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In the new age of beauty and wellness, looking good and leaving a positive impression are of utmost importance for the young and old, alike. Some are blessed with good looks, while others have to make an effort. Gone are the days when resorting to products and procedures to beautify yourself was looked down upon. What was a social taboo in the past has taken the shape of social pressure, now. Consumers want to go to any extent to put their best face forward.

The moment we talk about 'face', the importance of a beautiful smile cannot be stressed upon enough. Cosmetic dentistry has made great strides over the past couple of years. Thanks to modern technology, patients have options galore to gain a beautiful smile in a short amount of time. Teeth whitening, veneers and dental implants are cutting edge procedures that are defining a new era in dentistry. While, the global market of cosmetic dentistry is expected to reach US\$22,363 million by 2020, the quality of such aesthetic treatments in India, too, is at par with the world, while the cost is one tenth or lesser than that in Europe and North America. Cited as one of the reasons for a sharp rise in dental tourism, we speak with stakeholders in the realm of cosmetic dentistry and image makeovers, who share that a pleasant smile and healthy dentures play a key role in enhancing one's overall personality.

In the Hair section, we have Gonzalo Zarauza, a Spanish hairdresser and Founder of Centro Beta hair school, who is a passionate educator with decades of experience. He plans to visit India soon and explore the industry. International hairdresser, Amy Gaudie showcases her latest collection, He. She. Me, in a visually eclectic photo essay to depict the latest trends and techniques in hair. On the homefront we meet Siddhesh A Shinde, a Mumbai-based hairdresser and Owner of Elite Salon. Extremely talented and an inspiration to many, Shinde shares his journey and future plans with us. Leading hair professionals, Hardik Malde and Vipul Chudasama share expert tips on holiday hairstyles.

In Beauty, we interview Priyancka Jaini, Kolkata-based make-up artist and Owner of The Himalayan Spa Family Salon and Boutique in Gangtok and Invogue by Priyancka Salon in Kolkata. She has her eyes set firmly on launching an academy and her make-up brand soon. Dr Viral Desai, Celebrity Cosmetic Surgeon, DHI India and CPLSS shares his views on Scalp Micro Pigmentation, as a trending aesthetic procedure. Founders of Gulnare Skincare, Shonali Bedi, Surya Uday Bedi, Karishma Bedi and Bharti Singh Rao, share their views on the skin care industry in India, brand USP, future plans, and more.

In Spa Focus, we present the visual grandeur of Anara Spa at Grand Hyatt Kauai Resort & Spa in Hawaii. The spa is designed in classic Hawaiian-style architecture featuring open courtyards and lush gardens. Bussayawan Chanchai, Spa Manager at The Rayavadee Spa in Krabi, Thailand, reveals the importance of detailed discussions with guests, to understand the requirement and offer benefits in totality. Director of Sawadhee Traditional Thai Spa, Vibha Khanna Rastogi throws light on the requisites of a luxury spa.

All this and more in the December issue. As we ring out 2018, we wish you a sparkling 2019. Till we meet again...

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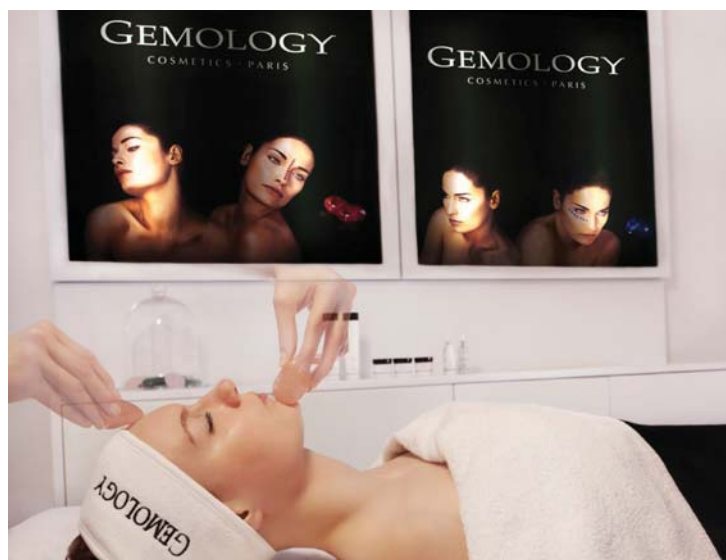
➤ Schwarzkopf Professional's 'Oil Ultime'

Schwarzkopf Professional hosted a stunning and aromatic evening on Wednesday 28th November at Olive Bar & Kitchen in Mumbai to launch Oil Ultime, its luxurious range of oil infused hair therapy. The evening was graced by eminent personalities including, celebrity stylist and brand ambassador, Florian Hurel, celebrity fitness trainer and wellness expert, Yasmin Karachiwala, to name a few. The range was introduced by Melissa Hughe, National Technical Head, Schwarzkopf Professional India and Shama Dalal, Head of Marketing, Schwarzkopf Professional India. Shared Hughe on the range, "These oils extracted from precious ingredients like Barbary Fig, Argan and Marula is perfect solution for everyone to escape their hectic daily routines and find inner balance with a sensual, pampering hair ritual. Schwarzkopf introduces first-of-its-kind 'Hairomatherapy' with 100 per cent natural and purified oils."



➤ Gemology Paris arrives in India

Gemology by Chrystelle Lannoy claims to be the first ever brand to use minerals and trace elements from precious and semi-precious gemstones. In India, Gemology Paris brings their spa treatments and retail range of products to Four Seasons Mumbai, Sofitel BKC, Hilton Shilim, JW Marriott Pune, Ritz Carlton Bengaluru, Sheraton Bengaluru and Snip Salon & Spa in Goa, and more. More than a ritual, Gemology massages are more the result of research focused on wellness. The massage is performed with precious stones such as Pink Quartz, Rock Crystal or Agate and they are carved to embody the shape of your body. This lends an instant radiant glow.



