

AMORE

LIFE & LEISURE

Winter Issue 2025

BUNS. BUTTER.

And the Scent
of Home

WARM COLOURS

For Cold
Days

PAGE-TURNERS

For Quiet
Nights

ART THERAPY

For Stress
Relief

WINTER DONE SLOW

In Cosy
Book Nooks

BREATHING BLISS

In a Mountain
Retreat



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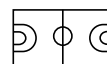
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📍 Purva Panorama, Ghodbunder Rd, next to Mercedes Benz showroom, Patlipada, Thane West, 400607

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AMANDA JOY PURAVANKARA
Executive Director
Provident Housing Limited

“For last year’s words belong to last year’s language, and next year’s words await another voice.” – T.S. Eliot

As we step into a new year, I’m reminded of how gently, and sometimes abruptly, life rewrites itself. One moment we’re making plans that feel definitive, and the next we’re staring at a blank page that asks different questions of us.

I’m not sure if I’ve cracked the art of planning with confidence, but I do know this: bringing something new into the world – whether it’s a space, an experience, or an idea – is equal parts exhilaration and uncertainty. It’s the sort of work that demands curiosity more than certainty, patience more than perfection.

This season, we’ve been shaping things that reflect how people actually live now – not just the polished final picture, but the in-between: the pauses, the mess, the unexpected turns. I won’t pretend to know exactly how they’ll be received, but I am genuinely excited by the conversations they might spark, the corners they might open, and the possibilities they might hint at.

New beginnings are rarely grand declarations. More often, they’re subtle shifts – a decision made quietly, a different rhythm settling in, a small step taken towards something that matters. And maybe that’s enough.

So, as the year unfolds, I hope you find a little joy in building the life that feels true for you – with room to change your mind, evolve, and begin again (as many times as needed).

Welcome to the winter issue – and to whatever new language this year invites us to write in.

Amanda Joy

Opulence
Unfiltered

Feel Grand,
Premium
& Upscale,
Without Compromise.

PURVA STREAKS



Quality Raw Material,
Accessories and Hardware



Interiors Before
Possession



German Quality
Construction



In-House Production
at Puravankara's Own
Woodworking Factory

SCAN TO CONNECT



Home Interiors from Puravankara

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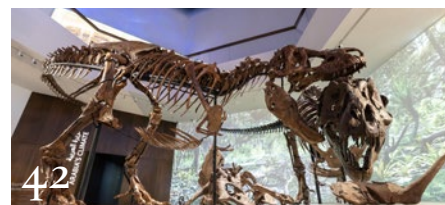
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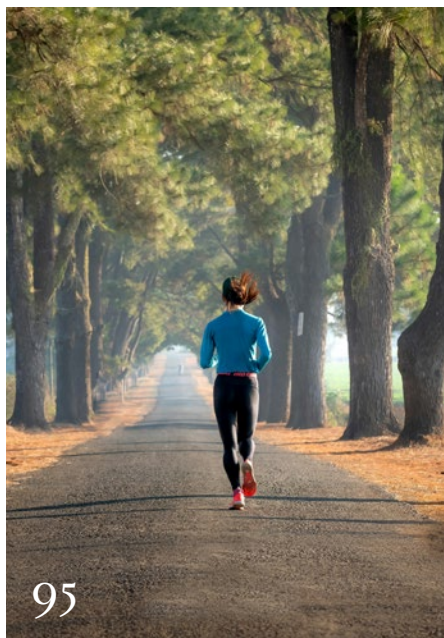
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an ode to Linen

Aeka is a planet- positive brand that consists of linen sarees and separates. The endeavour at Aeka was to empower the wearer to lend her personality and style to the garment.

We work with breathable fabrics and relaxed silhouettes and believe in slow fashion and living.



aeka

BY ANUPRIYA

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Please Recycle This Paper

editor's note



Dear Readers,

As the chill sets in and the year gently resets itself, there's something deeply reassuring about curling up with things that make us feel held – a familiar chair, a steaming bowl of soup, a book that refuses to be rushed.

This issue is our small attempt at offering that sort of comfort.

Inside, you'll find the everyday joys we so often overlook: the playful versatility of corn, buns that disappear faster than they cool, a DIY idea begging for a lazy Sunday afternoon.

And because the world is shifting fast, we're introducing an AI column that unpacks the hype, asks good questions, and explores how tech can fit meaningfully into our lives.

Our travel pages whisk you from a homestay in Ladakh – where silence has its own vocabulary – to the harbour city of Portsmouth, buzzing with university energy and sea air. Both journeys ask a similar question: how does place shape us, and how do we carry it back into our lives?

And because beginnings are never just about January, we explore gratitude through a beautiful lens: how different cultures say "thank you."

So settle in. Turn the pages slowly. This is a cosy issue, stitched with small pleasures and a whisper of new possibilities.

Welcome to Winter. May the season, and these stories, make you feel at home.

Shubhra



Samuel Shetty

INDIA'S LARGEST LUXURY MOBILITY COMPANY

Luxury Cars Private Jets Yachts

GOHYPE.IN

INDIA DUBAI UK FRANCE ALASKA ITALY SPAIN BAHAMAS COSTA RICA MALDIVES NEW ZEALAND USA

The A List

TRENDING RIGHT NOW



VISSCO TRA-WELL MEMORY FOAM NECK PILLOW WITH GEL EYE MASK

For relief from neck pain and eye strain during your travels.



DAIM® ANTIQUE WOODEN SIDE TABLE/ PLANT STAND

Its bright yellow hue brings warmth and energy to your space.



TECHSUN SLIM UNISEX CROSSBODY SLING BAG

Stylish and well-designed, with multiple zippered pockets.



COOLBERG DIET

India's First Zero-Sugar Malt.

TWO ESTATES BUTTERFLY PEA BLUE TEA

Caffeine-Free Detox &
Antioxidant Wellness Drink.



JUICY CHEMISTRY LIP BALM

Keeps lips supple and moist in the
winter months.



COSMIX

A smart watch inspired by space
Available in Onyx Black, Copper Clay, and Granite
Grey, the collection captures the essence of high-
tech elegance and next-gen style.



Welcome to a life of Balance

Purva Silversky rises in the heart of **Electronic City** as a finely composed residential address, where contemporary architecture is shaped by balance, light, and quiet distinction. Designed for those who seek space without excess and luxury without noise, it offers a refined way of living within Bengaluru's most dynamic growth corridor.

PRE-LAUNCHING

**PURVA
SILVERSKY**
ELECTRONIC CITY

PRM/KA/RERA/1251/310/PR/151225/008338
<https://rera.karnataka.gov.in>



Set across **6.99 acres**, the project reflects a sense of openness, with **88%** of the development **open to sky**.

Three sculpted towers are planned to maximise privacy, daylight, and natural airflow. With only **four residences per core** and **270-degree** openness, each home enjoys an elevated sense of privacy, uninterrupted views, and seamless indoor - outdoor living through two expansive balconies.

A thoughtfully curated collection of **45+ amenities** is integrated into landscaped surroundings, offering spaces for wellness, leisure, and quiet retreat.



With seamless connectivity to IT hubs, key arterial roads, and social infrastructure, **Purva Silversky** balances urban access with composed living.

More than a residence, **Purva Silversky** is a statement of refined living, where design, nature, and the city exist in effortless harmony.





The Best Things Anyone
Ever Said About...

SUNSHINE

“

**What sunshine
is to flowers,
smiles are to
humanity.**

- Joseph Addison

“

**Keep your face
always toward
the sunshine—
and shadows
will fall behind
you.**

- Walt Whitman

“

**Compliment
people
wherever you
go. Praise every
single thing
you see. Be a
ray of sunshine
to everyone
you meet.**

- Rhonda Byrne

“

The sun does not shine for a few trees and flowers, but for the wide world's joy.

- Henry Ward Beecher

“

Laughter is a sunbeam of the soul.

- Thomas Mann,
The Magic Mountain

“

There's no peace like the peace of an inner courtyard on a sunny day,

- Yann Martel

“

As the sun peeks over the mountain, it's a new day on our miraculous planet. Reason alone for celebration.

- Oprah Winfrey

“

To love and be loved is to feel the sun from both sides.

- David Viscott,
American psychiatrist

“

“Just living isn't enough,” said the butterfly, “one must have sunshine, freedom and a little flower.”

- Hans Christian Anderson



AMORE

WHICH MATERIAL IS THE BEST FOR CHOPPING BOARDS?

 Farah, Mumbai

Wood is the classic choice for a reason. It's naturally antimicrobial, gentle on knife blades, and ages beautifully with a little care. Maple and teak are especially reliable. Plastic boards still deserve a place in the kitchen — they're light, dishwasher-friendly and great for raw meat. The ideal setup? A sturdy wooden board for produce and bread, and a plastic one for anything messy. You get hygiene, durability and a smoother cooking routine.




MY STUDY ROOM GETS VERY LITTLE SUNLIGHT—HOW DO I PERK IT UP?

 Shanaya, Chennai

Use light-reflecting elements to brighten a dim study: mirrors, soft wall colours and warm white LED lighting make an instant difference. Choose plants that thrive in low light—ZZ plant, snake plant or pothos—for a touch of life. Introduce uplifting textiles like a cheerful throw or pastel cushions to lift the mood. And keep your desk lamp warm-toned rather than cool white; it creates a cosy, inviting workspace even without natural light.



HOW CAN I ADD SOME PERSONALITY TO MY MODERN ORANGE-AND-WHITE OFFICE?

 *Nayan, Bengaluru*

Orange and white give you a crisp contemporary base, so you can build personality with contrast and texture. Try a matte-black lamp, a wooden organiser, or a rug that grounds the brightness. Introduce a third accent colour—teal, charcoal or emerald all work beautifully with orange. Add plants for softness and one statement artwork to anchor the space. This keeps the office clean and modern but adds warmth, depth and individuality.



WHEN I MAKE HOMEMADE COOKIES THEY SPREAD TOO MUCH: WONDER WHY.

 *Aarav, Delhi*

Cookies spread when the fat melts faster than the dough can set. Warm dough, excess butter or too little flour are usually to blame. Chill the dough for at least 30 minutes before baking, measure butter precisely, and make sure your oven is hot enough—low temperatures cause cookies to melt outward. Small adjustments make a big difference, and you'll get neat, bakery-style cookies with perfectly defined edges.

IF A PART OF A BLOCK OF HARD CHEESE (SUCH AS CHEDDAR) GROWS MOULD OR GETS HARD AND DISCOLOURED, CAN THE BLOCK OF CHEESE BE SAVED?

 *Tanvi, Pune*

Yes—hard cheeses are surprisingly resilient. If you spot mould, simply cut off about an inch around and below the affected part; the rest is safe because mould can't travel far into dense cheese. Hard or dry edges can also be trimmed away. To prevent future waste, wrap the cheese in parchment or butter paper and store it in a loosely sealed container. Unless it smells sour or feels slimy, it doesn't need to be thrown out.

Got a burning home decor dilemma or a kitchen conundrum you need advice on? Send your queries to [<amore@puravankara.com>](mailto:amore@puravankara.com) with your name and city, and you might see your question featured in the next issue of Ask Amore!

