door neighbour, staying with a few friends. I used to call him 'a white pumpkin'. Initially, I really disliked him. He didn't fit my definition of what I thought would be the perfect guy (read: tall, dark and handsome). But there was something about this tall, fair and well-built guy-he was a charmer. smooth talker and his smile has always been a bright accent, his sense of humour and witty one liner jokes-all of these and his Royal Enfield! A handsome boy and a classic bikea spell was cast and I was enchanted! Everything about him drew me more and more towards him.

In a parallel storyline, Not because of my parents were hunting for a suitable groom for me at the time I was dating him (two years of courtship and we still weren't sure if commitment and something long-term was the way for us. After all, I was just 22 and he, 26). My mother would force me to go and meet the eligible bachelors she chose by matching various horoscopes. I don't know if all the stars aligned that day, but one fine morning, he walked up to his parents and spoke to them. In March 2005, when my brother's exams were on, at midnight, he rings the bell and instructs me, "Please call your parents. I need to talk to them." I was nervous. way soon.

whatever he was about to say, but more so because of how my parents would react! The he uttered the words, "I want to marry

At midnight, out of nowhere, in front of my family, he had finally proposed, I was spellbound and couldn't wait any longer to be a part of his life forever, to attach his name to mine! And that is where, at the strike of midnight on an unassuming night, our story began. We got married on June 27. 2005 and have been married for eight years with a two-year old baby boy Vivaan and another addition to the family on the

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Weddings have evolved from simple ceremonies into grand celebrations that bring together family and friends in a show of unity and bonhomie. From classic elegance to rustic outdoors and more, WT presents the key wedding elements of this season

by Irene Fernandes, Lynn Lobo & Veyoleen D'souza

Tf it's a wedding, then it should be grand and memorable, a sentiment that accompanies most wedding plans. While traditionally, Indian weddings have been characterised by bright colours, loud music and sumptuous food, the need to bring all these factors together under one unified theme is finally catching on.



nto the

sunset

THE VENUE-

FINDING YOUR PARADISE

ometimes, the right venue can set the tone for the entire wedding. A

beach wedding makes the most of its natural surroundings, requiring

minimalist decorations and arrangements, which is why identifying the

THIS SEASON, weddings are all about some place different-bold and dramatic, yet with character," states Candice Pereira, Marry

Me Weddings, Mumbai. "Of course, with Indian weddings and its many events and exhaustive guest lists, it may not be possible to avoid hotel ballrooms or large outdoor spaces in order to accommodate a larger crowd. However, with destination weddings, you do have the luxury of picking off-beat venues. For instance, plan a cruise wedding with all events onboard and hold the wedding ceremony on an island when the ship docks at a port. Or if the wedding is in Goa, then host one of the events at a Portuguese villa to really embrace the true feel of Goa," she adds.

According to Vithika Agarwal, Divya Vithika Wedding Planners, Bengaluru, "Goa continues to beckon wedding planners, along with Rajasthan, which is sought after for its royal history." She adds, "Also watch out for new destinations like Chikmagalur, Coorg, or Havelock Island (Andaman Islands). These locations are perfect for couples who want an intimate celebration, vet something off-the-beaten path.



For those with a limited budget, Sonika Advani, Director, CRÉATIF-Events and Wedding Planning, suggests a monsoon wedding in Goa. She explains, "In case of a monsoon wedding, the best time to be

in Goa is between June and September. As many are aware, the off-season months allow you to avail the best rates, making it the ideal time to host the wedding at a five-star property." Another unexpected suggestion comes from Vithika: "A destination favoured for weddings, especially during summer is Bengaluru. We observe a lot of weddings during the month of May. While temperatures elsewhere in India are

soaring around this time, Bengaluru is

comparatively pleasant."

of the

countryside

right location becomes absolutely imperative.

for weddings and events. Taking a dip in the pool; soaking in the sun while sipping some wine; taking a leisurely walk or riding a bicycle are not only activities that guests can enjoy, but also something that you could do to forget all the wedding stress." However, for the ultimate experience in culture and heritage, head to Udaipur-a place that perfectly captures the sheer splendour of royal opulence and tradition.

> FORA combination of opulent luxury and beachside relaxation, head to Kerala, Ankit Bhargava, Director and Chief Wedding Planner, Regal Weddings, explains, "The trend of destination weddings in India emerged due to exotic holiday spots like Rajasthan, Goa and Kerala (Kovalam, Kochi and Kumarakom). Lately, people are showing interest in several off-

beat destinations that are venue/hotel specific locations like liners, etc." Faced with numerous options, Ankit advises, "All one needs to do is check if it's suitable in terms of logistics, theme and budget. Destination weddings benefit couples, who are not looking for a typical banquet hall or

vinevards, film cities, old mansions and forts, secluded beach houses, cruise

Plan a cruise wedding with all events onboard and hold the wedding ceremony on an island when the ship docks at a port

IN TERMS of

property-specific

venues, Divya

A Klass Apart

Weddings, recommend hotels attached to

professionally landscaped gardens suited

vineyards. They explain, "It's a perfect

weekend getaway resort, with

and Neha Chadha,

THE DÉCOR-

ELEGANT AND

A fter determining the venue, the next step is to plan the décor, an essential element that defines the aesthetics of your theme. Planners outline some of the popular aspects for this season.

PRITI SIDHWANI, Director, DreamzKraft, informs, "Neons are the trending colours for this season for functions such as the mehendi and sangeet. The night-club décor theme is amongst the most popular themes these days. Designing the Indian wedding mandap to portray a westernised look as opposed to a traditional vibe is also something that is growing in popularity. The wedding décor realm is focusing on classy and trendy, yet with a dash of sophistication."



"EVEN THOUGH wedding inspirations are everywhere, they are still rooted in the past.

Everything vintage is elegant, charming and romantic, with DIY ideas allowing you to add a personal touch. Doilies, birdcages, candles, vases, jars, crochet detailing-one can never have enough of such pretty, yet charming elements," state Divva and Neha.



and Neha explain,

"Decorate ceilings with a thousand dangling ribbons, beads or crystals to add the 'wow' factor. To enhance this setting, add coloured lighting and organise a dramatic firework display to conclude the evening reception. For more drama, the Bollywood theme never gets old." To this, Candice adds, "The last couple of years, elements were downplayed in terms of décor-less is more. But now, we are seeing more opulence, bling and glamour. It's all about dramatic, statement centrepieces. There are a lot of crystal and pearls to pretty things up."

INTRODUCE SUBTLE details or pick an unusual theme to reflect your Quirky personal style. "We arranged for a couple and their wedding party to be transported in a typical London double-decker bus, which made for great photographs

One of our grooms had a motor rickshaw that he drove to his baraat!" share Divya

Neons are the trending colours for this season for functions such as the mehendi and sangeet



A NATURAL wedding theme, with its warm and rustic country look can be eco-friendly as well as uber stylish. To reduce

carbon footprint, incorporate organic materials for bridal outfits and table linens, organic, locally-sourced food and eco-friendly wedding transport, or even an old-fashioned stroll to the venue. Bonsai plants or any small plant that you can give in a jute bag doubles as the perfect 'green' wedding favour.

24 Wedding Times & November 2013 November 2013 & Wedding Times 25

THE INVITES-

hen it comes to wedding invites, stationery has undergone dramatic change, thanks to technological developments and greater access to the Internet.



WHILE REFLECTING on the importance of stationery, Divya and Neha state, "Your wedding invitation says a

e-invites

lot about your wedding celebration. For some guests, this is the only contact they have with you before the big day, so it's an important detail to get right," adding, "We're definitely seeing more couples turn to e-invites aka evite as well as creating their own wedding websites. One of our brides sent out a delightful gaming MMS to all her guests as a part of 'save the date'. Another couple sent their 'save the date' along with a pair of 3D glasses just so that guests could read it. Another trend is the video 'save the date'—they are fun, modern and can be sent via email or embedded onto your wedding website (think about all the savings on postage and couriers)."



VITHIKA PREDICTS:

"Couples are getting creative in their approach to extending invitations to close family and friends. Video wedding invitations are the way forward in 2014. Personal in nature, video invites allow you to find out when your guests have viewed the invitation, RSVPing to it is much easier than the traditional method, and there are no hassles of postage or messenger services!" An emerging trend in invitations is 'save the date', which enables couples to inform their guests well in advance about the approaching celebration. The same can be modified to include an RSVP form, suggests Sonika. "An RSVP form, easily made on Google Docs, can be sent along with the evite." Another benefit of using an evite is the minimal use of environmental resources, as well as time and money. Sonika feels that online invitations will soon take over printed invites.