➤ Birla Ayurveda launches personal care products and medicines

Birla Ayurveda, part of the Yash Birla Group, has unveiled its collection of personal care products and medicines. The range spreads across four personal care products that include, Aloe Vera face wash and gel, Kizhi kit and ache oil as well as four Ayurvedic herbs including Shilajit, Brahmi, Ashwagandha and Shatavari, along with four proprietary medicines namely Novajoint, Abdopius, Arshotex and Eveshor. Birla Ayurveda is renowned for successfully treating ailments such as, chronic arthritis, sinusitis, migraine, slip disc, lumbar spondylitis, sciatica, stress, obesity and asthma, as well as neuromuscular and skin-related disorders.



➤ Molton Brown, iconic brand from UK now in India

In an exclusive partnership with Berkeley Beauty Brands Pvt Ltd led by Gaganmeet Singh, Molton Brown, is now available at DLF Emporio Mall in Delhi. Recently, they celebrated their iconic fragrance, Orange & Bergamot with a refreshingly modernised Eau de Toilette and decadent new body luxuries. The new collection comprises of various products like body polisher, body oil, bathing oil, hand wash, hand lotion, body lotion, bath and shower gel, hand cream, eau de toilette, single and three wick candles, aroma redds and home and linen mist.





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➤ **Mattlook Cosmetics debut in India**

Mattlook Cosmetics has set foot in India's burgeoning ₹6.5 billion beauty and cosmetics industry. With a clear positioning, the product range is at par with international brands. It has launched a wide range of cosmetics and make-up products targeting young women, especially working executives and college-goers. The brand is being bullish about having a pan India presence in next 12 months; at present it has over 100 distribution points and touching almost 5,000 retailers across Delhi, UP, Punjab, Haryana, HP, Jammu, Rajasthan, and more. In the next phase, the brand plans to strengthen its presence in southern and western markets. Mattlook will be available in modern trade, large general trade stores and e-com. Shared Yashu Jain, Director, "Being a third generation entrepreneur in the cosmetic trade, our vision is to provide something unique to our consumer which they always aspire to have. Hence at Mattlook, we are offering them a perfect amalgamation of quality and pricing."



INTERNATIONAL

➤ **Cosmoprof Asia hits record breaking number for the 2018 edition**



Cosmoprof Asia's 'One Fair, Two Venues' formula worked yet again in its 23rd edition, exceeding expectations and maintaining the exhibition's distinctive position as the ultimate meeting point for

beauty professionals, industry insiders and innovative brands in Asia. 87,284 attendees from 135 countries and regions visited the two show venues, marking an increase of 4.2 per cent from 2017. Among them 62,964 came from abroad, up by 3.2 per cent from last year. Attendees were given a chance to engage with 3,030 exhibitors from 53 countries and regions to experience new trends and products for Asian markets. Shares Antonio Bruzzone, General Manager BolognaFiere, "We are honoured to announce record-breaking numbers of Cosmoprof Asia 2018. This exhibition is the perfect stage for companies, retailers, importers, buyers and distributors interested in new business opportunities in Asia. The success of Cosmoprof Asia is the result of a profitable collaboration between BolognaFiere Group, organiser of the events of the Cosmoprof international network, and UBM Asia Ltd. We are working together to aid the development of the beauty industry worldwide."



➤ **Henkel appoints Caleb Foltermann**

Henkel appointed Caleb Foltermann in the role of General Manager of Sexy Hair Concepts, LLC. In his new role, Foltermann will report directly to Stefan L Mund, Regional Head of Henkel Beauty Care Hair Professional for North America. Foltermann brings more than 16 years of experience in the beauty professional industry. As VP of Sales for Sexy Hair Concepts at Henkel, Foltermann has overseen all aspects of sales, education, marketing and support. Shared Mund, "We are excited to appoint Caleb for this new role. With significant success across multiple brands, he brings a creative mindset and proven ability to deliver results and drive sustainable growth."

➤ **L'Oréal partners with Gjosa to unveil eco-friendly shower and shampoo**

L'Oréal joined hands with Swiss start-up Gjosa to minimise environment impact of washing hair. At a time when access to water is a strategic issue, L'Oréal and Gjosa have announced that they are now able to rinse shampoo with only one and a half litres of water, instead of the eight litres usually needed. Gjosa has developed a low-flow showerhead which breaks the flow of water while accelerating the speed of the droplets, so that the rinse is still as effective. To optimise the operation, scientists at L'Oréal have developed easier-to-rinse shampoos applied directly through the showerhead. Waterjet parameters have been adjusted in real conditions to reduce water and energy consumption by almost 70 per cent. Shared Amin Abdulla and Luc Amgwerd, Co-founders of Gjosa, "This is an exemplary partnership, that uses cutting-edge technology for sustainable development, while offering a totally new consumer experience." Laurent Attal, L'Oréal VP Research & Innovation, added, "This breakthrough technology is perfectly in line with our commitments to sustainable innovation."



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Gonzalo Zarauza

Art and the Maestro

Spanish hairdresser and Founder of hair school, Centro Beta in Spain, Gonzalo Zarauza is known for his unique style of using suture as an art form in hair. A passionate educator with decades of experience, he plans to visit India soon and explore the industry

by **Aradhana V Bhatnagar**

How did you decide to be a part of the hair business?