INSPIRATION BOARD

Because you are what you read, watch and think



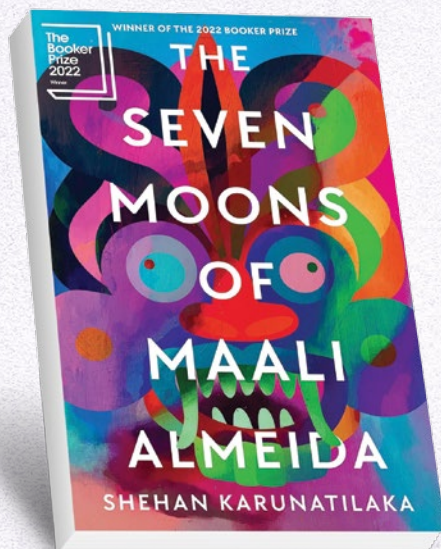
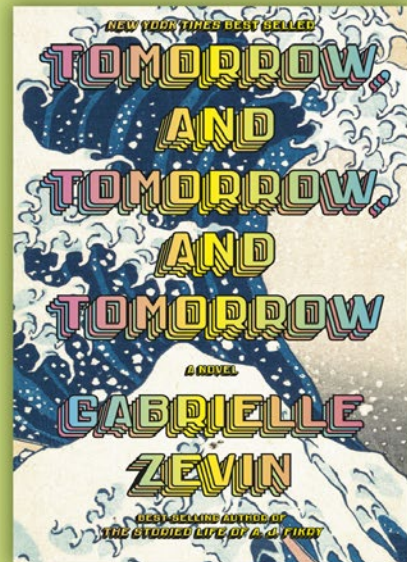
BOOKS THAT SEE DIFFERENTLY

"TOMORROW, AND TOMORROW, AND TOMORROW"

by Gabrielle Zevin (USA)

A dazzling novel about two friends who build video games together — and build, break, remake each other in the process. Zevin explores creativity, ambition, love (of all kinds), and the strange ways partnership can nourish and undo us.

Why it deserves space on your shelf: It's tender, geeky, explosive, and unexpectedly philosophical.



"THE SEVEN MOONS OF MAALI ALMEIDA"

by Shehan Karunatilaka (Sri Lanka)

The Booker Prize-winning dark satire about a dead war photographer navigating an afterlife office bureaucracy to solve his own murder. Set against Sri Lanka's brutal civil war, this novel is biting, funny, and soulful.

For readers who love: Mysteries with metaphysical wit and political bite.



“CAN’T”

by Shinie Antony

A beautifully oddball novel about Nena — an eccentric woman afflicted by aquagenic urticaria who cannot touch or drink water — and her unlikely friendship with Tata, a runaway teen, as they embark on a quest to uncover the former's husband's secret past.

Why include it now: Antony blends humour, tenderness and quiet melancholy in a way that makes the story feel both whimsical and deeply human.

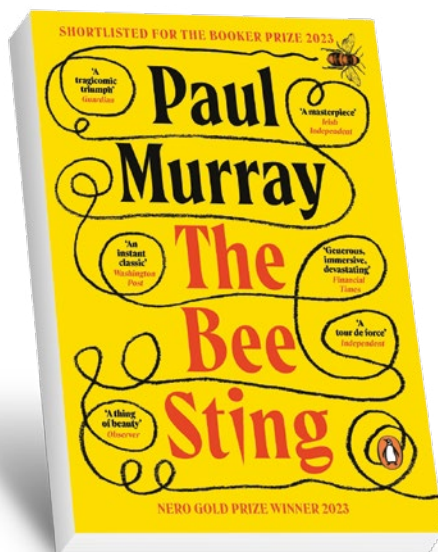


“THE BANDIT QUEENS”

by Parini Shroff

A whip-smart, darkly comic novel about a young Gujarati woman rumoured to have murdered her husband — and how that rumour becomes both her shield and her prison.

Why it's a standout: Feminist fury, village gossip, survival, and sisterhood come together with wonderful irreverence.



“THE BEE STING”

by Paul Murray (Ireland)

A brilliantly layered family drama that examines regret, climate anxieties, teenage heartbreak, and generational secrets.

What stays with you: The book feels like a slow, elegant unwinding — both intimate and universal.





FILMS THAT CHALLENGE, COMFORT & CHANGE YOU



NONNAS

Available on Netflix

A warm, food-filled dramedy about a young, struggling chef who teams up with a spirited group of Italian grandmothers to revive a failing restaurant. Their humour, heart, and handmade recipes transform his life in ways far beyond the kitchen.

SHE TAUGHT LOVE

Available on JioHotstar

A tender yet raw romance about a disillusioned actor, Frank, who meets Mali, a spirited sports agent with a terminal diagnosis — their connection forces them to choose honesty, life, and love in the face of time's urgency.



MANHATTAN

Available on Amazon Prime

A wry, black-and-white Woody Allen classic about a neurotic New York writer juggling love, life, and moral confusion in the city he idolises. It's both a valentine to Manhattan and a sharp look at the messy contradictions of adulthood and desire.

THE BOY AND THE HERON

Available on Netflix

A meditation on loss, imagination and the deeply human desire for meaning and belonging.



KADAISI VIVASAI

Available on Sony Liv

A gentle, meditative Tamil drama about an elderly farmer who becomes the unlikely centre of a legal battle when he's falsely accused of a crime. The film reflects on loss of tradition, the fading rural way of life, and the quiet dignity of those who stay rooted to the land.



TALKS THAT SHIFT PERSPECTIVE

Watch these TED & TEDX gems on YouTube



ETHAN KROSS

"Do you talk to yourself? Here's how to harness your inner voice."

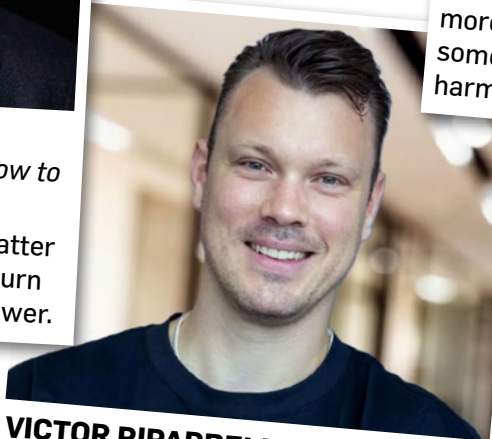
A sharp look at how your inner chatter shapes performance, and how to turn it from saboteur to secret superpower.



DEJA FOXX

"Going viral taught me the internet is broken—but fixable."

A compelling case for a kinder, more ethical online world from someone who's lived the highs and harms of virality.



VICTOR RIPARBELLI

"Will AI make us the last generation to read and write?"

A provocative dive into how AI could reshape human creativity, literacy, and the skills we assume are timeless.



ADAM GRANT

"The power of knowing what you don't know"

A persuasive reminder that unlearning—and staying curious—is often more valuable than being certain.



KATHRYN SCHULZ

"Don't regret regret"

A soulful reframing of regret as a sign of growth, self-awareness, and being fully human.



CHIMAMANDA NGOZI ADICHIE

"The danger of a single story"

A powerful argument for seeking multiple perspectives to avoid narrow, limiting narratives about people and cultures.



DR. ANDREW HUBERMAN

"How to rewire your brain"

A science-backed guide to building better focus, habits, and emotional resilience through simple neural tools.



SCROLL TO SANCTUARY

Home Décor Inspo on Instagram

@katechipinski »»»

For the eco-conscious renovator. Kate focuses on sustainable DIYs, thrift-flipping, and reducing waste while maintaining a cozy, earthy aesthetic.



@themodernhouse »»»

This account treats real estate like art. Featuring the most architecturally significant homes for sale in the UK, it serves as a daily dose of aspirational minimalism and timeless design.



@restyleart »»»

Curated by Jan Skácelík, this feed captures the trending “soft modern” and mid-century aesthetic, blending pastel tones with geometric art—perfect for those seeking a calm, artistic visual cleanse.



@kellywearstler »»»

The queen of modern American luxury. Her feed is a texture-heavy masterclass in mixing raw materials with glamour, perfect for spotting upcoming trends in high-end design.



@catesthill »»»

Beautiful, lived-in, film-set-worthy Japandi London interiors. Top 10 UK interior blogs.



@preethiprabhudotcom (India) »»»

Gorgeous Indian home décor with DIY and home styling tips for the modern traditionalist.



ENRICH

TAKE TIME TO NURTURE THE MOST IMPORTANT
PERSON IN YOUR LIFE—YOU!



ART CARE A PRACTICAL GUIDE FOR INDIAN HOMES

Whether you own a Raja Ravi Varma lithograph, a Thota Vaikuntam print, or a commissioned canvas from a local gallery, one truth holds: your art is only as beautiful as the care you give it. Indian homes face a unique mix of heat, humidity, dust, and sometimes over-enthusiastic cleaning staff. Here's how to protect your investment and keep it glowing for years.

QUICK CHECKS

- Is any frame touching the floor? Lift it.
- Is there a crack behind the wall? Fix it—water seepage travels.
- Are you seeing tiny white specks on the frame? It might be wood-boring insects.
- Does one painting look duller than last year? UV exposure may be the culprit.



01

KEEP IT OUT OF DIRECT SUNLIGHT

UV light is the silent killer of colour. Our tropical sun, especially through large windows, can fade even the most premium pigments.

Do this instead:

- Hang important works on walls that don't receive harsh sun.
- Use UV-protective glass or acrylic if the spot gets light during the day.
- Sheer curtains can help, but don't rely on them alone.

02

MIND THE TEMPERATURE & HUMIDITY

Indian weather swings between sweaty summers and dry winters. Paintings hate that.

Ideal zone: 18–24°C and 45–55% humidity.

You don't need a climate-controlled gallery, but do try to avoid placing art near AC vents, bathrooms, or kitchens—anywhere moisture or heat fluctuates wildly.

Pro trick: If your city gets very humid (Mumbai, Chennai, Kolkata), consider a dehumidifier for the room where you hang expensive pieces.

03

DUST GENTLY—NEVER SCRUB

Dust settles on frames faster than you think. But the instinct to “wipe clean” can cause micro-scratches or dislodge pigments.

How to dust safely:

- Use a soft, clean microfiber cloth.
- For textured canvases, use a soft artists' brush to reach crevices.
- Never spray cleaners or water directly onto a painting or frame.



04

KEEP A SAFE DISTANCE FROM KITCHENS

Sambar steam, tadka smoke, and fine oil particles—indispensable to our food, disastrous for your art. They settle invisibly on canvases and speed up deterioration.

Rule of thumb: If it's a high-heat, high-steam zone, keep your art away from it.



05

CHOOSE THE RIGHT FRAME

A frame is not just decoration—it's armour.

For expensive art, insist on:

- Acid-free mounting
 - UV-protective glazing (for paper works)
 - Sealed backing to keep dust and insects out
- Avoid bare wood backs—Indian insects love them.



06

STORE SMARTLY IF YOU ROTATE ART

Many collectors rotate their pieces every season.