While it's tough to discount the numerous benefits of sending out paper-free invitations, Candice differs, "We haven't seen too many couples opt for online invitations because a celebration as big as a wedding calls for a specially-designed invite." In

Video wedding invitations are the way forward in 2014

terms of paper and prints, there's an emergence of vintage and Art Deco elements. Divya and Neha state, "In vintage stationery, think monochrome, gold, brooches, pearls and satin ribbons. As long as they are done well, they will be right on trend. Damask is another classic look that has become increasingly popular for those who want a traditional look with a sophisticated







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THE MENU-BON APPETIT

desserts

ne of the most frequently-asked questions about a wedding is 'what did they serve?' This love for gastronomy coupled with a desire to sample newer cuisines has led to some exciting dining options.

WHEN IT comes to wedding food stations and their décor, more often than not, it depends on the theme of the wedding. Today, the modern-day bride and groom are stepping away from clichés and are looking to explore details that are stylish, yet unique. Colours are

high on trend in the cuisine section. Eye appeal is very important for any kind of food. Every vegetable, meat or salad has its distinct colour, which plays a very important role. What's vital in any food presentation is that all colours should be used in the correct manner so that it is appealing and appetising at the same time. It is best if you experiment, play around with quantities and combinations, add a little at a time, and always taste as you go. And surely, have fun with it!

When it comes to desserts, play with colours and natural ingredients, which are possible given the variety of fruits nature has to offer. Also, it is important to remember that while variety arouses your guests' interest in the food, plates and bowls should coordinate in some way with each other, either by texture, theme or colour. At the end of the day, one should be able to relax and enjoy the food.

Having multiple counters that include Indian, Italian, Chinese, Thai and Japanese cuisines is now the norm



PEOPLE HAVE become accustomed to distinctive cuisines and want to explore global palates. Having multiple counters that include Indian, Italian, Chinese, Thai and Japanese cuisines is now the norm. Ethnic infusions of fresh herbs and spices along with a dash of personality will have

and spices along with a dash of personality will have everyone talking about the food, the servers, the bar menu and lastly, make it an unforgettable day.



The impact of the ubiquitous macaron store can be felt in wedding circles as well, with more and more couples keen to offer it in their menus. Unusual desserts,

impressive presentation and a burst of flavour have given rise to chocolate fountains, chocolate fondue, macaron cakes, candy buffets and more. Reminiscent of the fantastical world depicted in the film, Willy Wonka and the Chocolate Factory, a candy buffet is now de rigueur. "A treat for the eyes and taste buds, a candy buffet serves as a spectacular centerpiece and will have your guests up and about. Whether you prefer a contemporary setup or something whimsical, design a candy buffet that truly captures the essence of your event," say Divya and Neha. Other than macarons, Candice has noticed a developing interest in cronuts (a croissant-doughnut pastry). She adds, "Cronuts are big right now! And we are seeing them getting popular with weddings too."



FOR YOUR ENTERTAINMENT

ften, Indian weddings are synonymous with music and dancing. From Bollywood music to live performances, you can have guests dancing to your tune!



"A LIVE performance of Bollywood music along with a DJ, or a percussionist accompanied by a DJ is a popular trend," observes Sonika. Circus acrobats and ballet performances are one of the emerging trends. Live singers, dance troupes, Russian dancers, cancan dancers and salsa also add an element of fun.

Circus acrobats and ballet performances are the emerging trends



FUN ACTS are a great way to wow. These are especially popular at a *sangeet* or reception.

THE FAVOURS-

SOME THINGS TO REMEMBER YOU BY...

Cimple ideas can be transformed into memorable giveaways with a touch of personalisation.



destination weddings; also, try and retain the culture of the locale while planning your hamper.

These can include a cupcake mix in a welcome hamper, wine bottle with customised stickers featuring the couple's picture, customised handheld fans for outdoor functions, etc.

bazaar THE WELCOME or farewell brunch sometimes includes a bazaar set-up with local treats, which allows guests to select their own takeaway gifts. This is a fun way to present the gifts to your guests.



THESE ARE thank you gifts presented with a note or simply marked with a guest's name to indicate their seat for a sit-down meal. (N)



Hair Thinning? RICHFEEL anagrow

shows the way - say grateful Richfeel patients















"With my hair thinning, I wasn't just losing hair, but my sleep too. And this was going on for quite sometime. But once I discovered Anagrow, all my worries were thankfully put to rest. My severe hair thinning has now come under control, and the constant irritation on scalp has reduced remarkably. I am happy I found Richfeel Anagrow."

Rohan Desai



"My hair was dull and frizzy, and I used to lose a bunch of hair every day. But not anymore, with Richfeel's Anagrow treatment, my hair thinning has come down considerably. And it has given me one more reason to live life to the fullest. I am grateful to Richfeel and recommend Anagrow to everyone who wants to put a stop to their hair worries."

Pramila Sharma



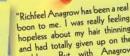
Jiten Shah

specialised treatment in India until I came across Richfeel Anagrow. With Anagrow stem cell treatment, not only has my hair thinning come under control, but hair growth has also improved considerably. I am happy about the fuller and thicker look and feel confident going out. Richfeel has truly changed my world."



"There are problems, and then there are hair problems. I was tired of the constant hair thinning and the effect it was having on my life. Not just hair thinning, but scalp irritation and dandruff were also making my life all the more Then I discovered Richfeel Anagrow. After the clinical sessions of Anagrow, I'm a changed person today, and loving

Ajinkya Kumar



boon to me. I was really feeling hopeless about my hair thinning and had totally given up on the problem. But with Anagrow coming into my life, it's been a different story altogether. Not only has my hair thinning come under control, my hair growth has picked up pace too. It's incredible how Anagrow has given my hair a new lease of life. I am thankful to the team at Richfeel for giving this

Shraddha Gaikwad





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The stunning diamond and ruby necklace is indeed one-of-a-kind. Big in size, this neckpiece is one that's sure to attract attention. Jasani - The Jewellery Lounge

Bling baubles

There's nothing more glamourous for a bride than her bridal *bijou*. This wedding season, bling is 'in'. So go all-out to be the cynosure of all eyes

•by Aindrila Mitra







This chunky gold cuff with a hint of traditional design complements both, western and Indian silhouettes. Adorn your wrist with this jewellery for that hint of bling. Falguni Mehta







bride-to-be.

Caratlane.com



This natural yellow diamond ring not only gives you the bling edge, but one that is for keeps for generations to come. *Rose*





With its modern design, flaunt this ring at a brunch party. Team it with a flowy, embellished dress and perk up your look with a floral motif earring. Bluestone.com



A lovely pair of diamond earrings, this piece is just right if you're looking for something that can transform from day to evening look, depending on the outfit you choose to team it with. Anmol Jewellers



If you're a traditional at heart, then you'll fall in love with this solitaire ring. Big enough to add some snazz, and at the same time classic, a smart engagement ring to own. Zaveri & Co



This kundan polki earring set is perfect to complement any Indian ensemble this festive season. A must-buy this time of the year. Entice

November 2013 2 Wedding Times 35









An ideal accessory to complement a

heavy, bridal outfit, this ring is a pick-

me-up if you're looking for some glitz

This slightly over-the-top citrine and garnet diamond earring pair is perfect for one of your day functions during your wedding. Wear it with confidence! Velvetcase.com





Looking for a cocktail ring that has the right amount of bling? Then invest in this diamond rose gold piece this seasaon.



Getting started

The most important part of a bride's trousseau is her jewellery. It comprises a large part of the wedding budget and inherently also holds the highest value. It's also the only part of the trousseau that is treasured by the bride for the rest of her life and worn for years after the special day. The bride can start her collection with a bangle and a statement necklace that she cherishes, but the key is to ensure that the iewels are finelycrafted and can stand the test of

A fine taste

the whitest and purest.

The significance of jewellery for an Indian bride is immeasurable. It goes without saying that an Indian bride is incomplete without her jewelsthe traditional solah shringar that complete a bride always include multiple jewels. When it comes to jewellery, the maharajas of India have grown up with the finest taste and are wellinformed about jewellery. They would buy jewellery with only the whitest and clearest diamonds, which are now sold at international auctions such as Sotheby's and Christie's for the highest prices. You can emulate this by cultivating a fine taste and buying diamonds that are



Appreciating the

details

Speaking of must-haves

centuries.