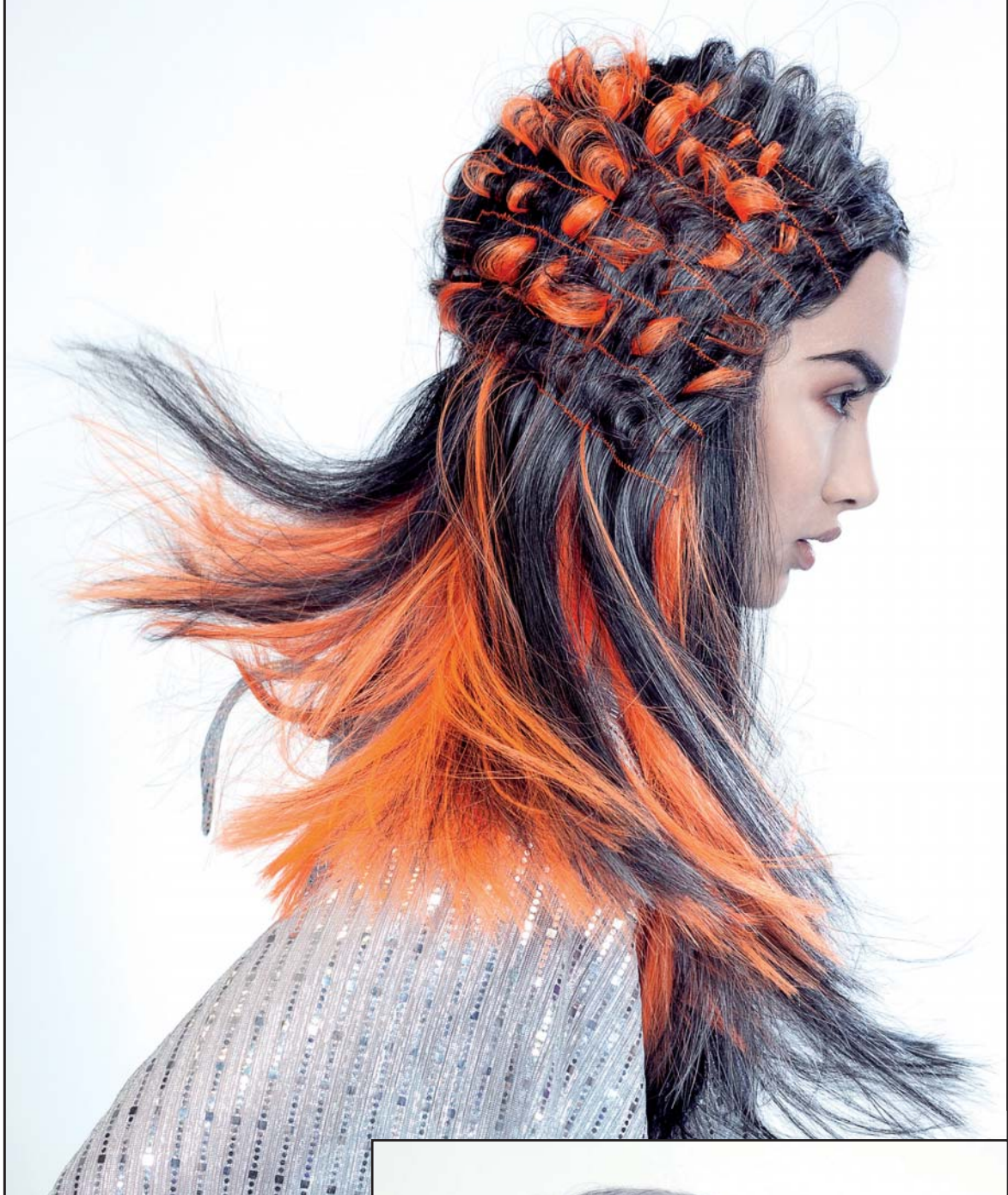
I had always wanted to be a hairdresser, but due to circumstances I got into teaching and halfway through it, I had to abandon it because I decided to join a hairdressing school. I do not regret it and feel it was the best decision of my life! I was 21 and the oldest at the school, and although at first it was uncomfortable, soon I discovered that it was an advantage: I was progressing faster than anybody.

What was the inspiration?

I have been attracted to the world of personal imagery and specifically to hairdressing. Having the power to beautify people and feel better about yourself is more than an inspiration.

Please tell us about your family.

I come from a typical middle class family. My father was a fireman and my mother a hairdresser, well, the only hairdresser in my town. We are five brothers and they are all university students, because my parents believed that the university was the best inheritance that they could leave us.





Do share some anecdotes from that time.

I have a very special anecdote. We were seven people living in the house and it was not that big either. My mother had the salon in one of the rooms of our house and at night, a bed was unfolded, which was precisely mine.

From where did you learn hairdressing?

I did my first basic training in Palma de Mallorca and then I worked in different salons. Years later I went back to study for the title of Master Hairdresser, since in the future I did want to launch my own school. That dream has been realised and in 1991, launched my school called Centro Beta. Later I went back to the university to do a course in Image and Personal Marketing.

Who is your mentor?

I cannot name just one person. I have had the good fortune that great people have passed through my life and each of them has left an indelible mark that has helped me to be what I am.

What were some of the challenges faced?

In the beginning, hairdressing did not have the social prestige that it has today. The salaries were not good either, but I got through it all because my passion was stronger. I have always enjoyed my work to the fullest and that is a reward that can beat everything.

Suturing is an art. How did you get inspired to use it in hair?

I once heard a phrase from a doctor on television. He said that in medicine, suture is an art that re-attaches skin or organs imperceptibly. For doctors, a suture has to do its function and

disappear, as if it had never been there. I imagined doing the opposite in the hair. Sew it and make the suture itself the star of the look.

How do you inspire your team to create hair looks for a collection?

We do meetings from time to time to get ideas, so that everyone gives a free rein to their imagination – what is known as brainstorming. It works very well. Most of the team members end up discarding a few ideas as they may not be viable, but something positive always comes out of such sessions.

What are the must-have qualities in a hairstylist?

If the stylist considers the profession simply as a way to earn his living, then he does not need so much. If the stylist wants to be happy and make his customers happy, what he needs besides talent is passion.

What is a day like in the life of Gonzalo Zarauza?

I have a very simple way of life. From Monday to Friday I go to school full of enthusiasm for doing a good job with my students. I try to dedicate some time to write, or investigate a new technique or simply talk with my people. When the day ends, I love spending time with my friends and my love.

What are the trends in haircuts and colour this season?

The mullet cuts cause a furor, but always with updated finishes. As for the colours, metallic shades are going to be the protagonists of this autumn/ winter.

What are your views on the Indian hairdressing industry?

I am not very well informed but at the end of the year I have scheduled a trip to India. I hope to fill it with colours and aromas and bring back a piece of India and let it stay in my memory forever.

What are you planning next?

This year end, I will be launching a book about bridal counselling. Titled Wedding Dreams – Bridal Counseling, I will be dedicating myself to its promotion in Spain and other Spanish-speaking countries. 📖

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In the pursuit of healthy and manageable hair, many women opt for temporary smoothing treatments or protein treatments in salons. Finding the right kind of shampoo is the key to prolonging the look achieved through these treatments and maintaining the health of your hair. L'Oréal Professionnel understands the need for a gentle, non-stripping formula and hence launched the new Xtenso Care Sulfate Free Range. It is made with a breakthrough formula of Keratin Repair and Asta-Care to combat frizz, restore strength for hair that shines with health.