When storing:

- Keep art upright, never resting on its face.
- Use acid-free tissue paper.
- Store in a cool, dry space, not in cupboards prone to humidity.
- For very expensive works, invest in an art storage box or portfolio case.

07

HANDLE WITH CLEAN HANDS

Natural skin oils cause damage over time.

If you must move or adjust a painting:

- Wash hands well or wear cotton gloves.
- Hold the frame firmly from both sides.
- Never lift a large frame by the top edge.

08

GET A YEARLY PROFESSIONAL CHECK

Just like jewellery, premium art benefits from an annual check-up.

A professional conservator can:

- Identify early signs of mould
- Fix loose frames
- Retighten canvas tension
- Clean dust safely

It costs less than you think—and protects lakhs of rupees worth of art.



Enemies of Art

1. DENGUE FOGGING

The chemicals can settle on exposed canvases. Always cover art with a cotton sheet when your housing society fogs the area.

2. INCENSE AND CAMPHOR SMOKE

They leave a residue. Keep spiritual corners and art walls separate.

3. COLOUR FROM HOLI

Dry *gulal* travels! Keep art covered if festivities happen indoors.

4. MONSOON MOLD

The first sign is a musty smell. Act immediately—air the room, reduce humidity, and get a conservator to check the back of the canvas.



FROM CHASING HER OWN DREAMS TO CARRYING FORWARD HER FATHER'S LEGACY

Meet Ishna Bisht, whose inspiring journey shows us that determination can move mountains

BY AARATI S

For most people, the mountains are a scenic escape. For Ishna Bisht, they were a second home, long before she knew she would one day return.

Every summer, her family travelled from Delhi to Uttarakhand, a ten-hour drive that felt less like a commute and more like an unfolding story. Her parents stopped for everything—a new plant, a patch of unusual soil, the sound of a rare bird.

Those journeys shaped her, but the memories that stayed closest were tied to her father. In the city, he struggled with heat and pollution. But in the



mountains, he came alive, deeply rooted in the land and its people. For decades, he ran the Institute of Himalayan Environmental Research and Education (INHERE), working in remote villages to improve water systems, strengthen farming, and restore dignity to communities. Ishna didn't always know the details; she just knew he helped people, and they trusted him.

Then one day, her father had a stroke, and life split sharply into "before" and "after." Suddenly, she was thrust into hospital corridors, financial decisions, and responsibilities she never imagined facing so young. She moved through it all numb but functioning, holding everything together as best she could.

Months later, when she travelled to Uttarakhand to meet the INHERE team—the same place where her father had suffered a stroke—she couldn't walk in alone. Her childhood friends waited in the car, offering quiet support.

The days that followed were a blur; two jobs, relentless pressure, and a determination to grow what

their father had built. In time, she left her full-time job, and her brother followed. Together, they decided to carry forward their father's legacy through INHERE and their organic food brand, Himalayan Values.

As a young woman stepping into the business, earning respect was Ishna's biggest challenge. People were used to listening to her father, and her youth made others cautious. Yet with drive, determination, and her father's advice—that no matter your field of study, you can always learn and grow—she found the strength to rise to the challenge. Slowly, she

learned to stand firm. Through it all, the mountain women became her anchors; fearless, independent, and quietly powerful.

Today, as she leads Himalayan Values, Ishna finally sees what she couldn't see as a child: the mountains were preparing her all along. The fear has faded, replaced by a steady confidence and a deep sense of belonging.

And if there's one thing she knows for sure, it's this: her father would be proud. She learnt from the best, and now she carries his work forward with the same compassion and strength he taught her.

Her journey has also taught Ishna a few lessons that young, aspiring entrepreneurs may find valuable. She firmly believes that "everything is figure-outable"; you may not know everything when you start, but learning to adapt and problem-solve is half the work. She also emphasises that being a flexible generalist often matters more than mastering just one skill. And above all, she urges patience, because meaningful, lasting growth takes time. After all, the strongest businesses are the ones built steadily, over the years.



LET'S LAUGH A LITTLE

7 COMEDY CLASSICS WORTH A REPEAT WATCH

If laughter is the cheapest therapy, these films are basically free mental healthcare with popcorn. From 90's absurdity to smart modern chaos, these seven blockbusters guarantee the kind of joy that makes you snort unattractively, question your maturity, and immediately hit "Replay."

01



HOME ALONE (1990)

Director: Chris Columbus;

Cast: Macaulay Culkin, Joe Pesci

An eight-year-old is accidentally left home for Christmas and turns into a tiny demolition expert. He must protect his house from two clumsy burglars using a series of elaborate traps. A hilarious holiday watch.



02

THE MASK (1994)



Director: Chuck Russell;

Cast: Jim Carrey, Cameron Diaz

A timid bank clerk finds an ancient mask that turns him into a green-faced, cartoonish whirlwind with superpowers. Chaos follows as he embraces his wild alter ego to win over his crush and dodge criminals. Jim Carrey at his wackiest.



MEET THE PARENTS (2000)

Director: Jay Roach.

Cast: Ben Stiller, Robert De Niro, Teri Polo.

A newly engaged male nurse introduces his fiancée to her highly suspicious father, a retired CIA operative, leading to a disastrous weekend of misunderstandings. His attempts to impress his future father-in-law only manage to deepen the patriarch's distrust.



03

04



THE HANGOVER (2009)



Director: Todd Phillips;

Cast: Bradley Cooper, Zach Galifianakis, Ed Helms

Three friends wake up in Las Vegas with no memory of the previous night, a missing groom, and a tiger in their hotel bathroom. They must backtrack their chaotic night to find their friend before his wedding.

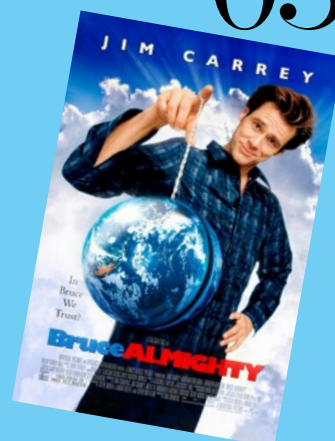


BRUCE ALMIGHTY (2003)

Director: Tom Shadyac;

Cast: Jim Carrey, Morgan Freeman, Jennifer Aniston.

A high-powered television news anchor is given a week to live after an accident and, blaming God, receives all-powerful abilities to see if he can do a better job. His attempts to manage the world and his personal life with divine power quickly spiral into chaos.



05

06



MRS. DOUBTFIRE (1993)



Director: Chris Columbus;

Cast: Robin Williams, Sally Field, Pierce Brosnan.

A recently divorced actor disguises himself as an elderly British nanny to spend time with his children after his ex-wife is granted custody. His elaborate, cross-dressing deception leads to hilarious near-misses and heartwarming realizations.



DUMB AND DUMBER (1994)

Director: Peter Farrelly and Bobby Farrelly;

Cast: Jim Carrey and Jeff Daniels.

Two dim-witted but well-meaning best friends embark on a cross-country road trip to return a briefcase full of money to its rightful owner. Their catastrophic misadventures continually put them in the path of the dangerous criminals who are searching for the cash.



07

ROCK

YOUR WORRIES AWAY

Unleash Your Inner Artist on River Stones!



Feeling stressed? Craving a creative outlet that connects you with nature and leaves you with beautiful keepsakes? Look no further than the delightful art of painting river stones! This surprisingly simple and incredibly therapeutic activity is a fantastic way to unwind, tap into your artistic side, and add a splash of personalized color to your home.

The act of painting, with its focused attention and repetitive motions, is a proven stress-buster. As you choose your colors, design your patterns, or even just let the brush guide you, your mind can quiet

down, letting go of daily worries. There's a profound satisfaction in transforming a plain, smooth stone into a vibrant piece of art.

Once your masterpieces are dry, these painted river stones aren't just pretty – they're practical too! They make charming and unique paperweights, ensuring your important documents stay put with a touch of handmade flair. Scatter them as colorful accents on bookshelves, windowsills, or in decorative bowls to bring a pop of joyful color and a reminder of your creative journey into any room. Get ready to rock your world with this wonderful craft!



MATERIALS YOU'LL NEED

- Smooth, clean river stones (various sizes)
- Acrylic paints (a variety of colors)
- Paintbrushes (fine tips for detail, wider for coverage)
- Water (for rinsing brushes)
- Paper towels or an old rag
- A palette or old plate for mixing paints
- Clear sealant spray or brush-on varnish (to protect your design)
- Optional: pencils for sketching designs, paint pens for details



ROCK PAINTING TUTORIAL: STEP-BY-STEP

MATERIALS NEEDED

Smooth River Stone, Acrylic Paints, Brushes, Water, Clear Sealant.

THE STEPS:

1. **Prep the Stone:** Clean the stone thoroughly with soap and water and let it dry completely. A clean surface ensures the paint adheres well.
2. **Apply Base Coat (Optional):** Paint the entire stone with one or two coats of a solid acrylic color. Let this dry fully.
3. **Sketch the Design:** Use a pencil to lightly sketch your quote or design onto the dried base coat.
4. **Paint the Details:** Use your fine-tipped brushes and acrylic paints to fill in your design. Work from large areas to small details. Let each color or layer dry slightly before applying the next to prevent smearing.
5. **Add Finishing Touches:** Use paint pens for fine lines or highlight lettering if desired.
6. **Seal and Protect:** Once the paint is completely dry (wait at least 24 hours), apply 1-2 thin coats of a clear sealant or varnish (spray or brush-on) to make the stone weather-resistant and glossy.
7. **Cure:** Allow the sealant to cure fully according to the product instructions before using or displaying your decorated stone.



ASK THE AI EXPERT

“AI seems to make some people super-efficient, while others don’t see any real impact. What are 3 simple habits or workflows that professionals can adopt to get meaningful results from AI every day, without being tech experts?”

BY DHAVAL JOSHI

F

First: **Let AI create your first draft.** Starting is the hardest part of any task – email, report, proposal. Get a rough version first, then fix it. It's easier to refine than invent from scratch.

Second: **Plan your day with AI.** Every morning, give your tasks to AI and ask it to prioritise. Let it block time, identify dependencies, and ask, "What actually matters today?" That externalised planning reduces mental clutter.

Third: **Ask AI the moment you're stuck.** Searching Google for Excel formulas, writing tricky emails, or deciphering jargon wastes hours. Getting unstuck quickly has a compounding effect on productivity.

Good AI habits are less about tools and more about timing – use AI before you're overwhelmed, not after.

WHAT TWO SIMPLE STEPS SHOULD I TAKE TO PROTECT MY DATA ON PUBLIC AI TOOLS?

Don't ask "Is AI safe?" Ask "What level of privacy does this specific task require?" You speak openly with colleagues, not strangers – adopt the same instinct with AI.

Step one: **Remove identifiers.** Names, numbers, company details, emails. Convert specifics into neutral descriptions – "mid-size firm," "35-year-old professional," etc. In most real tasks, AI doesn't need the personal detail to help.

Step two: **Disable model training.** In ChatGPT, turn off "Improve the model for everyone." In Gemini, pause "Apps Activity." This reduces data retention.