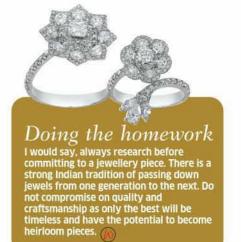
aspect of our jewellery since

When it comes to must-haves in jewellery for an Indian bride, a pair of solitaire earrings and a diamond bangle are indispensible. For instance, the Diamond Embrace Bangle can be worn on a daily basis as the innovation and technique that has been applied in its making allows the bangle to effortlessly embrace the wrist of any woman.

DESIGNER His rich experience in the jewellery industry translates into exquisite designs that are truly oneof-a-kind. In a conversation with WT, he tells brides-to-be what to keep in mind while planning your jewellery trousseau this season

Colour codes

Jewels are usually not designed according to any short-term trend. Jewels are timeless and express a woman's style and reflect her personality. Diamonds have always been very versatile and are appreciated across the world.



-As told to Shweta Vepa



Counting them down

Putting together your guest list can be a potentially daunting task, especially if your budget banks on it. We bring you expert advice on 'whom to rule out to save on cost', when finalising your guest list

by Lynn Lobo

t's one of the happiest days of your life. Every long dreamt of nitty-gritty detail charily crafted—the perfect dress with not a thread out of place, all the people you wish to share this day with in attendance, the ideal 'walk-off-into-the-sunset' setting, but unless you plan on quite literally eloping off into the sunset, budgeting this big day becomes a job for the astute-minded, especially when it comes to deciding who gets an invitation to be a part of your big celebrations.

As much as you would like to call that family friend you haven't seen in ages or that uncle, who is a generous gift giver. you do not want your guests to be packed to the rafters at your wedding; so, controlling your guest list is a pivotal part of the wedding planning process-one that must be warily done, "As wedding planners, we often get asked 'why is it important to make a guest list?'; and our answer is simple-your guest list is the framework for your whole wedding and ultimately determines your entire wedding budget! Think about it-the more guests you have-the more money you spend on food and alcohol, the number of rooms you book at a hotel, finding a venue space that suits your guest list capacity, the wedding invitations, the number of wedding favours you would need, and vour conveyance requirements. The guest list is the most important aspect in helping you to streamline your expenses, automatically making it simpler to know the areas that you can and cannot compromise on. It gives you a clearer indication of the amount of work that goes into the logistical angle of things: which is imperative in making necessary arrangements," say Divya and Neha Chadha, Directors, A Klass Apart.

Trimming your wedding cost on a whole gets a lot smoother once you've narrowed down your guest list to the minimum and necessary. It is important to pre-decide the number of people the bride and groom plan on inviting. "Divide the list equally between both the sides, Make a common guest list for common friends and send out one invite from either of the sides," opines Sonika Advani, Director - CRÉATIF - Events and Wedding Planning.

Sending out guilt invites is like stepping into quicksand when you're wedding planning on tight budget. "Your wedding is about you, so call people who really matter," suggests Rashida. A, Business Development Head, Myshaadiwale



Wedding Planners, "Immediate and extended family of the to-be-bride and groom are guests that are more than likely to be definite on the list. Don't forget to consult your parents if they are contributing towards the cost of your wedding as they will also have a guest list of their own," say Divya and Neha. The duo believe that unless you and your partner have the exact same group of friends, you're going to need to sit down together and chalk up how many guests you would like to invite. "The first step to reduce your wedding guest list is to set expectations early. As soon as you have decided to announce your wedding, mention that you would be having a small reception with limited/close family and friends, so this conversation reduces the expectation of those who expect themselves to be invited for the wedding. Give your parents a certain (read: minimal) number of invites you would like them to send," says Sonika.

SEGREGATE YOUR GUEST LIST INTO A, B AND C LISTS:

Giving us a breakdown of the 'A, B and C

list', Divya and Neha render, "You're A-list comprises all the people who are an absolute must-invite. You should also ask yourself whether you would like your wedding to be a private and intimate affair or a grand scale event with everyone invited to share your big day. Go with the more practical answer-intimate with the people that matter most to you! This includes immediate family, other close relatives, your childhood best friends and acquaintances who really matter to you. It doesn't matter where in the world they live, but this is your priority list.

Your B-list includes your 'really extended family and friends' and your co-workers. This list features the long-lost relatives who you have to invite for the sake of the parents/grandparents and who probably won't attend your wedding anyway. It's your wedding day and you want all your 'friends' to be there but let's be honest-the friends that fall in your B-list are not the friends who are imperative to your wedding party. It sounds a bit harsh, but in reality it isn't. This happens every day. How many times do you receive invitations (emails/social media posts) for weddings that you just don't attend?" Adds Sonika, "Unless you have a clear



There are many ways to ensure that your guests realise that the wedding invitation is just for them. The problem with Indian weddings is that 'everyone' just turns up! Follow these tips:

The person of the person people invited on the invitation, i.e., Mr. Jadhav or Mr. + Mr. Shaikh. You should only feel obliged to invite a guest's spouse if they are married, engaged, living together, or in a long-term relationship

The you don't want to invite children, don't include the word 'family' on the invitation. Worst case scenario when someone RSVPs with kids in tow, you can politely explain that you are not inviting children to the wedding

To the wedding inserts you can also state 'adults only' for reaffirmation

For a couple, you should clearly state MR + MRS, OR if you know a couple is engaged then MR + MS on the invitation

best friend at work, subscribe to the allor-nothing rule. If you plan to invite one member of your team , then you have to invite all of them. The exception: you can just invite your boss. On the other hand, it's totally acceptable to invite no one from work (and still gab about your wedding at lunch)."

Lastly, your C-list is your back-up list. "When it comes down to Indian weddings, you can never have enough guests and your parents are bound to remember someone or the other that they need to invite. This list can include all the people your parents are socially obliged to call, but you know that they are not 'your' priority list," say Divya and Neha.

A wedding celebration today becomes not just about the two people getting married, but about the two families as well. Would you prefer making merry with a select important people at your wedding, or rather a chunk of people enjoying at your cost? While inflicting social wounds may not be the intention, prioritising must be your objective when you set out to trim that seemingly mushrooming guest list.



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PHOTO: MADPRIME FLICKE

Blog Alert!

The advent of wedding blogging is a burgeoning trend in the wedding industry. And with a majority of the yuppie crowd being tech-savvy, inspiration for your wedding is only just a click away

by Alisha Fernandes

BUDDING

LIENE STEVENS, an author, speaker and expert on the intersection of business and consumer behav-

iour for the wedding and lifestyle industries, with her own blog *Think Splendid*, points out that there is a difference between professional wedding bloggers, wedding professionals who blog and a bride-to-be documenting her personal experience while planning her nuptials. In India, it's more likely to be the two latter options, but there are also a few who have taken wedding blogging as a profession.

Meet Shinjini Amitabh Chawla, a former consultant in the corporate world turned full-time wedding blogger who aims to cover all aspects wedding-related! "My main audience right now are brides-to-be who are based in and around Delhi; my content's mostly Delhi-centric as it is my base. However, I do travel often enough to Mumbai to include some recommendations from there as well," explains Shinjini. She further elucidates that her readers like to help each other and share information if they have answers to any of the queries posted. "They maybe other brides, vendors or people involved in the industry, so help



is always at hand," she explains.

On the other hand, professionals from the wedding industry like photographers, videographers, decorators and planners are turning to the blogosphere to showcase their work while enjoying the creative freedom of writing blog posts and offering advice on other aspects of the wedding production as

well. The Unreal Bride focuses on photography of everything momentous before, during and even after the special day. But their dreams are bigger than just photography; they love to blog. "Three years ago when we started our blog, there was practically nothing happening in the wedding blogging industry here unlike blogs such as Rock n Roll Bride and Style Me Pretty, which are established wedding blogs abroad. We were inspired by them to create our own unique blog, as a way to showcase our photography, which is the primary business. Our photography focuses on being different; from pre-wedding shoots, announcements, the big day and even events like baby showers after you've been married," shares Kismet Jewell Nakai who started the blog with April Bhaika.



"OUR GENERATION is used to Googling and getting the answer. However, the fact that this is near-

impossible when it comes to the Indian wedding industry is really inconvenient. I started my blog last year while I was in the process of planning my wedding. I would collate information that I found useful. This led me to move full-time into wedding blogging," says Shinjini. Blogging in general gained popularity because it allows you to showcase your skill and interest, irrespective of whether you're a journalist or author. People who

PHOTO: MIKE LICHT, NOTIONSCAPITAL.COM.FLICKR

Ladies Blogging Companion

Post with style.



enjoy writing, but haven't made a career of it have a platform to put their thoughts out there as well as the flexibility to write as and when they want. "With wedding blogging more specifically, it is inevitable because the internet space lacks well-put-together information on the Indian wedding scene despite it being such a big industry," she says.