Revolutionary technology

The Xtenso Care Sulfate Free range harnesses the twin technologies of Keratin Repair + Asta-Care, which strengthen the hair fibre and infuse the hair deeply with Keratin. Keratin Repair penetrates the hair to restore natural keratin, while Asta-Care, a complex of Astaxanthin, Keravis, Ceramide and Arginine, intensively reconstructs and strengthens the over-processed hair fibre. Powered with this unique combination, the range restores strength, flexibility to the fibre and adds softness to over-processed hair, resulting in increased hair manageability and improved hair movement.

The range

The Xtenso Care Sulfate Free range consists of a shampoo for gentle cleansing and a masque for intense nourishment. With its anti-frizz properties, this range protects hair against humidity and restores its natural health and shine with perfect hair fluidity.

Price: Shampoo ₹800 for 250ml;

Masque ₹900 for 200ml



Key benefits of the range:

Anti-frizz: Protects against humidity.

Fluidity: Perfect hair movement.

Shine: Restores natural health and shine.



Architectural Concepts

Delhi

BBLUNT Mini



BBLUNT has re-established itself by joining hands with Kanik Nagpal, franchise partner. The salon offers the best-in-class services in haircuts and colour treatments and relaxing hair care and beauty rituals. Spread over, 1100 square feet, the salon has six styling stations, two manicure and pedicure chairs and a luxurious beauty room. Also, the monochrome brick wall, BBLUNT Blue signage and the BBLUNT retail cart flaunts the brand's in house range of hair care and styling products.

The team of salon stylists are trained by the founders themselves to help you to enhance your natural beauty and express

yourself. Shares Spoorthy Shetty, CEO, BBLUNT, "We at BBLUNT have always focused on building a business that is centred on quality. Hygiene is another important factor for us while choosing materials and finishes for the salon. We are extremely excited to relaunch our salon brand in Delhi and are confident that all our patrons share our excitement. As a brand prerogative, I think we will always continue to be fastidious about a great location, the right franchise partner, highly skilled, honest talent and a great product portfolio. We are looking forward to the future as we are expanding our footprint pan India."

Colour combination:
Multicolours

Products used:
Dermalogica, Rémy Laure for skin; BCL and Dermalogica for mani-pedi; BlueSky for nails

Lighting:
Drop lights

Flooring:
Kota stone

Architect:
Amogh Sule, Mobius Architects



Spoorthy Shetty, CEO
 Contact person:
 Tejaswini, Salon Manager
 Address:
 BBLUNT Mini, M-56 A,
 Ground Floor, Greater
 Kailash II, New Delhi -
 110044
 Phone:
 +91- 97181 88181
 Website:
 www.bbblunt.com

Gurugram

Bath & Body Works



Tushar Ved, President,
 Major Brands India Pvt Ltd
 Address:
 Bath & Body Works, NH 8,
 Ambience Mall, Gurugram,
 Haryana-122002

Phone:
 +91- 9136011794/ 894
 Website:
 www.bathandbodyworks.in

Colour combination:
Blue and white

Lighting:
Yellow LED

Flooring:
Wooden

Architect:
Major Brands Projects team



The newly launched Bath & Body Works store spread over 1,200 square feet, has approximately seven sections including, Home, Men, Focal table with fresh launches, along with four core sections of top selling fragrances and aromatherapy collection. It allows customers to enjoy an extensive array of fragrances: Body Crèmes, Shower Gels, Body Lotion, Bath Frizzies, Fragrances Mists, Hand Creams, Hand Washes, Hand Sanitizers, Candles and Gift Sets. In keeping with international formats, the stores in India showcase latest trends as well as the newest, freshest fragrances for body, hand, and home.

New holiday collections like Winter Apple Candy, Vanilla Bean Noel, Snowy Morning and Coconut Mint Dip are the highlights.

Sharing his future plans, says, Tushar Ved, President, Major Brands, "We have planned for an investment of approximately ₹80 cr for India over the next two years. After Mumbai in late 2018, we also plan to open Bath & Body Works stores in the best malls of Bengaluru and Chennai. As the Essential Care segment in the country grows exponentially, it is the perfect time to bring an iconic brand like Bath & Body Works to India. We are committed to making this brand the jewel in our crown."

MOEHAR GOLD

ORIGINAL HAIR REPAIR SYSTEM

Enriched with Hydrolyzed
Keratin
 SOY SILK **PROTEIN**
 Green tea extracts, Calendula, Aloe Vera



Original Hair Repair System Normal

For Fine & Frizzy hair

Original Hair Repair System Plus

For Coarse & Curly hair

Keratin infused with enriched ingredients which penetrates the cuticle & helps in rebuilding the structure, hydrating and restoring damaged hair.





Brand Collaboration

Moehair India Ties Up With Natasha Naegamvala

Natasha Naegamvala, celebrity hairstylist and Director at Nalini of Nalini & Yasmin Salon in Mumbai shares with *Salon India* her thoughts on the association

Over the years, you have tried and tested various products, so, what is the newness you find in the market today?

The market is evolving every day and new products are pouring in. But not all products are the best, but what the client requires is the best. I have been in the hairstyling industry for 30 years, and having done my due diligence with products available, the product line of brand Moehair delivers phenomenal results.

Speaking of Moehair, which are the products you have experienced? What do you feel about it?

The brand has a wide variety. Moehair Keratin, namely the Original Hair Repair System is one of the better products for the way we lay it on the hair, the feel of the product while working with it and how it emulsifies on the hair. This is a stylist's point of view. From the client's point of view, the longevity of the product, the way it lasts, the texture is critical. I feel, it is a stunning product line. Also, the

brand offers variety with the type of hair and the desires of the client through the two variants, namely, OHRS Normal for fine and frizzy hair and OHRS Plus for coarse and curly hair.

You spoke of Moehair having a wide range of products, what are the other products you have tried?