For financial, medical, or legal documents, avoid free public AI entirely. For casual emails and planning, it's fine. Develop judgement, not paranoia.



HOW CAN AI HELP ME 'MOODBOARD' A CREATIVE CONCEPT BEFORE I START WRITING OR DESIGNING?

Most of us can feel what we want but struggle to articulate it. We say, "warm but professional," and the designer guesses wrong. Traditional moodboarding is slow – scrolling endlessly through Pinterest, stock sites, and Instagram.

AI flips the process.

Describe a vibe – "Modern Indian café, warm afternoon light." See the results instantly. Refine: "Add vintage furniture, plants, laptops, big windows, Bandra vibe." Each iteration sharpens your preference and language.

Even without using the generated visuals, the **clarity is the outcome.**

Another useful trick: ask AI, "Give me five visual directions for a wellness workshop." Now you're reacting to options rather than inventing from thin air.

Great creative work isn't a single brilliant idea – it's fast exploration, pattern recognition, and selection. AI simply accelerates that journey.



Dhaval Joshi is the Founder of **SIMU LABS**, an AI studio helping brands and agencies leverage generative AI. He spent a decade in China leading innovation at Tencent Games HQ and worked at Microsoft, Nokia, and Motorola Research Labs on culturally aligned tech solutions. Active in bridging industry and academia through the CII National Committee on Design, Dhaval has collaborated with institutions such as Georgia Tech, IIT Guwahati, and NID. He holds 12 US and 2 EU patents in AI, AR, VR and telecommunications.

m m Javeed
Uomini Designer

YOUR LUXURY WEAR SPECIALIST



EXPLORE

WHERE ARE YOUR DREAMS
TAKING YOU THIS SEASON?



The Hermit Homestay

Ladakh's Quiet Escape for
Winter Travellers



Stanzin Kharpon





et in the peaceful village of Thiksey, with the Indus River flowing softly by, The Hermit Homestay offers a gentle pause from the rugged drama of Ladakh. It is the kind of place where the mountains feel close enough to touch, and the silence is deep enough to hear your own breath. In winter, when the landscape turns silver and the snow leopard begins to roam, The Hermit becomes an ideal base for travellers seeking both adventure and comfort.

Spread across 35,000 square feet, the property houses just three luxury rooms, designed with European-standard amenities yet retaining Ladakh's warm, earthy charm. Large sunlit spaces — a spacious dining and sitting area, a cosy kitchen, and outdoor corners ideal for bird-watching — make the homestay feel intimate and inviting. Despite its tranquillity, it is only 45 minutes from Leh airport and within an hour of major wildlife areas such as Matho, Shang Sumdo, Stok, Sakti, and Warila. For guests chasing snow leopards or Himalayan lynx, this location is a quiet advantage.





THE MAN BEHIND THE HOMESTAY

The Hermit reflects the vision of Stanzin Kharpon, a Ladakhi hospitality professional known for his commitment to sustainable tourism. After studying at Delhi University, he returned to Ladakh in 2011 to work closely with local communities, artisans, and environmental initiatives. Whether speaking at the Apricot Festival or guiding travellers through remote valleys, Stanzin brings a deep pride in Ladakhi culture and a gentle, grounded approach to hosting.

He often serves as a wildlife guide himself — reading the land with an instinct honed over years. Guests frequently say their stay feels less like a booking and more



like being welcomed by an old friend who knows every mountain turn.

A WINTER BASE WITH HEART

- Ideal for snow leopard expeditions and wildlife photography
- Close to birding hotspots along the Indus
- Comfortable amenities in a peaceful, family-style setting
- Customisable itineraries for winter travel
- Thoughtfully maintained spaces that balance luxury with authenticity

TRAVEL WITH PURPOSE: LADAKH TRAVEL CRAFT

Stanzin also leads Ladakh Travel Craft, a Ladakh Tourism-registered venture offering winter expeditions, high-altitude treks, cultural immersions, and reliable transportation — including a fleet of Innovas, Royal Enfield motorbikes, and experienced chauffeurs. Their wildlife safaris, in particular, stand out for their trained spotters and respectful, eco-conscious approach.



A photograph of the Natural History Museum in Abu Dhabi. The building is a modern, multi-story structure with a white, geometric facade. In the foreground, there is a large, leafy green tree on the left and a landscaped area with various plants and a white wall. The sky is clear and blue.

NATURAL HISTORY MUSEUM ABU DHABI

A New Window Into
13.8 Billion Years

مدخل للتحف →
Museum Entrance

← مواقف السيارات
Car Park



The Natural History Museum Abu Dhabi, now open to the public on Saadiyat Island, is the largest institution of its kind in the Middle East. Spread across 35,000 sqm and designed by renowned architects Mecanoo, the museum offers an immersive journey through 13.8 billion years of natural history—from the birth of the universe to the future of our planet.





حديقة العربية
ARABIA'S CLIMATE

التغير في
CLIMATE





Inside the soaring atrium, visitors are greeted by the world's first-ever display of a sauropod dinosaur herd, with five species of these long-necked giants recreated in a dramatic welcome scene. Deeper into the galleries is another global first: a striking display of two *Tyrannosaurus rex*es locked in battle over a *Triceratops*, featuring the 67-million-year-old fossil "Stan," one of the best-preserved *T. rex*es ever discovered.



The museum places special emphasis on the natural history of the Emirates and the wider region, including a look back at the lush, green landscape that existed seven million years ago. Among the highlights is the fossil of a four-tusked prehistoric elephant, once native to the Arabian Peninsula.

Beyond its displays, the Natural History Museum Abu Dhabi is built as a centre for research, conservation, and scientific

discovery. State-of-the-art laboratories will support studies in palaeontology, earth sciences, biodiversity, and environmental sustainability. A strong educational focus aims to inspire young visitors to engage with science and the natural world through workshops, community-science programmes, and interactive exhibits.

With rare meteorites, iconic fossils, immersive experiences, and a strong emphasis on

sustainability, the museum creates a bridge between past, present, and future—inviting visitors of all ages to explore how life on Earth has evolved, and how our choices shape what comes next.

Located in the Saadiyat Cultural District, the museum joins institutions such as Louvre Abu Dhabi and teamLab Phenomena Abu Dhabi, further establishing the district as a global hub for art, science and cultural learning.

At the Tomb of Tamurlaine, Fearsome Leader

BY SATHYA SARAN

Deep below, the sounds of feet reach him all day. They pound the tiled floor, standing, pacing. Some even take the measure of the space that is both sacred and profane.

Some come to gaze curiously at history. That has turned him who was once Timur the Fearsome, a raging leader of ravaging hoards, destroyer of empires, builder of cities, into a hidden dust. Awed by Time's erasing sweep, they gawk at the black stone tomb and imagine him there where he isn't.

Others come to breathe the peace that only the dead can share. They sit silent, hands upraised in murmured prayer.

Yet others, neither curious nor reverent, walk about in heavy boots that will take them along the wellworn trails. They look up and peer down, take in the gold ceilings, the gilt-worked walls, each carved alcove, each tiled pillar, and the plain black stone under which lies he who was known as Asia's scourge.

Not fear, not wonder touches them though. Unimpressed by tales of yore, they strike poses against the walls. In the niches lit by the morning sun. In the ray of light that reflects off the stone. Then, shoot yet more pictures and are gone.

History is a kaleidoscope. Revealing to each only what he wishes to see. Or what it wishes to show.



Photo: Sathya Saran



Sathya Saran

DECORATE

IDEAS & INSPIRATION ON HOW TO MAKE
YOUR HOME A BEAUTIFUL SANCTUARY



Sitting Pretty

A Short Guide to Iconic Chair Styles

A chair is rarely just a chair. It can set the mood of a room, hint at your sense of style, and turn a simple corner into a conversation starter. From sculptural silhouettes to snug, fireside classics, here's a quick guide to a few iconic chair styles—and what they bring to your space.

01

THE SWAN CHAIR: SCULPTURAL, SOFT, AND SCANDINAVIAN

Danish designer Arne Jacobsen introduced the Swan in the late 1950s, and it still feels avant-garde today. With its sweeping, wing-like curves and seamless form, it's more art than furniture.

Best for: Modern, uncluttered spaces where you want a standout piece.

Why people love it: It adds a soft, organic presence without taking up visual heaviness.

Pair with: Minimal side table, a soft rug, and warm lighting to show off its silhouette.



ONE CHAIR, ONE MOMENT

The best chair isn't the most expensive—it's the one you sit in without thinking, with a book in your hand and time slipping quietly away.

02

THE WINGBACK: A FIRESIDE CLASSIC

Tall back, enveloping arms, and those signature “wings”—this is the chair of libraries, chess players, and rainy days. Originally designed to protect sitters from chilly draughts, it still feels like a cocoon.

Best for: Traditional or eclectic rooms.

Why people love it: Instant cosiness and a sense of heritage.

Best materials: Leather for a stately feel, velvet for drama, tweed for warmth.



03

THE CLUB CHAIR: UNDERSTATED LUXURY

Low-slung, deep-seated, and generously cushioned—the club chair is French by birth and universal by appeal. It's the chair equivalent of a whiskey lounge.

Best for: Living rooms where comfort matters as much as looks.

Why people love it: You can sink into it and stay for hours.

Pair with: Brass accents, warm woods, moody lamps.

04

THE ADIRONDACK: OUTDOORSY AND RELAXED

Wide arms, reclined back, and that rustic silhouette—this is summer in chair form. Originally designed in American lake country, it now sits on beaches, patios, and lawns everywhere.

Best for: Outdoor setups, balconies, garden nooks.

Why people love it: Relaxed posture + practical armrests (perfect for drinks and books).



05

THE GHOST CHAIR: INVISIBLE DRAMA

Made from transparent polycarbonate, this modern classic feels like it floats. Stylish yet practical, it slips into all kinds of spaces without visually cluttering them.

Best for: Small rooms, glam-modern interiors.

Why people love it: It's a conversation starter that doesn't shout.

Tip: Mix with traditional furniture for a playful contrast.

06

THE ROCKER: CALM IN MOTION

From nursery rooms to retro verandas, the rocking chair has an old-fashioned charm and a soothing purpose. Modern versions are sleeker but still comforting.

Best for: Quiet corners, reading zones, relaxation spaces.

Why people love it: Gentle movement lowers stress and invites slow living.



07

THE LOUNGE CHAIR: MID-CENTURY COOL

Think reclined posture, padded comfort, and a sculptural frame. The epitome is the Eames Lounge—casual luxury in walnut and leather.

Best for: Rooms that need a stylish relaxation spot.

Why people love it: It says “design” without sacrificing comfort.

HOW TO CHOOSE THE RIGHT CHAIR

- **For style:** Look at silhouettes and materials.
- **For comfort:** Prioritise depth, arm placement, and support.
- **For small spaces:** Open frames and curved lines reduce visual weight.
- **For personality:** Choose a colour or upholstery that tells a story.



BOOK NOOK

Brew a spot you'll
actually want to curl
up in this winter



T

here's something irresistibly old-fashioned about dedicating a small corner of your home to nothing more than books, blankets, and unhurried time. In a world where “multi-purpose spaces” have become the norm, the book nook is making a quiet, delicious comeback—precisely because it serves no purpose other than joy.