Just like there are forums for GMAT prep, etc similarly even brides-to-be appreciate the support, advice and suggestions when it comes to planning their big day. "We have so much fun

It is not a question of maybe they'll need a lehenga; it is which one they'll choose. So this is prime market for advertisers

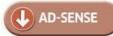
hing

y. But

blooging and I think that's what it is primarily about. I feel like

blogging and I think that's what it is primarily about. I feel like it's the best way to advertise your services while showcasing your unique personalised vibe," states Kismet.

Aditi Chauhan married Pratik Shevade in a grand Rajput-style wedding, but every element of the three-day affair was planned meticulously by the now Mrs. Shevade. Because her guest list was over-800 strong, she couldn't hand-make everything herself; she busied herself with ideation, coordination, planning and delegation. Her experience made her appreciate the presence of wedding blogs and sites like Pinterest even more. "I want to start my own blog simply because the ones I visited helped me understand the dos and don'ts while planning my wedding," she says.



CONSIDERING THE primary audience of wedding blogs are bridesto-be, they are not only just 'clicks

and eyeballs' in ad jargon, but they are customers primed to spend. It is not a question of *maybe* they'll need a *lehenga*; it is which one they'll choose. So this is prime market for advertisers. "I just started advertising on my blog, but indirect plugging is not something I'd be comfortable with because you have to be completely transparent when running a blog. This is what gives you credibility," opines Shinjini. On the other hand, editorial quality should also be of a certain level to ensure success. Kismet says, "The creative industry is cluttered; what sets you apart is your staying power. From the hundreds of blogs, only the few that are unique survive."



BE FRIENDLY: "Brides-to-be come to you for help when they are very vulnerable and sometimes in a stress-

ful position trying to plan this mammoth affair. Keep it simple and straightforward and direct them to the right person if you don't have the answers. By going the extra mile to connect with your readers, you ensure that they keep coming back," says Shinjini.

BE UNIQUE: "Originality helps you to stand out of the crowd. The idea is to stand out, not fit in," says Kismet.

VETT ALWAYS: "The vendors you mention on your site should either be picked after personal experience or vetted thoroughly," claims Shinjini.

DO MORE: "The more you blog, the more popular you'll become. Interact with your readers as well as other bloggers, because the online space is about camaraderie. Also, use every social media site to the maximum potential," shares Kismet.

BE PERSONAL: "Sharing personal experiences makes a big difference in connecting with your readers," explains Shinjini.

Grooming

Hot off the runway, we give you a low-down on trends that will make heads turn. Makeup expert Clint Fernandes tells you how to flaunt the au courant bridal looks this season

· by Sreesha Shetty

Catwalk secrets for the bride

or any bride-to-be, Clint forewarns, "You must realise that the ramp is the ultimate look of the designer and the makeup artist's creativity. Take one small element from the runway and adapt that into your life." The new season plays with retro looks, smoky metallic eyes and bold lips making way for 'new' looks for the otherwise conventional bridal look,

Retro chic

D etro is all the rage. Going vintage is the perfect way to stick to $\mathbf{\Omega}$ the trend. Channel your inner Audrey Hepburn or 50s pin-up girl for your wedding day and don the classic red lips, fish eye liner and you are sure to look stunning in all your wedding photographs.

LIPS: Is there anything more chic than a bride wearing a classic red lip? Before applying lipstick, make sure to exfoliate your lips. Apply a lip balm after exfoliating and before applying colour. This gets rid of dead skin, evening out your lips. A lip balm further softens your lips and locks in moisture, which keeps your lipstick from appearing cracked and uneven.

EYES: Make a statement with your eyes. You can either go for cat-eye makeup or try a solid eyeshadow with heavy mascara on both, your top and bottom lashes. Apply a creamy-white highlight shadow near your brow to accentuate the look.

FACE: While you should go bold with your eyes and lips, keep your makeup for the absolute while On the should go bold with your eyes and lips, keep your makeup for the cheeks subtle. Opt for foundation and peachy blush, but avoid bronzer. Apply blush on the apples of your cheeks, and use a little more for your wedding day than you would on any other day. Go for 'sheer,' more luminous skin to balance the retro

EXPERT TIP: The vintage retro look is 'in', the world over. Eveshadows in blue, navy and ultra marine blue with a thick kohl liner on the top lid and bottom lid make a big statement. Complete this look with 50s waves, and the 60s bouffant for an ultimate retro chic vibe.



Glamour calling

An effortless looking bride always looks great with the focus shifting towards the lips and the eyes becoming more subtle; the bold lips and naked eye makeup perfectly complement each other. Be sure to make your lips the focal point and opt for semimatte skin, neutral blush and subdued eyes.

LIPS: Bold red, deep rich plums and magenta lips are knocking at the bride's beauty kit this season. Note that darker shades exaggerate little lines and flakes, so before you apply any colour, prep your pout with a scrub and moisturising lip balm or primer.

EYES: Coloured or light gold eye shadow does the trick here. If you don't want to completely go nude in the eyes, apply a thick winged eye-liner and subtle sweep of mascara on the top and bottom lids with no kohl. A subtle hint of black liner just adds the right amount of edge.

> FACE: Bid adieu to the dewy looks of the summer and monsoon bride. This season, it's all about matte finish without a hint of shine. The new matte look is very different from the matte complexion of the mid-90s. It is fresher with softer coverage and is not dry and cakey.





EXPERT TIP: Red, pink and burgundy lips with a light gold eyeshadow or natural eye with shine and magentamouth is trendy. This look works well on smooth skin, especially when you use the right foundation. To figure the correct foundation, apply a tikka of it on your forehead. If you see the tikka properly, then it's not for you; if it blends, pick it.

Romantic drama

This season sees the return of matte faces and metallic L eyes. The smoky eye with metallic highlight is one of the biggest winter trends. This look is perfect for the bride who opts for a soft and romantic look where the face is bare and the eyes have a touch of sparkle, enough

LIPS: With this look, you can either opt for nude lips or a matte mouth. For the bride, the matte mouth completes the look. But if you are the kind of bride who wants to stick to nudes in browns and lighter lip shades, you can complete the look with a nude gloss.

EYES: A chrome coloured eyeshadow with glitter is a good take on the smoky metallic eye. A hint of metallic gold or silver gives the bride a playful vibe. It's important to keep the look modern, so stick to two, maybe three colour tones and blend them well. Apply it most intensely on the lid and fake it up to the brow.

FACE: A light dusting of translucent, loose powder ensures longevity of makeup, and is not too heavy on the skin. On your cheeks, use a natural, sheer pink or coral powder.

EXPERT TIP: Attain the smokiness with kajal and then layer it with glitter shadow from the same colour family. It should have a little bit of sparkle, but also the depth of smokiness. Use lots of mascara.







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Have a wedding-related question and don't know who to ask? WT is at your rescue. Send us your queries at weddingtimestoi@ gmail.com or log onto www.facebook.com/ WeddingTimesMagazine and we'll get them answered

GURLEEN M PURI

I'm looking for some ideas for wedding favours that's unique, classy and trendy, but at the same time is practical enough to be used by the guests and with an Indian theme. Please help!

* ANU MODI, Kolkata

It is difficult to find customised gifts for an Indian theme, which look classy and trendy. Most of the stuff ends up looking tacky or is very common. The immediate thing that comes to mind is costume jewellery, bags, scarves, etc designed by Manish Arora.

What kind of information should a wedding website offer?

* DIA SEN, via email

Wedding services are unlimited. Right from invites, distribution of invites, RSVPs, venue bookings, menu settings, entertainment, etc, it is a never-ending list. It would be nice if wedding websites specialised and catered to a few of the services. Since there is a vast list of services, it is preferable that a website just details



out the services that they are good at, rather than offering everything under one roof, which reduces the quality considerably.

How do we go about trimming the wedding guest list if our parents are paying for the function and insist on having their friends invited?

* MAYA V., via email

If your parents are chipping in for the wedding, it would be common courtesy for you to give them some invitations for their acquaintances/friends. What I would suggest is that you help them understand that you are looking to keep the guest list concise with just the important people and so, allot a select number of invitations for them.

Gurleen M Puri is a celebrity wedding planner based in Mumbai





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Interiors

Bright looks good with subtle; big looks good with small; plain looks good with exciting; and new looks good with the old! Yes, opposites can work wonders and this holds true for interiors too. This season, go all-out to give your contemporary home a touch of the past

• by Pooja Madhok



ecorating a home with furniture, styles, colours and patterns of similar family might be fashionable, but it can also be boring at the same time. To bring an element of excitement and add whimsy to home interiors, interior designers and decorators now stress on the need to showcase contrasts within a home. The verdict says, 'Nothing can be more appealing and dramatic in today's new-age home than a blast from the past.