The Moehair Crazy 6 colours, the demi-permanents, the stainers are just different names for the product, but this particular colour range is too good. The bright pinks, the shiny purples, and then the yellow are just yummy. Moehair has entered the Indian market with its versatile Crazy 6 colours which are actually on-trend and consumers are accepting of these bold hair colours. The liquid-based direct dyes are extracted from flowers to create pure, intense fashion colours and for infinite mixing and bold colour effects of your choice. With Moehair Crazy 6 colours, it is all about striking colours and ultimate versatility. It even lasts for longer! 🌟



66

I have been in the hairstyling industry for over 15 years and have worked with numerous products. Even before my association with Moehair, I had used their products and fallen in love with their colour. Moehair 'Color & Treats' is the first in the world to colour and treat the hair, simultaneously. The colour gives complete grey coverage with a modern tone reflection for a phenomenal result. It treats hair as it is infused with Hydrolyzed Silk Protein, known for replenishing lost proteins and adding strength from inside out. Moehair has entered the market with 69 shades that are intermixable, which give birth to more colours, along with lending softness, mirror-like shine and bounce to hair.

– NIPUN CONSO

National Training Manager, Moehair India



Presenting Lovien Essential from Italy, A professional Hair Colour and Haircare line developed after research to combine science with nature and develop products that care for the hair and make it look wonderful.

The range of products include 100 Shades of Hair colours, Hair Care products, Keratin Treatments, Styling Products.

All the products contain Natural Ingredients and are Cruelty free.

Lovien Essential is Brought to you in India by Osian India.



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Hottest Hair Styles by MATRIX

Expert Recommended

Get festive ready in trendy hairstyles for the season as MATRIX expert, Melroy Dickson, General Manager, Education, MATRIX India share an easy to achieve step-by-step guide



The Super Braid Ponytail

Recommended: For the perfect brunch look.

- ▶ Start with a French braid. Once you reach the nape area, make a ponytail.
- ▶ Make sure you secure the braid so that it does not come undone in your ponytail.

This is the season to bring in festivities and celebrations. From weddings to festivals, the social calendar is dotted with occasions. Just like ensembles change as per the occasion, some of your clients may want to try a new look for the day and the night. They may wish to experiment and go for hair updos or keep their hair straight and flowing. Whatever maybe their chosen look, this festive season, MATRIX, the world's leading American professional brand, gives you tips and shares tricks to achieve these looks within minutes with Opti.Long Nourish Protect and Style Fixer. This festive season, urge your clients to try new hairdos every time they step out.





The Ballerina Bun

Recommended: For the evening ensemble.

- ▶ Make sure your hair is long enough to pull up in a high ponytail.
- ▶ Proceed by brushing all your strands in the ponytail well so they are smooth and tangle-free.
- ▶ Grab the base of the ponytail, below the elastic closest to your hand, with your left hand.
- ▶ Now, take your right hand and pull the ponytail around to make a loop.
- ▶ Pull the end of the ponytail through the part of hair in your right hand to make a loose knot.
- ▶ Finally, fold all the loose ends of the ponytail around the knot to make a bun. Secure the look with bobby pin and MATRIX Style Fixer Spray.



The Low Chignon

Recommended: For a day or night look.

- ▶ Pull half your hair up, and keep the rest down. Clip the top half of your hair up away from your face.
- ▶ Fluff up the bottom half of your hair to create volume.
- ▶ If you have thin hair, tease the bottom portion of your hair.
- ▶ Then, just take an elastic band and pull it back into a ponytail, pulling it under into a tuck bun.
- ▶ Loosely pull the bun, just to give it a little messy texture.
- ▶ Now, take the top half of your hair that is pinned up, and pull the right side of your hair down around the left side of the low bun, and take the left side of your hair, pulling it down around the right side of the bun, pinning each around your bottom bun.
- ▶ Finish it off with MATRIX Style Fixer Spray and pin more, if needed.

Care for long hair

Clients love their long hair, no matter how they style it! More often than not you find them complaining about long hair problems such as, roughness and split-ends. So, in addition to making them look like divas you can start by giving your clients special care for their long tresses with Opti.Long Nourish Protect, the first specialist care range for long hair from MATRIX, offering up to 98 per cent more nourishment* for your hair. Enriched with Ceramide, this range helps combat the various issues faced by the different sections of long hair and cleanses the scalp, nourishes the mid-lengths and protects the ends. It also provides the necessary nourishment and protection that leads to stronger hair that is tangle-free throughout the length. With the revolutionary Opti.Long Nourish Protect range, MATRIX offers a unique in-salon service, Growth Booster** Service. 📌



*Instrumental Test: Shampoo + Conditioner + Leave-in Vs. Non-conditioning shampoo. **Due to nourishment and protection action leading to lesser breakage.



Shahnaz Husain with Shashikant Patel

Recognising the Crusader's Spirit Shahnaz Husain Awarded in London

Shahnaz Husain, the global icon of beauty and wellness, was conferred with three prestigious awards, which acknowledged her initiatives and efforts to put Ayurveda on the world map



With Philip May

Shahnaz Husain, the first lady from India, launched a skin care brand four decades ago and it is still gracing halls of fame in India and abroad. As a true mark of respect, in November, she achieved the unique distinction of being honoured with three prestigious awards in London.

On the Ayurveda Day Celebrations held at the British Parliament, Husain was honoured with the Excellence Award that recognised her contribution to Ayurveda. Commenting on the stream of Ayurveda, she said that as the western world is staggering under the effect of chemicals, the only natural alternative is Ayurveda. She revealed, "Ayurvedic inheritance combined with artificial intelligence is India's gift to the world."

Husain also received an Award for Excellence for the innovative Chemoline Range meant for cancer patients at an event held for Cancer Survivors. She was honoured with the award for the pioneering work that she is continuing with to promote Ayurveda across the world. She received the award from Shashikant Patel, Treasurer and senior most member of BJP Overseas, who is also a close associate of Prime Minister Narendra Modi.

Husain was invited by the British Prime Minister, Theresa May to a Diwali Celebration at 10, Downing Street, London. Philip May was also present.

The third award was the Confluence Excellence Award for Pioneering Ayurveda Worldwide. It was presented by Baroness Sandy Verma, MP, House of Lords and Mahendra Singh Jadeja, Chairperson Confluence, UK Chapter. Also present at the event was Smiti Shrivastav, Founder Director of Confluence Foundation. The event was followed by lunch at the Churchill Room in the British Parliament.