And the best part? You don't need a sprawling home library or a Pinterest-worthy bay window to pull it off. A single corner, a sliver of wall, even unused space under a staircase can transform into a cosy, character-filled retreat with a few clever choices.

A SEAT THAT INVITES YOU IN

At the heart of every great nook is a place that holds you, not just sits you down.

Think cushy armchair, low-slung lounge chair, or floor seating piled with thick cushions if space is tight.





If you have a window nearby—lucky you—slide the chair up against it and let natural light do the heavy lifting. Bonus points if you can tuck in a soft rug underfoot.

SHELVE IT SMARTLY

You don't need rows of mahogany bookcases.

A single bookshelf, a compact ladder shelf, or floating wall shelves work beautifully.

Group books horizontally and vertically, mix in a few objects—plants, ceramics, framed photos—and keep the rest loose.

A book nook loves books that look loved, not staged.

If you're starting from scratch, consider thrifted wooden shelves or a quick coat of warm paint on mismatched units to unify the look.

LIGHT IT LIKE A SECRET

Overhead lighting kills atmosphere faster than a plot spoiler.

What you want is soft, layered lighting that feels like a whisper rather than a headline.

A warm-toned table or floor lamp is non-negotiable.

If you have a shelf, tuck a small lamp right into it.

Candles are optional, but they add an old-world glow that turns evenings into rituals.

TEXTURE IS YOUR BEST FRIEND

Winter décor is all about tactility.

Add elements that beg to be touched:

- A chunky throw
- A velvet cushion
- A boucle chair
- A wool rug





Even in tropical climates, a few soft layers signal comfort and invite lingering.

MAKE IT PERSONAL, NOT PERFECT

A book nook doesn't need to be beautiful; it needs to feel like you.

Stack current reads, notebooks, pens, a half-finished crossword, a plant that thrives on neglect.

Keep a little tray for tea or hot chocolate—because a nook without a drink is just... a seat.

If you do nothing else, make it a space you don't feel pressured to tidy.

SMALL SPACE? MAKE IT VERTICAL

If square footage is scarce, build upward:

- Narrow shelves that stretch to the ceiling
- A tall ladder-style unit
- A slim chair and footrest

Or go low: floor mattress, layered rugs, and a few cushions against the wall—bohemian, but chic. What matters is the sense of enclosure, not the size.

THE FINISHING TOUCH

Frame your nook with something that marks it out as a destination:

A curtain, a low partition, a trailing

plant, or even a simple change of rug.

It doesn't separate you from the world, but it gives the corner a narrative of its own—this is where stories live.

THE BOOK NOOK MINDSET

Ultimately, creating a book nook is about permission. Permission to slow down, put your feet up, and do something other than scroll. In a room full of tasks, a nook is the one place free of expectation. You sit down, and the world softens.

And that might be the most stylish thing you do this winter.

Opposites Attract!

7 Fresh
Colour
Combinations
To Try at
Home



If blue-and-white feels old news, it's time to shake things up. We've rounded up striking colour duos—from subtle to spectacular—that prove great design favours the brave.



MARIGOLD + CREAM

Sunny yet gentle – perfect when you want light without loudness.

HOW TO USE IT

- Keep the space cream (walls, curtains, rugs).
- Add marigold through accent chairs, cushions, lampshades or artwork.
- Works brilliantly in dining rooms and small breakfast corners.



LIME GREEN + DEEP BLUE

Playful but polished.

HOW TO USE IT

- Use deep blue for a statement wall, cabinetry, or headboard.
- Layer in lime green through an accent chair, side table, rug, or cushions.
- A great palette for a study or a child's room you want to elevate.



PEACH + CHROME

Soft meets sleek for a contemporary pastel look.

HOW TO USE IT

- Paint the walls peach for warmth.
- Introduce chrome through lighting (pendant lights, floor lamps), coffee tables, or shelving.
- Add cream or white elements to balance the shine.



SAGE + AQUA + NATURAL RATTAN

A soothing, nature-inspired trio.

HOW TO USE IT

- Go sage for walls or curtains – it's restful and timeless.
- Bring in aqua through cushions, ottomans, or a patterned rug.
- Add rattan via chairs, lampshades, or storage baskets to give the room texture.



RASPBERRY PINK + SKY BLUE

Bright, cheerful and surprisingly elegant.

HOW TO USE IT

- Paint the walls sky blue – it creates a calm backdrop.
- Add raspberry pink through one standout piece: an accent chair, a bench, cushions, or a framed print.
- Works especially well in a home office, dressing room or creative corner.



MINT GREEN + SOFT BROWN

Fresh, calm and earthy – ideal for a serene corner.

HOW TO USE IT

- Use mint green on walls or large furniture pieces like a wardrobe or sofa.
- Bring in soft brown through wooden flooring, woven baskets, or a brown throw.
- Works beautifully in bedrooms or reading nooks.





BUBBLE-GUM PINK + FRESH WHITE

The crisp freshness of white provides a clean, airy backdrop, while a bubble-gum pink accent introduces personality, warmth and modern charm.

HOW TO USE IT

- Keep the majority of the space in fresh white: walls, large furniture pieces, window dressings or curtains.
- Introduce bubble-gum pink through one or two standout items—such as an armchair, cushions, a throw, a small side-table or a rug.
- Maintain balance by choosing soft natural or light-wood finishes for floors or secondary furniture, so the pink remains the focal point.
- Let the pink accent shine in a reading corner, dressing area or relaxed lounge space.

INDULGE

A CORNUCOPIA OF LIGHT & LOVELY FLAVOURS,
CURATED TO SERENADE YOUR SENSES




Swirl Power

The Art of the Winter Cinnamon Bun

Forget expensive scented candles. The only home fragrance you really need this winter requires just three things: butter, heat, and a generous dusting of cinnamon.

Serving Suggestion

Best eaten warm, sticky-fingered, with a mug of strong coffee and absolutely nowhere to be.



here is a primal comfort in a cinnamon bun. It is the culinary equivalent of a weighted blanket—soft, warm, and entirely reassuring. When the windows are frosted over and the sky is that relentless shade of grey, pulling a tray of bubbling, golden rolls from the oven feels like an act of defiance. You are creating your own climate: one that smells of caramelised sugar and yeast.

It is messy. It is indulgent. And frankly, it is exactly what you deserve this weekend.

THE “STAY IN BED” BUNS

No scales. No stress. Just cups, spoons, and a whole lot of comfort.

Prep time: 30 mins (plus rising time)

Bake time: 20 mins

THE DOUGH

- 2 ³/₄ cups All-purpose flour
- 3 tbsp White sugar
- 1 tsp Salt
- 1 packet Instant yeast (approx. 2 tsp)
- ¹/₂ cup Water
- ¹/₄ cup Milk
- 2 tbsp Unsalted butter (melted)
- 1 Large egg

THE FILLING (THE MAGIC)

- ¹/₄ cup Unsalted butter (very soft)
- ¹/₄ cup Brown sugar (packed tight)
- 1 tbsp Ground cinnamon (be generous!)



THE GLAZE

- 1 cup Powdered sugar
- 1 tsp Vanilla extract
- 2 tbsp Milk

LET'S GET BAKING

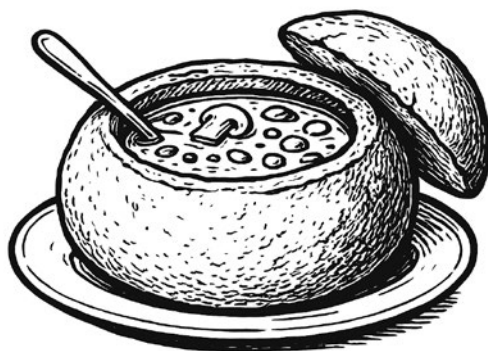
1. **The Warm Up:** In a large bowl, whisk the flour, sugar, salt, and yeast. In a separate jug, mix the water, milk, and melted butter. Zap it in the microwave for 15 seconds—you want it warm like bathwater, not boiling hot.
2. **The Mix:** Pour the wet ingredients into the dry, crack in the egg, and stir until a shaggy dough forms.
3. **The Workout:** Tip the dough onto a floured counter. Knead it with your hands for 5 minutes. Push, fold, turn. It's ready when it feels smooth, elastic, and bounces back when you poke it.
4. **The Nap:** Pop the dough into a greased bowl, cover with a warm towel, and let it sleep in a cozy spot for 10 minutes.
5. **The Fill:** Roll the dough out into a rough rectangle. Smear your soft butter everywhere—don't be shy. Mix your brown sugar and cinnamon in a cup, then sprinkle that spiced gold dust all over the butter.
6. **The Roll:** Roll the dough up tightly into a long log. Slice it into 9 even rounds.
7. **The Rise:** Place your rounds into a greased baking dish (leave a little room between them). Cover and let them rise for 60-90 minutes. They should double in size and look puffy and touching.
8. **The Bake:** Slide them into an oven preheated to 375°F (190°C). Bake for 15–20 minutes until golden brown and smelling like heaven.
9. **The Finish:** Whisk your glaze ingredients and drizzle over the buns while they are still warm, letting the icing melt into the spirals.

Serving Suggestion: Best eaten warm, sticky-fingered, with a mug of strong coffee and absolutely nowhere to be.



“Soup puts the heart at ease, calms down the violence of hunger and the tension of the day.”

— Louis P. De Gouy



Soup in a Loaf

This winter, let your bread be your bowl.

Is there any greater comfort on a blustery winter day than a steaming bowl of homemade soup? Yes, there is: a steaming bowl of homemade soup served inside a crusty, hollowed-out loaf of bread. Suddenly you're eating something close to edible architecture—hot, steamy goodness cradled inside a crusty, golden bowl.

Bread bowls create a kind of cosy theatre—steam rising, butter melting, fingers tearing. They slow you down in a season when everything else seems to rush. They encourage breaking bread literally, not metaphorically. And when the bowl is edible, even the washing-up feels like a favour from the universe.



THE BEST BREADS

Not all loaves can survive a storm of broth. You need something sturdy, with chew and personality.

Best picks

- **Sourdough rounds** – the gold standard; strong crust, tangy flavour
- **Pumpernickel or rye boule** – darker, earthy, great with hearty soups
- **Mini brioche buns** – softer, sweeter, indulgent for creamy soups
- **Whole-wheat boule** – rustic and filling, for vegetable-forward soups

Avoid baguettes or sandwich loaves—they collapse faster than your winter resolutions.

Soups That Shine in Bread Bowls

Think thick, hearty, cling-to-the-spoon comfort. Watery soups make the bread soggy too fast.