THE GREAT COMEBACK

The mid-20th century saw a dramatic outpouring of creativity in architecture and design. Designs with mystical, yet sweeping lines and surprising elements came to the fore. With the passage of time, these designs, especially in furniture and interiors, became the glorious past and people moved on to welcome straight, sleek and contemporary designs. But as they say, what goes around comes around! The mid-century designs, especially in furniture, is back with a bang and is now enjoying a resur-

gence as a popular choice for households across the country. The fact that buyers are now willing to pay high prices for authentic mid-century pieces testifies to the genius of what is called our 'vintage charm'.

Nothing can be more appealing and dramatic in today's new-age home than a blast from the past

THE MARRIAGE OF OLD WITH THE YOUNG

Many contemporary furniture designers and manufacturers are now creating pieces in the mid-century modern aesthetic, some more authentic to the style than others. There is so much on the platter now that buyers find it difficult to discern which pieces not only truly express the mid-century period, but which ones would fit best in their homes as well. "Having realised the worth and value of vintage pieces, people now don't mind spending their time and resources on elaborate vintage or antique furniture pieces that spell tradition, comfort, durability and cross age barriers," says fashion designer Pragya Samor whose home is an eclectic mix of the past and the present. Her love for all things old made Pragya explore her creativity in the field of interiors as she did up her living room in a way that it is fashionably new, yet explicitly gives a glimpse of the rural past. Describing 'modern vintage', Pragya says it is a way to assimilate



(Grown



the design of bygone eras into the contemporary, high-tech homes. "It's a way to soften the edges with a nostalgic nod to the past. It is the right mixing of the beauty of the past with new-age functionality and practicality. The best thing about 'modern vintage' is that it has proved that throwing the old out for something new when it's no longer fashionable is never a good idea.'

PLAYFUL DISPLAY OF

Old-world furniture can lend a certain level of playfulness to any room. Interior designer Anju Dhawan emphasises: "People cherish their childhood memories and vintage décor brings back some of these fond memories. Other than the aesthetic appeal, the vintage pieces have an ability to keep the child in you alive by reminding you of the days gone by." A classic example of

USE THEM INTERESTINGLY

BE UNPREDICTABLE: Use small antique pieces in unexpected ways, such as teapots as vases. and decanters as chandelier

ODD'S IN: Cluster in groups of odd numbers or asymmetrical manner to make it eye-catching

MAKE IT PERSONAL: Incorporate elements of yourself into the home. Things you love, family photos, books, collections of dolls or something from your childhood. It's all about things you love, so that it becomes your

DRESS UP A WALL: If a wall in your home seems empty, add a window. Remove the glass panes from a vintage window frame and hang it on your wall. Use lace at the corners to create a romantic art piece or attach vintage knobs to create hooks

CREATE A NEW SPACE: Instead of a solid dressing screen or partition, try dividing a room with antique French doors to form separate space without closing it off completely from the rest of the house



Modern vintage

this is a wooden cradle; wherever placed, it can immediately bring alive the memories that you always cherish! Similarly, your old camera, carom-board or may be your first wooden train, when displayed, can immediately lift up the spirit of the room. The most important tip to use vin-

tage at home is to mix, and not match!

GALLERY ALA HOME

Blending modern and vintage décor can be sophisticated chic or simply quirky. Whatever your aim, just focus on creating an interesting concoction of styles. As an interior expert from Houseproud.in puts it, "While playing with antiques, let your artistic streak out and create your own modern-vintage hybrid right at home." Let your vintage collection make your home turn into a gallery of sorts! "Don't shy away from giving a new look to your granny's wooden trunk; paint it bright and it is ready to be used as an all-new centre-

table or a bedroom dresser. The unique vintage collection available today is infused with an eclectic signature that fuses mixed textures and styles, bold colour combinations with a vintage vibe. The old-world charm seamlessly fuses with modern lifestyle to give a striking finish in today's homes," adds Shibani

Most people associate vintage with a neutral palette-usually off-white or cream. Well, the trick to make vintage look priceless is to take the plunge; be adventurous with colour and you'll be amazed at how your home can absorb the once worn-out piece in a most unique way. "Each worn-out piece has a story to tell and if these stories can somehow be weaved along with the display, your house instantly turns into a home; a place where memories are cherished forev-

er," stresses Malini Ghosh, a freelance interior decorator. Her advice for those who want to indulge in vintage vanity: "Juxtapose the oft-cluttered appeal of vintage décor with open, breathable style of the modern room. Create a small cluster of pieces all around. A side-table, mirror painting in one corner; a chair, rug or bean bag on the adjacent wall-separating them with empty space. Adding vintage mirrors with mod-



r ndian weddings are known for their flambovance and colourful rituals. ■ One such beautiful sacrament is aiburo bhat, also known as the last meal as a spinster or bachelor. This ritual entails hosting the last extensive meal for the bride and groom by their respective family members and relatives, prior to the wedding. It is often scheduled two to three days before the D-Day.

Going back to the history of this tradition, 'aiburo' means an unmarried girl or boy and 'bhat' means rice. It's mainly about the last meal the bride and groom have before entering marital life. However, for the bride, it is in fact the last grand meal that she has at her own house.

Food undoubtedly is one of the most vital parts of Indian weddings. And the last meal flaunts the best desi cuisines in a loving platter. For instance, in a Bengali wedding, the aiburo bhat menu comprises fish-head curry, prawn curry with coconut milk, shukto (a somewhat bitter vegetable curry), chutney, kheer, puri, dum aloo, pulao and much more.

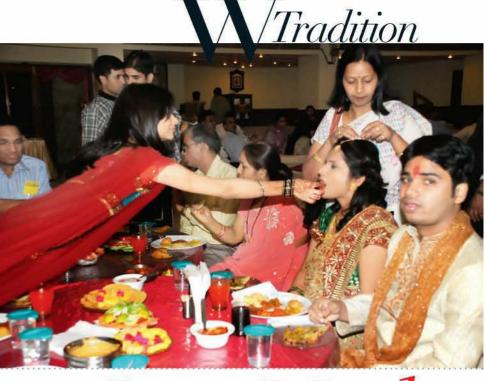
Food blogger, author and consultant, Rushina Munshaw-Ghildiyal says, "Laad ka laddu is an adorable tradition in my mother's side of the family [Gujarati] where relatives of the bride bring the bride's favourite food made with laad or love for the bride."

COMMUNITY PRACTICE

"Various communities have their own take on this custom; however, this tradition is perceived as a time for celebration, a time to feast on authentic traditional food. Be it Bengalis or other communities, what remains synonymous is the feeling of joy and feasting," says Preetam Bhojwani, CEO and Chairman, Knotty Affairs.

"Generally, aiburo bhat is limited to Bengali households as in other communities like Puniabis, Jains, Marwaris, etc the tradition of inviting the newly wedded couple is more prominent," explains Akash Kalra, Director, United Catering Services.

This practice is closely related to the modern spinster and bachelor parties that are common today across cultures and religions. The Maharashtrians have a similar ritual that they follow, which is called the Kelvan ceremony. It is performed at both the bride's and the groom's houses, respectively. During the ceremony, a small puja of the



The Last Meal

Aiburo bhat or the last meal as a spinster has been a common practice in the Indian wedding spectrum. We cull out its cultural significance

by Privanka Chakrabarti

Kuldevta is performed, followed by an authentic Maharashtrian meal.

According to the Goan wedding tradition, after the wedding reception, there is a festive lunch or dinner known as the mezi. The bride's parents hand over the bride to the parents and other relatives of the groom, saying, 'Aichean tumchi zababdari' (henceforth she is your responsibility). She is then blessed and given gifts by her family members. In the same way, the groom is blessed at the bride's place. That very evening, or the next day, the couple, as per tradition, has five meals at the bride's house.

HISTORY AND CULTURE

Speaking of aiburo bhat, Preetam says, "Food is an important part of Bengali culture and rice happens to be the staple food in West Bengal; rice also symbolises food grain. Therefore, this is considered as the final grand rice ceremony offered to the bride and the groom by their parents and elders before they enter the new phase of life."