Shared Husain, "Receiving three prestigious awards in London is global recognition of my crusader's zeal and relentless efforts to take Ayurveda to every corner of the globe." 🌐



L to R: Baroness Sandy Verma, Smiti Shrivastav, Mahendra Singh Jadeja and Swati Maheshwari



L to R: Professor Thangavelu, David Terdeinneck, Charanjeet Singh and Amarjeet Bhamra



Client Retention Delightful Offers

Salon India updates you on the seasonal offers and deals to retain existing customers and attract new ones

Ash & Niell Salon, Delhi

The salon is offering L'Oréal Professionnel global hair colour for medium length hair at a discounted price of ₹2,999. The actual price of the service is ₹5,000.

Enrich Salon, Mumbai

Get Luxurious Delight manicure and pedicure at an offer price of ₹3,015. The actual price of the service is ₹4,307.

Zique Salon, Chennai

The salon is offering Keratin treatment for any length of hair at a discounted price of ₹6,999. The actual price of the package is ₹9,999.

Lavish Locks Salon & Spa, Bangalore

The salon is offering a package including, L'Oréal Professionnel X-tenso hair straightening service for long hair, hair trim, wash, blow dry and one session of deep cleansing at an offer price of ₹3,999. The actual price of the package is ₹9,440.

Head Turners Sports Salon, Kolkata

Get nail care package for women including, nail art, permanent nail extensions with gel, gel nail paint with glitter and free refilling for next visit at a discounted price of ₹1,999. The actual price of the service is ₹3,000.

Autograph Salon, Gurgaon

The salon is offering basic party make-up along with hair wash and styling at a discounted price of ₹2,999. The actual price of the service is ₹7,999. 📌



MATRIX Recommends

Essentials for the New-age Hairdresser

A hairdresser's kit speaks volume of her expertise and creative bandwidth. MATRIX shares the must-have products and tools to create the ultimate professional kit for the contemporary stylist

Every expert has a few go-to tools and without them he cannot execute his work. Similarly, hairdressers cannot perform without a kit comprising of essential tools and products. In a bid to help hairdressers work smoothly, MATRIX the world's leading American professional brand, has recommended a few must-haves for the stylist's kit.

Hair care products

It will be a good idea to introduce your client to new-age nourishment for hair with MATRIX Biolage Deep Smoothing Serum, a 6-in-1 must-

have serum. It controls frizz, smoothens rough ends, protects hair from humidity, adds instant shine, nourishes and instantly detangles the hair. Infused with the goodness of Avocado, Grapeseed Oil and frizz-taming polymers, the Biolage Deep Smoothing Serum controls frizz and keeps hair intact. Avocado conditions the hair perfectly to impart shine and lustre. The serum can be used in multiple ways such as, before a haircut, with a hair colour, before and after a blow-dry, with and after a Bio Spa, before styling, before straightening, to name a few.

Women always want their long hair to look perfect, especially during the festive months. However, they refrain

from leaving it open for the fear of pollution and dust. They also shy away from experimenting with multiple hairstyles, worried that it will leave their tresses tangled and damaged, especially when juggling between multiple events on the same day. Now, you can save your client from these concerns by recommending the Opti.Long Nourish Protect professional nourishing leave-in cream. This deep nourishing leave-in cream provides strength to the hair fibre and protection from split-end damage*. It not only detangles the hair, but also provides nourishment across the length of hair for your clients to experiment with different hairstyles.

Pro tip: Rub a small amount into hands and apply to towel-dried hair and style as desired.

Section clips

One of the most important things for a hairdresser to have is section clips. Hairstyling requires the hair to be parted, sectioned and styled with absolute perfection for which the hairdresser needs section clips to hold the hair in place.

Hair dryer

The importance of a hair dryer cannot be stressed upon enough. Being the most essential tool, it helps the hairdresser to create the perfect look for his client. It adds volume, if used correctly with correct products. The right hair dryer can create an amazing look even with just a basic blow dry. The right technique to use a hair dryer will prevent client's hair from damage.

Straightening iron

This works as a magic wand for the hairdresser as they can give stylish twists to the client's hair while experimenting with different trends and techniques.

Combs and brushes

Every comb and brush which is in a hairdresser's kit helps him achieve different looks and styling options. A wide-toothed comb is used to take care of the tangles, while a rat tail comb helps to part and section the hair for styling. Hairdressers also need a teasing comb to add extra volume to the hair and amp up the style. 📌



*Instrumental test: Shampoo + Conditioner + Leave-in versus Non-conditioning Shampoo.

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Siddhesh Shinde

To Conquer the World

Meet Siddhesh Shinde, Mumbai-based hairdresser and Owner of Elite Salon. He considers passion, service and creative consulting to be the three pillars of salon operation. Extremely talented and an inspiration to many, Shinde shares his journey and future plans with us

by **Shivpriya Bajpai**



How did you get started in the hair industry?

My love for the hair industry goes back to the days when I was in school. My insatiable desire to learn kept me hungry and being a part of it was inevitable. The journey still feels like it has just begun.

Please tell us about your professional background.

In 2005, I completed a hairdressing diploma from High Tech Institute in Mumbai. Over the next six years, I had the opportunity to work with experts, namely, Uday Takke, Rukmini Honawar and Vipul Chudasama. During this time, I also worked at Keune as a Technical Educator.

What were the challenges faced back then?

The industry demands an unshakeable amount of patience and hard work and practice. When I started, technology had just come in, but its reach was limited. I had to hence, rely on hair and fashion magazines to stay updated with the latest trends. So, while educating yourself is important, practice is the key to success. One incorrect snip and there is a permanent scar on your reputation.

How did you get inspired to launch your own salon?

I wanted to be independent. The closest and the best possible match was therefore, to have my own salon where I could ensure quality and value to clients. With this goal in mind, in 2016, I launched Elite Salon.

How do you drive operational excellence in your salon?

There are three pillars for operational excellence – passion, service and creative consulting. If you can drive the team to stay passionate, embed the importance of service in their DNA and consult your clients right, you have made your mark. You also need to constantly train and educate your team on the latest trends to keep the fire burning. Lastly, do not forget to spend time with your team in order to help them get ahead of their challenges and work better.

What are the key factors you keep in mind while creating hair for different platforms such as, salon, films, editorial and ramps?