Best pairings

- **Cream of Mushroom** – luxurious, earthy, universally loved
- **Tomato Basil** – classic, sharp, balances smoky bread
- **Broccoli Cheddar** – America's favourite bread-bowl soup, no contest
- **Roasted Pumpkin** – sweet, cinnamon-kissed winter delight
- **Tuscan White Bean** – garlic, rosemary, olive oil, deep comfort

A Starter Recipe: Creamy Broccoli Cheddar (For 2 Bowls)



Ingredients

- **2 cups** broccoli florets (roughly chopped)
- **1 cup** milk
- **1 cup** vegetable stock
- **1 cup** grated cheddar (packed)
- **2 tbsp** butter
- **2 tbsp** flour (plain)
- **1/2 cup** finely chopped onions
- Pinch of nutmeg
- Salt & pepper

Method

1. Melt butter; sauté onions until soft.
2. Stir in flour; cook 1 minute.
3. Slowly whisk in stock + milk to avoid lumps.
4. Add broccoli; simmer 10 minutes until tender.
5. Stir in cheese, nutmeg, salt, pepper.
6. If thick, thin with 1–2 tbsp milk.

Consistency check: it should cling to the back of a spoon—not run like dal.



HOW TO PREPARE A BREAD BOWL

1. Slice a lid off the top, about 1 cm below the crown.
2. Hollow out the centre—leave about 1.5–2 cm wall thickness.
3. Brush inside with 1 tbsp melted butter.
4. Bake at 180°C (350°F) for 8–10 minutes to seal.

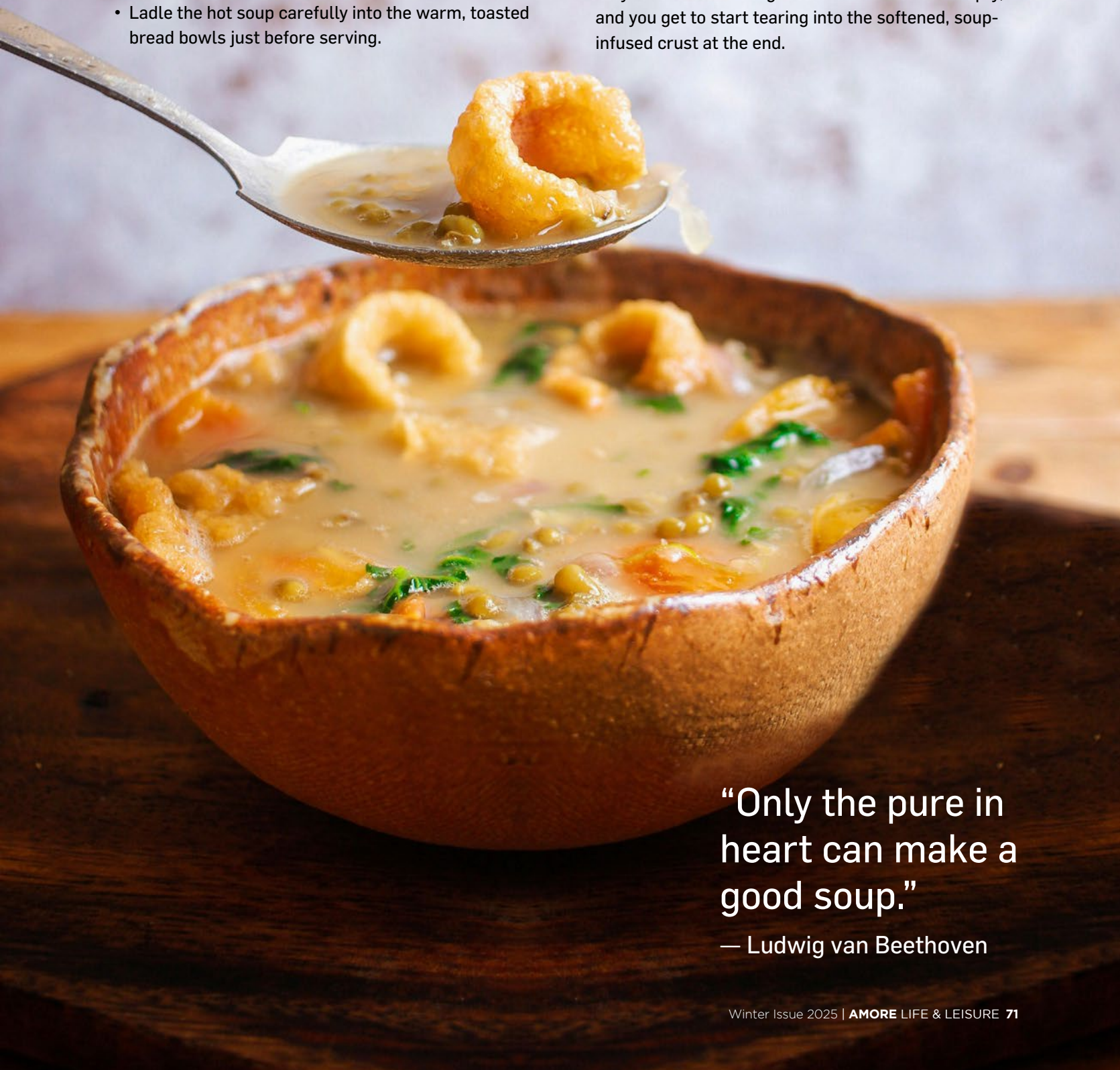
For a dinner party, serve mini bread bowls—people will talk about it for days.

SERVE IN STYLE

Serving bread soup is an experience in itself.

- Ladle the hot soup carefully into the warm, toasted bread bowls just before serving.

- If serving acidic soups (tomato), use **sourdough**—it's sturdier.
- Save the hollow bits to make croutons and breadcrumbs
- Sprinkle **chives, toasted sesame, or paprika** on top.
- Add **garlic croutons** (homemade).
- Serve with a **side of crunchy salad**.
- **Don't Forget the Lid:** Place the bread lid to the side of the bowl for dipping.
- **The Best Part:** Encourage your guests to tear pieces from the rim of the bowl and dip them into the soup as they eat. The true delight is when the bowl is empty, and you get to start tearing into the softened, soup-infused crust at the end.



“Only the pure in heart can make a good soup.”

— Ludwig van Beethoven





Steaming Hot!

Comfort doesn't always have to come smothered in oil. Steaming is one of the gentlest, cleanest, and most colour-preserving cooking techniques in the world. It keeps nutrients intact, lets natural flavours shine, and fills your kitchen with a cosy cloud of aroma.

Rainbow Veggie Momos with Ginger-Soy Dip

A riot of colours—perfect for eye-catching photos.

(Makes 12–14 momos)

FOR THE DOUGH

- 1 cup all-purpose flour
- ¼ cup beetroot juice (for pink dough)
- ¼ cup spinach juice (for green dough)
- ¼–⅓ cup water as needed
- ½ tsp salt

FOR THE FILLING

- 1 cup finely chopped cabbage
- ½ cup finely chopped carrots
- ½ cup finely chopped bell peppers (red/yellow)
- ¼ cup finely chopped onions
- 1 tbsp grated ginger
- 1 tbsp soy sauce
- ½ tsp black pepper
- Salt to taste

METHOD

1. Knead three small portions of dough—plain, pink, and green. Rest for 20 minutes.
2. Sauté vegetables just for 2–3 minutes to retain crunch; mix in soy, pepper, and salt.
3. Roll small discs, add 1 tbsp filling each, pleat and seal.
4. Steam for 10–12 minutes until glossy.
5. Serve with a dip of soy sauce + grated ginger + a few drops of vinegar.



Thai Lemongrass Chicken Parcels (Steamed in Banana Leaf)

The steam traps citrus and spice, creating a warm, cosy burst of fragrance.

WHAT YOU NEED

(Serves 2)

- 250 g boneless chicken, thinly sliced
- 2 tbsp lime juice
- 1.5 tbsp soy sauce
- 1 tbsp fish sauce (optional)
- 1 tbsp grated garlic
- 1 tbsp grated ginger
- 1 tbsp finely chopped lemongrass
- ¼ cup coconut milk
- ½ tsp red chilli flakes
- 1 tsp brown sugar
- 4 banana leaf squares (8–10 inches each)
- Twine or toothpicks to secure

METHOD

1. Mix chicken with lime juice, soy, fish sauce, garlic, ginger, lemongrass, coconut milk, chilli flakes, and sugar. Marinate for 20 minutes.
2. Place chicken in banana leaf squares and fold into parcels.
3. Steam for 15–18 minutes until tender.
4. Serve warm (open parcels just before serving for aroma release).

Soft & Fluffy Pear-Ginger Steamed Cake

A winter dessert that stays moist without a drop of oil. Looks stunning when sliced—yellow-white crumb with pearls of warm pear. Dust lightly with icing sugar and add thin pear slices on top for a photo-ready finish.

WHAT YOU NEED

(Serves 6–8)

- 1 cup all-purpose flour
- ½ cup sugar
- 1 tbsp grated ginger
- 1 cup chopped ripe pear
- 1 egg (or ¼ cup yoghurt for an eggless version)
- ½ cup milk
- 2 tbsp melted butter
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp vanilla
- A pinch of salt

METHOD

1. Whisk egg (or yoghurt), sugar, milk, butter, vanilla.
2. Sift flour, baking powder, baking soda, and salt into the mixture.
3. Fold in chopped pear and ginger.
4. Pour into a greased tin that fits your steamer.
5. Steam on medium heat for 25–30 minutes.
6. Cool slightly, slice, and serve warm.



Pasta Pitfalls

10

mistakes never to make
when cooking it

01

Using a tiny pot

Pasta needs room to dance. A cramped pot makes it clump and cook unevenly.



02

Adding too little salt

The water should taste like the sea. This is your only chance to season the pasta itself.



03

Breaking long pasta

Spaghetti, linguine, tagliatelle—never break them. They soften and curl naturally as they cook.





04

Adding oil to the boiling water

It prevents sauce from clinging. Skip it.



05

Not saving pasta water

That starchy liquid is liquid gold. Add a splash to your sauce for silkiness and cohesion.



06

Rinsing cooked pasta

Rinsing washes away the starch that helps sauce stick. Only rinse if making a cold pasta salad.

07

Overcooking it

Aim for al dente. Pasta continues to cook in the pan with the sauce.



08

Sauce and pasta meeting too late

Never dump sauce on pasta. Toss pasta in the sauce and let them mingle over heat.



09

Serving dry pasta

If your pasta looks thirsty, add more sauce or a bit of pasta water. Glossy is good.



10

Ignoring the “finish in the pan” rule

The final 1–2 minutes of cooking should happen in the sauce. That’s how you get restaurant-style flavour.





CORNY LITTLE TWEAKS

- Add a spoon of mayo to any corn snack for instant creaminess.
- A dust of smoked paprika takes buttered corn from kiddie snack to tapas chic.
- Freeze leftover kernels in zip pouches—defrost in 2 minutes, use in everything.

Salute the Kernel



Six Fun Ways to Enjoy Sweet Corn

There's something downright cheerful about sweet corn. Sun-gold, crunchy, and ready to brighten anything it touches. Whether you're snacking solo or feeding a hungry bunch, these six easy ideas will have you tipping your hat to this humble kernel.



01

MASALA MEXICAN CUP

Think of this as the street-style corn cup that took a holiday in Mexico. Warm sweet corn tossed with butter, lime, chilli powder, coriander, and a tiny sprinkle of grated cheese. Serve in small paper cups for an instantly happy snack.