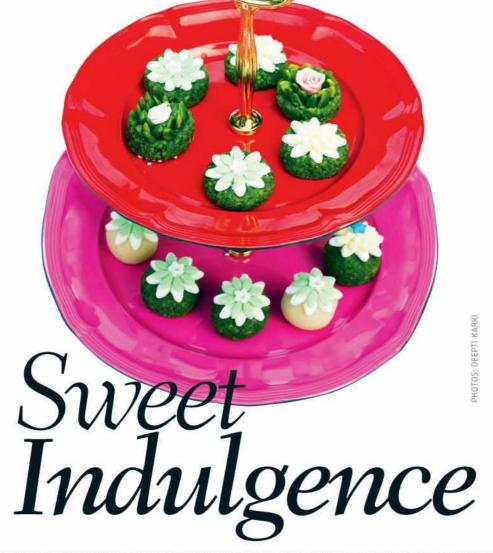
THE SIGNIFICANCE

Customs such as this give family members an opportunity to interact with each other. It is a time when the bride's mother prepares herself for the separation from her daughter; however, it also brings back strong memories etched in her mind about her own aiburo bhat ceremony. This is an emotional day for both, the bride and her family, especially the mother as she painstakingly ensures she cooks her daughter her last meal in her father's home. The women of the family take turns in blessing and feeding the bride. This is also the day when relatives come over to stay till the marriage ceremony is complete. (N)

Focus

The dessert section at a wedding is one line-up that is enjoyed by all age-groups. Considering the variety it caters to, experts suggest tips to remember while zeroing down on this spread

by Avni Mehrotra





ill Watterson rightly said, "I am not a vegetarian, I am a dessertarian." Well, vegetarian or not, chances are that if your guests have even a single sweettooth in their mouth, your wedding dessert counter will be their Christmas! And for Indians, 'kuch meetha' is a must. No wedding now is complete without that enormous wedding cake and a sprawling variety of saccharine choices in the dessert section. Since food and drinks form one category and desserts alone forms the second, choosing them right becomes imperative. We get Indian and Western dessert experts on board to understand better the styles, patterns, designs and flavours of wedding desserts that are trending

FUNKY FLAVOURS

Chocolate, please step aside as the red velvet demands centre-stage now. Cakes, cupcakes, cheesecakes, and all sorts of desserts are now available and being asked for in the red velvet flavour, especially at weddings. But there are many who still seek traditional tastes in a cake, hence making way for multi-flavoured cakes. "People have started asking for unique flavours in a single cake, be it in terms of layers or tiers," says Chef Hasan Mehdi Rizvi, Senior Kitchen Executive, The Oberoi, Gurgaon. Cakes can even be lent different flavours by using edible flowers or other figurines in varied colours and tastes. "But the key here is to play with flavours, which go well with each other,' says Pierre Nicollier, CEO, L'Opéra bakery,



Delhi. "Apple goes well with cinnamon, strawberry can be combined with lavender, while cool mint can be paired with tangy lemon to maintain complementary tastes." Indian preparations like saffron icecream, paan ice cream, apple jalehi or a more elaborate combination like apricot and rabri ice- cream also cater to those with cosmopolitan tastes. Importing ingredients is also en vogue. Almonds are imported from the US for the royal badam habwa and cheese is imported from Philadelphia for the Philadelphia cheesecake. This is for the well-travelled guests who easily notice a shift in authenticity. "Guests look for exotic fruits, berries and flavours in desserts and can spot an original chocolate éclair from a desi one and expect to be served the original," says Chef Rizvi.

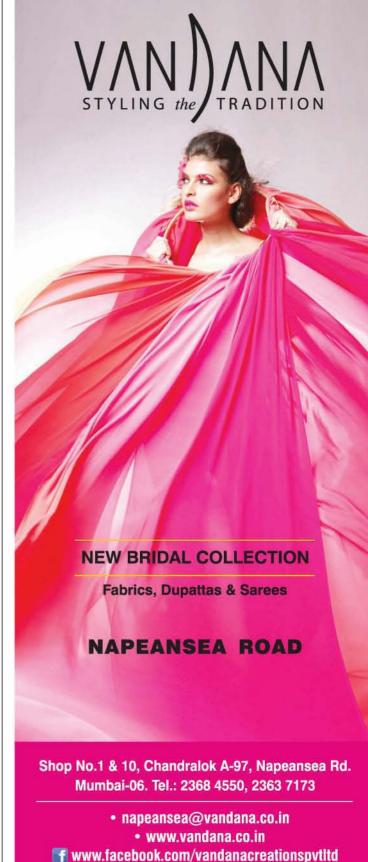
DCOOL COLOURS

Cakes in minimalist and chic avatars are in. "Pastels can be seen everywhere these days," opines Pierre. Colours like pink, lavender, peach and light orange are 'in'. To simplify, refer to the colours of flowers and see how natural you can make your wedding cake look. And obviously, for a hint of red velvet, you can always have that as a flavour with subtle cream-cheese frosting. Bharti Sanghi, Director, Home Alone Foods, suggests keeping the colours natural for both mithais and desserts. "Fruits like mangoes, orange, strawberries and raspberries are rich in colours. So, there's hardly any need to add artificial ones. Unless someone demands an outlandish blue mithai, you should try to keep it real with the addition of pistachio for green colour, almonds for white or saffron for yellow. Even for decoration, try incorporating more fresh and dry fruits," she says.

DESI DEMANDS

Inspite of a huge line-up of European elements in our wedding desserts, classic almost always remains a favourite. You may offer varieties of cupcakes, cheesecakes, puddings or tarts on your D-Day, but people still look for that gajar ka halwa or the classic gulab jamun at a winter wedding. "Considering the number of guests who would be present on that day, weddings are a time when you should be very careful and not take chances. With guests who have varied tastes and preferences, it is best to play safe with tradition-





SUNDAY CLOSED

al and popular preparations and opt for traditional varieties. Tap into the mood of a wedding and work around to present a widely accepted and popular spread," suggests Chef

D TENDER TASTES

Yes, weddings are one of the no-holdsbarred gastronomic galas and hardly anyone thinks of 'health' while gorging on those scrumptious rasgullas. However, apart from calorie watch, there are a whole lot of dietary preferences, which many of your guests will have. "It is best to consider the diet sensitivities of all your wedding guests and decide on a holistic platter. Dietary constraints range from sugar-free, eggless,

lactose intolerance, gluten-free, among others," shares Chef Rizvi. Though a few Indian desserts are eggless and sugar-free, guests today are open to trying western ones. In this case, it is best to line-up one variety each of diet-sensitive sweets. The easiest way to go low on calories is the addition of fresh fruits, keeping the size small or preparing 'nano-sized' varieties of a particular dish.

SHAPES AND DESIGNS

Customised cakes is trending in the dessert section. Preparing cakes with ornaments from the bride's dress, bespoke narratives of the bride and groom's life reflected on the cakeare some of the many ideas through which you can truly make your cake one-of-a-kind. "The key to customised cakes is subtle garnish so that the cake doesn't look bizarre. If you don't want a customised cake, opt for classy designs like edible flowers, fleur de lis, roses, etc. Natural elements are sure-shot winners," says Pierre. Even in Indian mithais, people want to be surprised with a sunflower shaped mithai, badam tartlets, badam ka paan, etc. "For a

> Bengali wedding, we did a badam shankh—a simple badam mithai shaped as a shankh. Similarly, vou can make roses, edible flowers and other decorative elements out of badam and kaju barfis," recommends

PLATING AND PRESENTATION

Plated desserts are being incorporated by a lot of dessert chefs. "Plated desserts not only look visually appealing, but make it simpler for guests to pick up their individual plates and carry on,

Bharti.



Quick tips:

- * Keep in mind the season and environment of your ceremony, Cooler mithais and ice creams should be kept for a summer afternoon, while rich and heavy truffles and halwas are served best during cozy winter evenings
- * Don't opt for too ostentatious or opulent cake designs; rather keep it subtle with intricate, classy
- * Desserts should always complement the theme of the wedding and the rest of the menu and cake
- * Always have 5-6 varieties of flavours and never repeat them. Have bite-sized options of one berry. one chocolate, one coffee, one red velvet, and some Indian desserts along with sugar-free, eggless, gluten-free and lactose intolerant choices

-Inputs by Chef Hasan Mehdi Rizvi

without waiting in a long queue," says Chef Rizvi. "With the addition of fresh fruits and elegant decorations, these individual plates in miniature sizes make your dessert counter look attractive." Live preparations can also be seen at dessert counters with chefs opting for open counters, teppanyaki and flambé serving freshly prepared ice-creams and desserts. The popular trend of bite-sized helpings adds more variety to your dessert counter and makes it look stylish and different, "Mini macarons, tiny cupcakes, and miniature éclairs decked in the dessert counter make for striking additions," concludes Pierre.