Salons demand a high level of client service. You should be able to deliver value at the right price as it is a focused business setup. Films, on the other hand, have several cogs moving simultaneously, and you need to meet the expectations of your stakeholders. So, you have to be focused, ask the right questions and deliver to the film's vision. The biggest advantage of this platform is that your work gets recognised globally. Editorial and ramp work demand great speed and you need to understand fashion to match the designer's concept and vision. All your thoughts should be discussed beforehand and once on the floor, the mantra is to only execute.

How would you like to define your evolution as an artist?

Balancing your expertise and the client's need is key to the evolution of an artist. At times, a client may walk in with a certain look in mind, but he or she may not communicate it clearly. So, you need to get into his or her shoes to understand their requirement, and this comes only with practice and experience. All these years have taught me the art of balance and unspoken communication to deliver what a client needs and that, in my mind, is paramount to my evolution as an artist.



What are your favourite products?

BBLUNT Climate Control, Anti-Frizz Leave-In Cream, L'Oréal Paris Elnett Spray, L'Oréal Professionnel Tecni.Art Volume Lift Spray Mousse and Bumble & Bumble Prep Primer.

What are the trends in cut, colour and style?

Cut: For men, the classic fade. For women, variations in the pixie cut and fringes.

Colour: Foil-free techniques, subtle face framing highlights and baby lights in browns and blondes; violet and purples.

Style: Ponytails, braids, textured updos, and effortless waves.

Among these, we have seen a massive rise in textured hair along with volume.

What are your views on the hair industry in India?

In the last two decades, the growth has been aggressive. People no more take up a job of a hairstylist to kill time or make money. Today, people are sure of what they want and young talents are taking up hairdressing as a serious profession. Technology and the availability and quality of products has expedited the growth.

What is your advice for newcomers in this field?

From the outside, it may look glamorous, but it is not. So be passionate, patient and give it a 100 per cent. As an artist, you leave a signature on every work you do.

What are your future plans and projects?

Education is a serious need in this industry, especially in India. With all that I have achieved, I want to repay in the form of educating and enabling new talent. While I do train young people in my salon, I plan to start an academy. After all, sky is the limit or even beyond and education opens up the horizon. 📍



Godrej Professional Colour and Care for Indian Hair

Leading hairdressers from the industry have collaborated with Godrej Professional to launch a professional range, especially formulated for Indian hair. It comprises of colour, care and styling products enriched with natural ingredients

Indian hair is different from American, European or South East Asian hair. Differences exist on various parameters such as, texture, cuticle layers, shape of cuticles, melanin content and breakage pattern. Therefore, Indian hair requires unique hair solutions especially created to suit its composition and the surrounding climatic conditions.

Especially created for Indian hair

Fueled by a never-ending passion for research and development, Godrej, collaborated with leading hairdressers from the industry, with a combined experience of over 100 years, to introduce a professional range carefully designed and handcrafted for Indian hair. Each product has been rigorously tested to provide superior results for Indian hair.

Fashion colouration now possible in ammonia free

The Godrej Professional colour range comprises of the 'No Ammonia' range for global and grey coverage and the Colour Play range for high lifts. There are fantastic base and fashion shades without the ammonia ensuring a wonderful colouring experience, while also ensuring 100 per cent grey coverage and maximum retention. The vibrant shades of the Colour Play range complement all Indian hair types, textures and skin tones. With long-lasting reds and lifts in the golds, the range delivers stunning transformations.

Hair care and styling range infused with natural ingredients

The care and styling ranges of Godrej Professional are curated as per Indian hair types and enriched with natural ingredients. Hair scientists from Godrej Global R&D Centre and technicians from Godrej Professional Hair Institute have collaborated with industry leaders to create hair care products that extract the maximum science from natural ingredients. This at-home range consists of shampoos, deep conditioning hair masks, serum and Argan Oil that together form the perfect regimen for Indian hair care. 🌿



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Holiday Hairstyles

Experts Lead the Way

Raise a toast to 2019 with these experts tips from leading hair professionals



T to B: Vipul Chudasama; Hardik Malde

As we rush towards a new year, the mood is undoubtedly celebratory. So, let's get this party started in style! Dig out your beloved LBD and turn up the glam with these simple and stunning styles. Our experts guide you through pro tips and tricks to turn your clients into divas!

Easy, breezy

Going by the vibe, holiday hair calls for something easy and low maintenance. Hardik Malde, Founder and Creative Head, Hair Castle Salon, suggests short textured haircuts with layers, and soft chocolate, caramel and honey browns for the hair colour. Says Malde, "Go for a messy top knot, braids or soft waves as they are low maintenance styles, which can be carried easily during the holidays. Sport an elegant hairband to look trendy."

Style decode

If beach waves are your thing, this is a tip for you. Mumbai-based hairgician, Vipul Chudasama, Director of Vipul Chudasama Salon & Academy shares, "If you love wavy hair, take big sections and make tight braids across the head. Keep it overnight and open just before heading out. In case you are fond of curly hair, I suggest taking very small sections and making tight braids all over. Tip to remember: Make an appropriate parting before braiding the hair."

Style all night

From glam waves to messy hair with side braids to straight, sleek and shiny tresses, it is important

to maintain the style all day long. When asked about the styling products that hold the hairstyle for longer than usual, Malde shares, "A quick hack for party styling is to use L'Oréal Siren Waves or Messy Cliché as it enhances the curls and makes them stand out. Use the L'Oréal Constructor before styling to increase the hold and volume. Finish off by spraying L'Oréal Elnett for a good hold and shine."

After care

You do not want to think about it, but the holidays will end. To keep your style on-trend, your hair may have had an overdose of products, and now it is time to revive it and maintain its health. Experts advise a deep conditioning treatment to counter the onslaught of products and even change in water and weather. A great way to deep condition the hair is to emulsify the conditioner and allow it to sit for at least 10 minutes. It can be followed up with a cold water rinse. One can also opt for a hair spa to restore the hair's softness and smoothness.