02

CORN & CHEESE TOASTIES

For those evenings when “I want something nice, but not effort,” is the mood. Mix corn with cream cheese, green chillies, and black pepper; spread on bread and grill till golden. Eat immediately—toasties don’t have time for manners.

WHY CORN IS COOL

- One cup has about 5 grams of protein—more than you’d expect from a snack.
- Yellow corn contains lutein and zeaxanthin, great for eye health. Sunshine on a plate—that’s sweet corn. Keep experimenting, keep nibbling, and remember: life is too short for boring vegetables.



03

SWEET CORN CHAAT BOMBS

Roast corn lightly to bring out that smoky sweetness, then toss with onions, tomatoes, sev, and chaat masala. Serve in roasted papad cups if you're feeling fancy, or just eat straight from the bowl. It's the taste of cosy winter gossip.



04

BUTTERED CORN SOUP

Blend steamed corn with vegetable stock, butter, a dash of milk, and a bit of ginger. Strain for a silky finish. Serve with garlic toast. It's comfort in a cup.



05

CORNY UPMA

Add boiled corn kernels to your morning upma along with curry leaves, mustard and a squeeze of lemon. It gives a pop of sweetness without turning breakfast into dessert. Pairs beautifully with filter coffee and calm mornings.



06

FIRE-KISSED CORN ON THE COB

Nothing beats the classic. Char a cob on the flame, slather with butter, salt, and lemon, and finish with chaat masala. Messy hands? Badge of honour.

COMFORT IN A GLASS

Hot Toddy





When winter bites, few drinks wrap you in comfort the way a Hot Toddy does. It's that cosy, between-the-palms kind of warmth—part drink, part therapy. Think of it as a hug in a mug: steaming, fragrant, and instantly calming.

Why We Love It on Cold Days

- **Warms you from the inside out:** The heat, spices, and citrus create a gentle glow that lingers.
- **Soothes sniffles & stress:** A traditional home remedy, it helps open up sinuses and relax the body.
- **Simple, adaptable, and quick:** Just a handful of pantry staples.
- **A ritual in itself:** The stirring, the steam, the aroma—perfect for slow winter evenings.

YOU'LL NEED

- 1 cup hot water
- 1–2 tsp honey
- 1–2 tsp fresh lemon juice
- 1 cinnamon stick (optional)
- 1 slice of lemon
- 45 ml whisky (or rum if you prefer)

HOW TO MAKE IT

1. Heat water until steaming.
2. In a mug, dissolve honey in the hot water.
3. Add lemon juice and stir.
4. Pour in the whisky.
5. Finish with the lemon slice and a cinnamon stick.
6. Sip slowly and enjoy the warmth travel through your shoulders.

Non-Alcoholic Hot Toddy

(Kid-friendly & cold-friendly)

YOU'LL NEED

- 1 cup hot chamomile or ginger tea
- 1–2 tsp honey
- 1 tsp lemon juice
- A dash of clove or cinnamon
- Lemon slice

HOW TO MAKE IT

1. Brew the tea and pour it into a mug.
2. Stir in honey and lemon.
3. Add a clove or a pinch of cinnamon for warmth.
4. Garnish with a lemon slice and inhale the aroma before sipping.



What Does a Hot Toddy Pair Best With?

A Hot Toddy is a gentle, aromatic drink—so it shines when paired with foods that complement its warmth without overpowering its subtle citrus-honey profile.

Hot Toddy's India Connection:

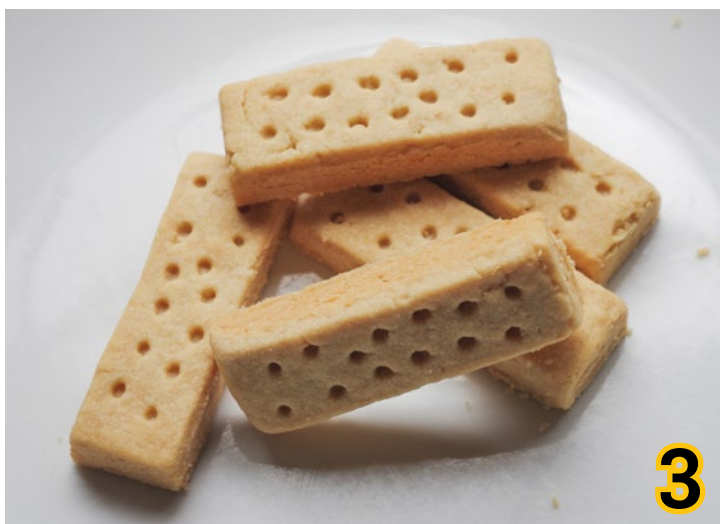
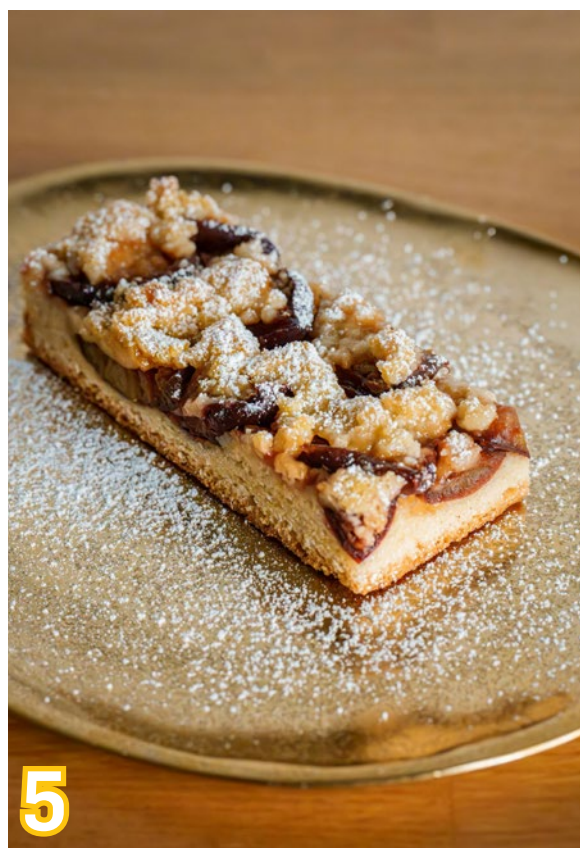
The most widely accepted theory traces the name “toddy” to the Hindi word “taddy,” which refers to a drink made from fermented palm sap—tadi. When British colonisers encountered it in India, the term travelled back with them.

By the 1700s, British and Scottish drinkers began using “toddy” to describe a warm whisky-based drink sweetened with sugar, lemon, and spices. It evolved into the Hot Toddy we know today. Scots popularised it as a home remedy for colds, and it became a winter staple—simple, soothing, and easy to make with pantry ingredients.



PERFECT PAIRINGS

- 1 Spiced Nuts:** The sweet heat of roasted almonds or cashews mirrors the drink's warmth.
- 2 Light Tea Cakes:** Lemon loaf, ginger cake, or cinnamon-spiced muffins pair beautifully.
- 3 Shortbread or Butter Cookies:** Their simple richness balances the toddy's tang.
- 4 Cheese & Crackers:** Mild cheeses like gouda or brie work wonderfully with the honey notes.
- 5 Apple Pie or Crumble:** Apples, cinnamon, and toddy? A cosy winter trifecta.
- 6 Warm Toast with Honey or Jam:** Simple, comforting, and the flavours echo the drink.



SELF

TAKE TIME TO NURTURE THE MOST IMPORTANT
PERSON IN YOUR LIFE—YOU!



 **ASK AMORE**

MIND MATTERS

In need of some tell-me-what-to-do? Our therapist's got the answers. No couch required!

BY LARA G. DAVARE



LARA G. DAVARE is a trauma-informed, client-centered integrative psychotherapist and counselling psychologist, who helps people navigate life's messiness with authenticity, resilience, and grace. With over a decade of experience in grassroots social impact and a passion for living in alignment with our deepest truths, she accompanies others in discovering their own truth, feeling more connected, and living richer, more fulfilling lives.

I'VE FOUND THERAPY HELPFUL FOR MY ANXIETY. HOWEVER, MY PARENTS VIEW IT AS A WASTE OF MONEY AND SOMETHING ONLY 'CRAZY PEOPLE' NEED. HOW DO I SHUT DOWN THEIR CRITICISM, SO THAT I CAN FOCUS ON MY OWN HEALING RATHER THAN THEIR DISAPPROVAL?

Dear Good Kid,

First off, I really admire your courage for prioritising your mental health and choosing yourself. Therapy is hard work, the kind most of us don't have the courage to acknowledge and pursue, unfortunately. A lot of our parents grew up in a world where their focus was basic survival- food, shelter and safety and in order to survive in that world, they had to brush aside their emotions, feelings and focus on building the base. We - the next generation, are more privileged in comparison, to have the time to prioritise our mental well-being in addition to our survival. For us, the world is about thriving - not just surviving.

Their reaction isn't about you, it's about their beliefs, which they inherited from their parents and the world they lived in. A lot of people in the older generations, grew up being told therapy is for "crazy people" because at that time, acknowledging emotional pain felt dangerous because their priorities were different. Thus, they are allowed their opinions based on their experience and you are allowed yours.

Shutting down their criticism is not in your control, but not letting it affect your decisions and choices is in your control. It is important for you to know and understand that, you are allowed to outgrow the beliefs - that limited the people who raised you. This is the basis of evolution, isn't it? You don't need to convince them, and you definitely don't need their approval to take care of yourself and prioritise your mental health. You know therapy is helping you, that's all that matters. Believe in yourself and your lived experience and make the boundaries you need to live the life you want to, for yourself - prioritising thriving.

As you continue therapy, speak to your therapist about building healthy boundaries and dealing with the emotions that it brings up for you, effectively. You're doing something many people never do, you're choosing yourself over pleasing others. Remember, in adult life, there is no standard "right" or "wrong" - what works for you, is what is right for you. You're not "crazy" for going to therapy - you're being true to yourself and responsible by trying to live a healthier life than the one modelled for you. If your parents can't understand that right now, that's okay. You're healing for you, not for their approval. You do You! ☺

Warmly,
A Therapist who lives by "Let's Agree to Disagree"



I RECENTLY LEARNED THERE IS A TERM FOR WHAT I FEEL: IMPOSTER SYNDROME. DESPITE BEING SUCCESSFUL, I AM PLAGUED BY THE BELIEF THAT I AM A FRAUD AND THAT MY ACHIEVEMENTS ARE JUST LUCK. THIS CAUSES INTENSE ANXIETY AND STOPS ME FROM EMBRACING NEW OPPORTUNITIES. WHAT ARE THE BEST WAYS TO QUIET THIS PERSISTENT INNER CRITIC AND ACCEPT MY OWN WORTH?"

Dear Human Doing,

When a baby is born, a baby's life script is "I am Not Okay, You are Okay" because it is entirely dependent on its caregiver for everything. With life experiences, we need to rewire and update our internal software and this script to "I am Okay, You are Okay".