A time for

There are some places in this world that are undeniably synonymous with the emotion called 'love'. WI goes on a love trail you must explore for an unforgettable honeymoon

by Kiran Mehta

/Getaway

few places on earth have managed to capsule infinity. Imagine if you two had locked eyes, for the first time, as he helped you board the iconic Orient Express, just as the engine sounded; or on a cruise ship across the river Elbe in Dresden, where the old and new architecture merge on the horizon; or in a hedonistic club in Ibiza, where the music, lighting, technology and rules of dating are light years ahead. Whether you two prefer the timeless, the futuristic, or a blend of the two, there's a place out there for every couple.

The Orient Express (London-Blenheim Palace)

There's something intrinsically romantic about train travel. The steam that emanates from the engine, the piercing whistle that sounds the beginning of an adventure, and the imagery that captivates you as it changes in the blink of an eye. Now, add to this a legendary train and you know that you two are off to a great start. The Orient Express has captivated Heads of State, musicians and writers, alike. Yet, the bulk of its passengers are those who are madly in love-young couples who have just walked down the aisle, or those marking an important love milestone because few settings can woo you like the Orient Express. You're spoilt for choice with many different routes to choose from. We suggest one that's fit for royalty-a day-trip from London to Oueen Victoria's summer retreat. The Sandringham Estate.

Start the journey by making your way to the iconic Victoria Station in London, where you are transported back in timefind yourself among men in sharp suits

and women in elegant dresses. Step onto the gleaming carriages to find cozy cabins with dark wood veneered panels; velvet armchairs with floral prints; Art Deco lamps that shed soft lighting. Even before the train leaves the platform, you've stepped into an era where decadence rules.

Impeccable service with butlers waiting on you, polished silverware, and a multi-course menu

makes for a meal fit for a king. Arrive like royalty at the Sandringham Estate, where you can make your way across the Queen's endless estate—rest by the



The Victoria Station, one of London's busiest junctions

placid lake, walk through the manicured gardens, or step inside the palace.

For a day, live like royalty on-board the 'Palace on Wheels', to create memories that last a lifetime.

* Take in the servene calm of Guwahati

Guwahati, Assam

The landscape of this region makes time stand still. Lose yourselves as you walk the endless tea-estates set by rolling hills. Hire a tour guide who can take you through the estate, allow you to play the role of a tea-picker, and finally sip on some kadak chai in a typical Assamese home. Or, simply drive past the rice fields that stretch for miles; or head to one of the state's national parks to get a taste of life in the wild-spot rhinos, tigers and other beasts in their element. Feel one with nature, and with this, turn back the clock to simpler times.

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It is best to consider

all your wedding

holistic platter.

eggless, lactose

Dietary constraints

intolerance, gluten-

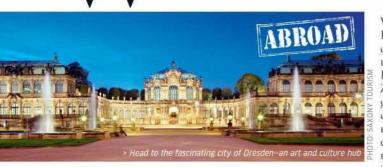
free, among others

range from sugar-free,

the diet sensitivities of

guests and decide on a

Getaway Something old, something new



Dresden, Saxony, Germany True love stands the test of time-the good times, and the bad. This resilient characteristic is one that Dresden truly embodies. A city that was once considered the most beautiful in Europe: its beauty was marred when it was razed to the ground during World War, a day short of Valentine's Day! The woeful tale didn't end there, Dresden subsequently found itself behind the Iron Curtain for decades. But once again, it has risen to former glory and has lived up to its ancient name, The German Florence'. Much like

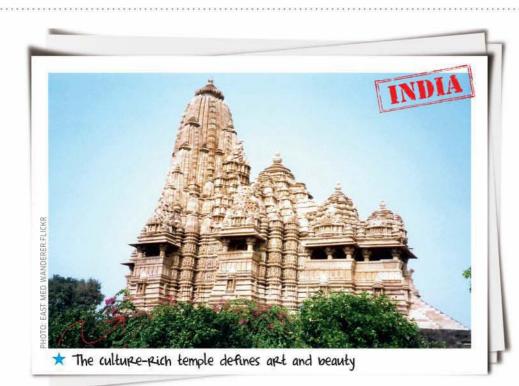
Florence, Dresden too is built on the banks of a serene river. the Elbe. And a boat-ride across Dresden would have you passing through eight bridges, each an architectural marvel in itself. You can take in the fascinating skyline, or opt for a sunset ride in Dresden's fleet of paddle steamers, one of the oldest in the world. But it's the art and architecture that speak to you-a labour of love, where the aesthetics belie the great destruction. It is a testament to the fact that nothing is impossible for love, when commitment leads the way.

Walk down the aisle at Frauenkirche, an all-stone church, which is also the nation's most important Protestant building. The Zwinger, which means dungeon, is anything but a dingy cell. It is one of the most unique Baroque structures ever built, and subsequently rebuilt after the war. Enter through the main entrance and

be enamoured by the onionshaped dome and gilded figurines flanking a fountainstudded courtyard. Within the structure, lose yourself to the art collections of the Great Masters, spanning several centuries, including Raphael's Sistine Madonna.

Dresden captures the splendour of years gone by, in a brand new avatar.





Khajuraho, Madhya Pradesh

Khajuraho may well be one of the most sensuous places on earth, thanks to the Kamasutra paintings that embellish the temples in this region. The seductive sculptures, carved during the days of yore, come with a deep spiritual meaning, which hold even today. Because as humans, we may have evolved over time, but at our core, we remain the same—driven by love.

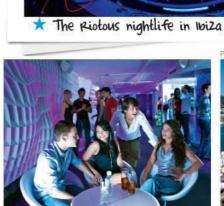
Spend days together, walking around the temples, trying to decipher the meaning of the art. But know that love can never be fully captured in words or in art; it can only be felt in the heart.







If you two could never fit the traditional mould, then Ibiza shares your irreverence for rules, including the rules of dating. Here, there are no set formats and no judgement. A progressive attitude prevails. Find yourselves among those who share a broad-minded approach to life and love. Add to that a touch of hedonism and you couldn't ask for more.



Choose from the many dance clubs, right by the beach, that use the latest in sound technology to hear remixes you've never heard before; add to these light effects that merge with the music and transport you to another place. But

that's not all, think lazers, smoke-jets, ice-cannons and more futuristic machinery. Down a few potent drinks, party with professional party-goers, and the illusion of being light years ahead come alive!



Bangalore, Karnataka

If you two met online, before you met in person; or if your 'courtship' began on a computer screen, then you two belong to the future. Head to the IT capital of the nation, Bangalore, and find yourselves surrounded by geeks, but those geeks who also love the good life! Head to one of the many microbreweries dotting the city; chug on beer ordered on a hi-tech tablet; or Google the latest restaurants in town that serve up yummy South Indian delicacies.

Those who connected in the virtual world, will instantly connect to this city.

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November 2013



Experts weigh in and breakdown the anatomy of new-fangled fitness regimens that are currently trending

• by Lynn Lobo

s newer apps roll out on a month-to-month basis in the tech turf, the fitness orb is no stranger to an amplification of its existing techniques. When it comes to fitness, we're always on the hunt for that new 'magic formulae' of a workout that, at the snap of a finger, takes us from flab to fab! As a swarm of new workout regimens have stormed the fitness domain and as a to-be-wed, challenging your body with a goal to shape up, especially before your big day, requires for you to include in the right workouts and be aware of the newer workout fads.

>> WHAT TO WATCH OUT FOR:

"There are a lot of novel workouts that are trending in the fitness industry, of which some are new fitness innovations and others, a revamp of old routines with some variation in techniques. Functional training, cross-fit training, DTP training are popular, especially in the 'fitness meets wedding' scenario as these workouts not only help you shape up, but also take your workouts a notch higher," opines Vinod Channa, celebrity fitness expert.

Revealing some of the other trending fitness routines, Althea Shah, VP-

Marketing and fitness expert, Gold's Gym India, says, "Suspension training like Rip: 60 and TRX are gaining momentum. The Rip: 60 workout is an eight-week, scientifically designed progression of movements for a complete, total-body transformation. It uses suspension training and resistance training using specialised bands and own body weight for resistance. Core training continues to pick pace as it stresses on the strengthening of muscles of the abdomen, thorax, and back and typically includes exercises of the hips, lower back, and abdomen, all of which provide support for the spine and thorax. Core training often uses stability balls, BOSU balls, wobble boards, foam rollers, and other pieces of equipment. Functional fitness is another routine that catches the fancy of to-be-

Functional fitness catches the fancy of to-be-weds on the road to fitness weds on the road to fitness as it uses strength training to improve balance, coordination, force, power, and endurance to improve your ability to perform activities of daily living, *Zumba* and other dance workouts that combine Latin rhythms with interval-type exercise and resistance training is the next big trend, especially for couples. Not only do they help you burn calories, but also is a great way to spend time working out together as a couple and you get to learn some great dance moves for the big day!"

Pilates as a workout technique continues to keep a hold of its healthy charm. "Pilates, as a form of workout, is designed to elongate, strengthen and restore the body to balance. It improves your core, facilitates inch loss, helps with building your endurance and strength, while providing you with lean body mass, flexibility and better posture. The workouts focus on specific areas individually, whilst using exercises that integrate the whole body to re-educate and restore it to optimum muscular and skeletal function. It is this holistic approach that sets Pilates apart from many other forms of exercise. For a to-bewed, a time frame of three to six months prior to the big day is sufficient as far as Pilates is concerned in order to achieve a good level of fitness. A 45-minute session, three times a week is just the dose of exercise required to tone and chisel your body before your big event," says Samir Purohit, owner, The Pilates Studio, Mumbai.

>> FOR EVERYONE ELSE, THERE'S BOOTCAMP!

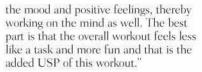
For to-be brides and grooms who are not too drawn to convoluted workouts and prefer something clear-cut, conventional yet up-to-the-minute, then Bootcamp is the way to go. Shalini Bhargava, Director, JG'S Fitness Centre, explains, "Bootcamp typically blends military style and athletic performance drills. The workout is straight-forward and intense and can be



done outdoors and indoors. It is efficient as you workout your entire body, heart and muscles, by going from one exercise to another with no rest. The exercises combine calisthenics like push-ups, squats, crunches, jumping jacks, jogging, etc. The difference lies in the intensity. The challenge is to push your body to its limits. So, you work, you sweat, and best of all you burn loads of calories! What more could a bride-to-be ask for?"

>> OF INNOVATIONS AND OVERHAULS:

The Masala Bhangra Workout is an exercise dance routine that modernises the high-energy folk dance of bhangra by blending traditional bhangra dance steps and the exhilaration of Bollywood moves. Shalini says, "This unique dance exercise is suitable for participants of all ages and fitness levels. This exercise routine helps to tone the entire body and also enhances



- *JUKARI FIT TO FLY: This unique exercise module is the result of collaboration between Reebok and the French-Canadian acrobatic troupe, Cirque du Soleil. "It uses musicality and vibrant colours of Cirque du Soleil to make working out fun. It boosts muscle endurance, core strength along with toning up your entire body. The long (approx 95") light-weight, broad and flat elastic band offers gentle assistance in each of the unique moves, which allows for a lengthening and sculpting full-body workout," says Althea.
- *BODYPUMP™: This is the original barbell class that strengthens your entire body. "This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for—and fast! For a groom-to-be, this is an ideal workout regimen to sign-up for," feels Althea.
- * TABATA TRAINING: For brides and grooms to-be on a tight schedule and time constraints, this super short workout with long-term results is a complete winner. "Tabata training is a protocol in which 20 seconds of high-intensity activity is followed by 10 seconds of rest, with that cycle repeating for four minutes-could be considered one of the earlier versions of high-intensity interval training. This particular style of interval training has profound effects even on short-term, post exercise metabolism. It would take five times the amount of typical cardio exercise, like a 20-minute brisk walk, to shed the same number of calories that are burned in a four-minute Tabata routine." expresses Shalini

Whether you're old-school when it comes to your workouts or are willing to pull up your socks and dive into something new and adventurous, the road to fitness before your big day has a lot to offer. With these trending fitness workouts, get ready for a body makeover that is sure to get your guests talking as you strut down the aisle on your big day!

ARIES

(Mar 21 - Apr 19)

Aries find the competition 'out there' empowering only if they can come home to unconditional comfort, care and love. They prefer their rooms or personal corners to be well organised with simple designs and accentuated with hues of red, orange or sunny yellow. They are happy to display anything to do with their favourite hobby here.



TAURUS (Apr 20 - May 20)

While designing a space for Taureans, bear in mind that they prefer a down-to-earth ambience at home. Colours like green, earth tones, deep pink and home elements like soft and comfortable fabric, wooden furniture, an efficient music system and fresh flowers

align with their preferences.

GEMINI

(May 21 - Jun 21)

It is a rare Gemini who lazes around the house. This sign enjoys playing the host/ hostess. Choose accessories that inspire discussion and lively debate. Furniture and fixture that can easily be shifted around or transformed make an ideal choice for this star sign. Yellow, green and blue are their colour



preferences.

CANCER

June 22 - July 22)

For people of this star sign, create a space with fixtures, furniture, furnishing and accessories that emanate warmth and comfort.

VIRGO

(Aug 23 - Sep 22)

If your Virgo spouse is

driving you mad and you

want tit-for-tat, then just

clutter his/her space! On

a benign note, to warm a

Virgo's heart, create a

personal space with

storage facilities and

keep the place tidy and

clutter-free. Use wood

and glass materials and

yellow-green or cream for

shades such as blue,

the interiors

Add cool colours-silvery tones, white or pearly, sentimental décor pieces or a collage of personal photographs delight the sensitive crab!

LEO (Jul 23 - Aug 22)

Bring in the orange. red, yellow and purple hues, be generous with candles, satin pillows, exotic accessories, designer lightings. etc while creating/

decorating a room or home of this fiery sun sign. Leos adore elegance in their décor. They love luxury, but not at the cost of comfort.

58 Wedding Times & November 2013

Newly married, a new home and a new life! Keep these tips in mind when vou're designing your new home spaces, depending on your sun sign

 by Shahin Ashraf Ali, rune reader & teacher

Home to the, STATS



LIBRA

(Sep 23 - Oct 22)

Harmony and balance are the keywords to designing a space that appeal to the aesthetic senses of a Libran. They like their spaces to be open and airy and incline towards traditional styles of décor. Fresh flowers and plants delight them. Home ornaments like vases, paintings, lamps and mirrors are likely to be favoured by this sign.





Ear-mark an

SCORPIO

(Oct 23 - Nov 21) A Scorpio tends to see dark

curtains, dark colours [black, burgundy, orange and red], mysterious looking plants and locked trunks as elemental and divinely uplifting for a personal space. This sun sign characterised by its deeply secretive nature, intensity and depth thrives in a space with an aura of mystique and mystery. Recycled art work find space in Scorpio homes



SAGITTARIUS

(Nov 22 - Dec 21)

Dress up the room/space of those born under this sign in

shades of purple, royal blue or turquoise as they are aligned to the vibrations of these colours. This sun sign tends to favour eclectic styles of décor where s/he can display her/his passion for travelling, sports and hospitality.

CAPRICORN (Dec 22 -

Jan 19)

Capricorns prefer to dress up their home/space in



tones, slate grey and forest green. Solid wooden furniture, soft-plush cushions and carpets, and a specially crafted shelf to display their victories and achievements are basic requirements for their personal corners.

AOUARIUS (Jan 20 - Feb 18)

An ultra modern style of décor

suits those born under this sign. Their choices incline towards metal

furniture and accessories. abstract and quirky pieces of décor and monochromatic shades of violet or electric blue. This unconventional and intellectual sign needs a lot of space to relax and rejuvenate.

PISCES

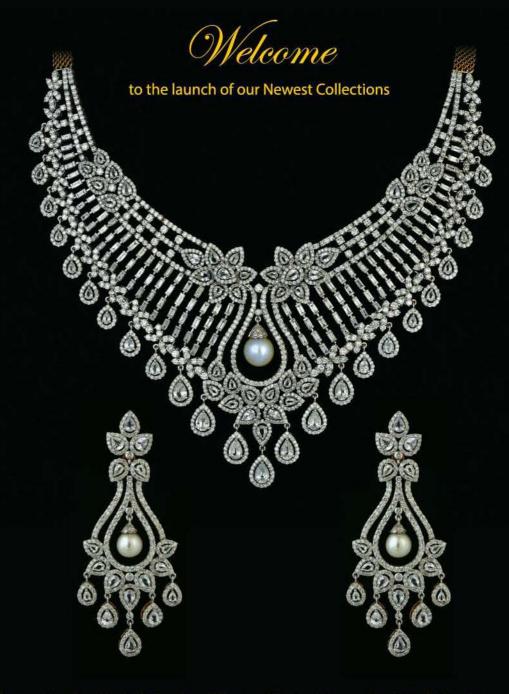
(Feb 19 - Mar

area with big

plenty of light and a sense of spaciousness for Pisces. Intuitive and imaginative. this water sign aligns to the vibrations of sea blues and greens. It is a good idea to incorporate ocean themed accessories into



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