Ask yourself - are you a human being or a human doing? Just merely by being born, you are worthy of being here and deserve to be happy and proud of yourself. You have done the hard work because of which you have succeeded - don't shrink yourself to fit in and give luck the credit. Recall the nights you have spent memorising long answers for your exams, the endless days you have spent trying to make everyone proud of you - it's now time to make yourself proud of you.

Learn to speak to yourself like you would speak to your niece/ nephew or a friend. Would you ever tell them their life wins are due to luck and they are actually frauds?! No! Then, why allow yourself to say it to yourself?

Some of us are unconsciously wired to strive for perfection and who is really perfect in this whole world? Replace the word "Perfect" in your dictionary with "Good Enough" and find your good enough and give yourself the due credit for reaching that and celebrate those wins. If you don't clap for yourself, no one else will.

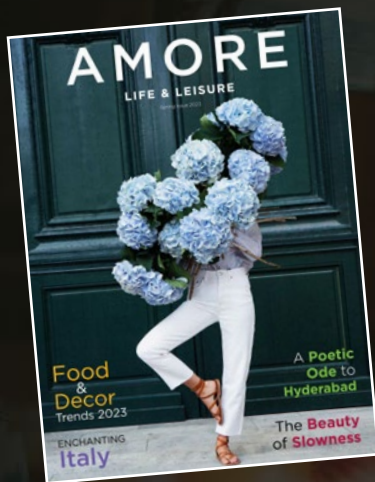
You don't feel like an imposter because you're inadequate, you feel like an imposter because you are striving for a level of perfection that doesn't exist! Let your accomplishments speak louder than the critic in your head and learn to be kinder to yourself. Homework for you - Find a list of 10 self-compassionate and nurturing labels for yourself to reframe the word "imposter". Words have the power to shape our destiny - go shape yours for yourself ©

Warmly,
A Therapist Who Believes in You



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LAW MADE EASY

INHERITANCE

LAW - AM I A

SUCCESSOR ?

Domestic Violence: Know Your Rights

BY SHIRIN KHAJURIA



chaos descended upon the household barely days after the passing of Naval Jain. A respected businessman and family man, Naval had not left behind a Will. His death intestate, i.e. without a Will, triggered uncertainty and anxiety in an otherwise close-knit family. Questions arose: Who inherits what? Who is legally entitled, and who is not?

Naval's daughters, Ananya, accompanied by her uncle, sought legal advice to understand the correct legal position under Indian inheritance law.

Ananya informed us that her father left behind the following family members:

- His wife
- His 85-year-old father
- A married daughter (Ananya)
- A 20-year-old unmarried son
- The widow and two children of a predeceased son (residing abroad)
- An unmarried brother, who lived with Naval and was his business partner

Naval's mother had passed away a few years earlier.

INTESTATE SUCCESSION AMONG 'HINDUS'

Since the word 'Hindu' includes Buddhists, Jains and Sikhs under the Hindu Succession Act, 1956, the successors of her father's properties will be strictly as per the said Law.

Ananya said she had heard that now daughters are also entitled to their father's property. She was correct. After the landmark 2005 amendment, daughters are recognized as coparceners by birth, with rights equal to those of sons in ancestral property.

The general rule under the Act is clear: when a male Hindu dies intestate, his property devolves first upon his Class I heirs, simultaneously and to the exclusion of all others.

In Naval's case, the Class I heirs were:

- His wife
- His surviving son
- His daughter
- The branch of his predeceased son (widow and two children together)

HOW DIFFERENT ASSETS ARE INHERITED

The following table was made to enable Naval's family to understand who inherits the various properties:

Properties	Owner/holder	Beneficiaries/ Legal heirs & their share
Ancestral house		
	Naval, alongwith his father and brother are each holding 1/3rd share.	<p>All 4 class I heirs of Naval are equally entitled to his 1/3rd co-parcener share in the ancestral property.</p> <p>i) Wife: 1/4th ii) Surviving Son: 1/4th iii) Married daughter : 1/4th iv) Heirs in the Branch of deceased son's family i.e widowed daughter-in-law and two grandchildren together: 1/4th.</p> <p>It was clarified that the three surviving members of the son's family are each entitled equally to 1/3rd of their Branch's 1/4th share.</p> <p>The father and brother will each continue to hold their 1/3rd share as co-parceners.</p>
House	Naval and wife as co-owners	Mother gets her 1/2 share and additionally, out of the 1/2 share of Naval, as all four Class I heirs inherit equally, she will also get 1/4th of her husband's share. Hence, wife will hold 62.5% of total share in house while the three children will get 12.5% each of the house.
Shares and mutual funds (in Demat Account)	Naval	All four Class I legal heirs equally i.e. 1/4th each.
Locker in a Bank	Naval and his wife with mandate of 'either or survivor'	Only Naval's Wife
Fixed deposits	Only Naval. Nominee son in some FDs and daughter in two FDs.	<p>All four Class I legal heirs equally, i.e 1/4th each, though it may initially be transferred to Nominee.</p> <p>Nominees hold the properties as trustees on behalf of all legal heirs and are to ensure equal division.</p>
Monies in Bank accounts	Naval. (No nominees)	All four Class I legal heirs equally, i.e 1/4th each.
Business Partnership	Naval and his brother only	<p>Partnership will normally dissolve on death of a partner.</p> <p>i) 50% of business profits and assets will go to Naval's brother (after deducting capital invested by brothers, which will be 'returned' to them respectively).</p> <p>ii) 50% of business profits and assets, being the share of Naval, will be inherited by all four Class I legal heirs equally, i.e 1/4th of 50%, or each will inherit 12.5% of total business.</p>



A woman can seek monthly maintenance for her needs, including for medical expenses, even if she is earning or has the capacity to earn.

CLASS II HEIRS

Naval's unmarried brother asked why he was not entitled to any share in Naval's property. It was explained that he is a "Class II" heir of his brother and since "Class I heirs" exist, the properties are to be distributed only amongst the Class I heirs. Infact, even their father was a Class II heir and not entitled to Naval's property, though if their mother had been alive, she would be Naval's Class I heir.

FEMALE INTESTATE SUCCESSION

The rules for a female Hindu dying intestate differ slightly. While children and husband are primary heirs, where they exist, the order of succession thereafter is distinct. Notably, the husband's heirs rank above the woman's parents.

Thus, if a married but childless woman dies intestate, her property devolves upon her husband's family rather than her own parents, a fact that often surprises many considering the present social structure where a woman earns alongside her husband.

WHAT ABOUT OTHER RELIGIONS?

Ananya then got curious about Intestate Succession among Muslims, Parsis and Christians. Intestate succession and inheritance for Muslims is governed by the Muslim Personal Law (Shariat) which provides for two categories of heirs, "sharers" and "residuary", while Christians & Parsis are governed by the Indian Succession Act, 1925.



The Author, **Shirin Khajuria**, is a Senior Advocate, Supreme Court of India, an accredited Mediator and Trustee of Nivaaran: Mediators of Supreme Court of India



HEALTH FLASH



01

YOGA AND HEART RATE VARIABILITY

A promising 2025 study in the International Journal of Cardiology demonstrated that just eight weeks of regular Vinyasa yoga significantly improved heart rate variability (HRV) in middle-aged Indian adults. This is a great sign, as higher HRV is a strong indicator of a more resilient and healthier cardiovascular system, suggesting a simple way to strengthen your heart.



FERMENTED FOODS FOR BETTER SLEEP

New research published in the Journal of Clinical Sleep Medicine in early 2025 suggests a link between regular consumption of fermented foods, such as yogurt and idli, and improved sleep quality among participants in Mumbai. Scientists believe the beneficial bacteria may help regulate key neurotransmitters, offering a delicious path to more restful nights.

.....

WALKING BOOSTS CREATIVITY

A cheerful 2024 cognitive psychology study, involving university students in Bengaluru, found that a brisk 30-minute outdoor walk notably increased scores on creative thinking tests compared to sitting. So, taking a short break to move your body is an easy, proven strategy to enhance your mental agility and problem-solving skills.

.....



GREEN TEA AND BONE DENSITY

Hopeful findings from a 2025 meta-analysis published in Nutrition Reviews, summarizing data including several Asian cohorts, indicate that long-term consumption of green tea is associated with modestly increased bone mineral density. This suggests that enjoying a daily cup of green tea can be a simple, pleasant habit to support strong bones as you age.

.....



MUSIC THERAPY FOR ANXIETY REDUCTION

A compelling 2024 clinical trial from a rehabilitation centre in Delhi showed that incorporating personalized music therapy sessions significantly reduced reported anxiety levels in individuals recovering from stress-related illnesses. The results highlight the therapeutic power of music to calm the nervous system and promote emotional healing.

.....



LAUGHTER YOGA LOWERS BLOOD PRESSURE

A small but significant 2025 study in the Journal of Hypertension on older adults in Pune observed that regular participation in Laughter Yoga sessions led to measurable reductions in resting blood pressure. This encourages the idea that adding fun and laughter to your routine is a delightful way to keep your heart healthy and happy.





THE WINTER NIGHT RESET

A simple ritual to restore skin
and hair while you sleep

LITTLE HABITS YOUR SKIN WILL LOVE

- Sleep on a soft, satin-finish pillowcase
- Keep a hydrating lip balm by the bed
- Avoid hot showers close to bedtime
- Put moisturiser on hands and feet before tucking in
- Do not exfoliate because your face feels dry—dryness is not dirt

Winter doesn't ask for perfection, just consistency.

BEGIN WITH A CLEAN SLATE

Make it a habit to properly cleanse your face before bed—especially if you’ve worn sunscreen or makeup. For winter, foam cleansers are too harsh; choose creamy, milk or gel formulas that remove impurities without tightness. A warm, soft washcloth adds a spa-like touch.

Hair needs attention too. Do brush gently to remove product buildup and stimulate the scalp. If you’ve used dry shampoo or styling products, a quick rinse is kinder than leaving residue overnight.



THE NIGHTTIME COCOON

Cleanse your face, then apply a hydrating serum—hyaluronic acid, peptides or a gentle lactic acid are all winter favourites because they cushion the skin rather than irritate it. Finish up with a rich, comforting moisturiser. Think ceramides, shea butter, cocoa butter—anything that recreates the protection your skin has lost. Press it in slowly, letting your face feel nurtured, not rushed.



HAIR CARE FOR THE COLD MONTHS

Winter hair becomes brittle because you hydrate it only when washing. A smarter approach is small, regular nourishment. Warm a teaspoon of almond or coconut oil, massage into the scalp for five minutes, then braid or tie loosely. Do this two to three nights a week, not daily.

If you’re worried about oil stains, use a satin scarf or pillowcase—it protects hair and reduces frizz too. And on wash days, treat your hair to a mask or leave-in conditioner, focusing on the ends, not the scalp.



WINTER SLEEP DRINKS

Creamy cocoa may be comforting, but the sugar surge shows up as dullness and breakouts. Try turmeric milk, chamomile tea, or oat milk with cinnamon. They soothe digestion, reduce inflammation and help you sleep deeply—your body’s most powerful beauty therapy.



BREATHE EASY

On particularly dry nights, switch off the fan and keep a humidifier or bowl of water in the room. It makes an astonishing difference to skin, hair, throat and sleep.





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