Malde further suggests that one must take suitable care of the hair through the year, irrespective of the season or the trend. "Shampoo and conditioner are the heart of hair care. Always use the correct shampoo and conditioner according to your hair type and texture. Consult a hairdresser in case of a doubt. Using the correct shampoo and conditioner goes a long way in keeping the hair looking good and healthy. Follow it up with a good serum to protect your hair from external aggressors like sun, wind and pollution." 📌

Market Watch | Hair Care

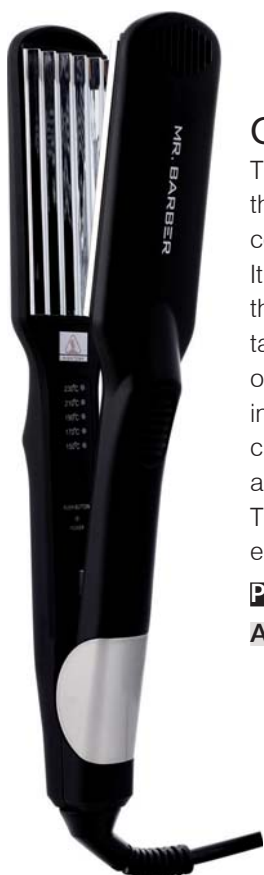


Collagen treatment by **Berina**

This new hydrolysed Collagen Treatment from Berina has a positive and rejuvenating effect on the hair which prevents frizz, enhances the natural shine and makes hair smooth to the touch. It conditions the scalp, prevents scalp ageing, improves the hair texture and aids relaxation. Some of the other benefits of this treatment are that it nourishes your scalp and prevents dandruff, strengthens hair and adds resilience and makes hair frizz-free and more manageable. It is suitable for all hair types.

Price: ₹780

Availability: www.berinacosmetics.com

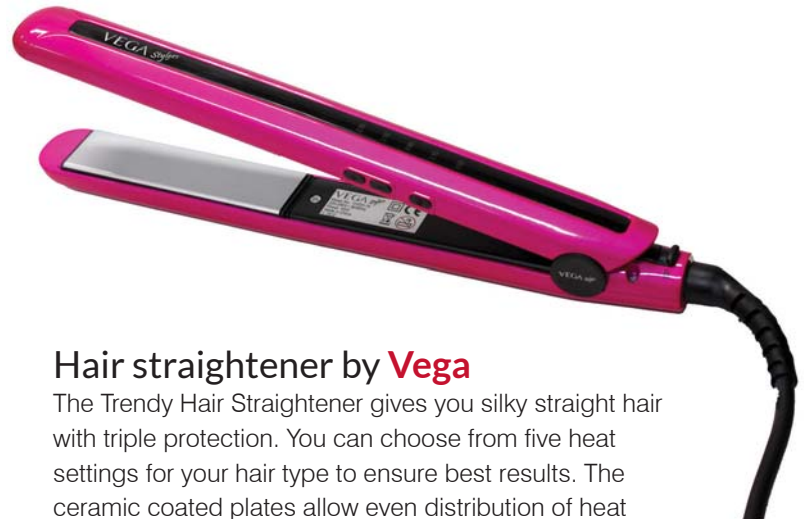


Crimper by **Mr. Barber**

The right styling tool for professionals, the Classic Crimper is crafted with ceramic plates for a conventional look. It has an Advanced Ceramic Heater that ensures quick heating. You can take the temperature up to 220°C for optimal styling. The LED temperature indicators make usage easier. When the crimper is not in use, the sleep mode is automatically activated to save power. There is a 3m swivel chord which is long enough for the user to work with.

Price: ₹5,200

Availability: www.esskaybeauty.in



Hair straightener by **Vega**

The Trendy Hair Straightener gives you silky straight hair with triple protection. You can choose from five heat settings for your hair type to ensure best results. The ceramic coated plates allow even distribution of heat and protects hair from damage. Floating plates prevent tugging and pulling of hair and minimise hair breakage.

Price: Price on request

Availability: Retail stores



Pomade by **Paul Mitchell**

Shape hair and rock a polished finish with Tea Tree Grooming Pomade. It is a versatile styling product that defines and shapes hair with a flexible hold. Vegetable-based conditioners soften the strands while Citrus, Tea Tree and the aroma of Mint delight the senses. Free of Paraben, Gluten and safe for use on colour, it works well on wavy or curly hair types.

Price: ₹1710 for 100ml

Availability: Hakim's Aalim, November Rain, Honey Lulla in Mumbai; Looks Salons in Delhi



Hair oil by **Blossom Kochhar Aroma Magic**

The toxin-free hair oil is enriched with essential oils of Argan and Bhringraj which improve the quality of hair and reduce split ends. The essential oils of Hibiscus and Lavender help in maintaining the natural sheen, nourishing both the hair and scalp as well as fortifying the follicles. The extracts of Thyme and Pomegranate help in strengthening the roots, resulting in soft and smooth hair.

Price: ₹275 for 200ml

Availability: Retail stores



*He. She. Me. Collection
by Amy Gaudie*

ABOUT THE STYLIST

What started as a single person concern has grown in clientele and staff to a thriving 10-section salon. Located in Ashgrove in Brisbane, Queensland, Urban Chic prides itself on delivering clients' their hair dreams. More than 21 years ago, Salon Owner Amy Gaudie was literally in on the ground floor, working after school as a 'Tea and Tidy' in an English salon. Not surprisingly her passion became her career, and after completing her qualification in the UK, at 20 years of age, she moved into freelance hairdressing in Germany. Soon she moved to Australia, where she combined her experience and knowledge of contemporary European fashions with her vision of what a hairstyling experience should be. April 2005 saw the birth of Urban Chic.

Gaudie is known as much for her professionalism, positivity and calmness under pressure as she is for her extraordinary artistic skills. An outstanding cutter, colourist and stylist, she is a Wellaeimi Guest Educator, Wella Pro Creative Artist and veteran of several international fashion weeks. She is a multi-award-winning Stylist and Business Owner, who can be relied upon to deliver outstanding quality, every time. Individually selected for her impressive skillset, ability to work in and lead a team and her speed under pressure, she was personally requested by hair industry icon, Renya Xydis to be team leader for the NYFW exclusive Zimmerman show and has also led teams in Paris and directed Fashion Events around Australia. She has won a string of awards including two times winner of Australian Hair Industry Awards Best Salon Marketing, Digital Business Innovation and Quest Business Hall of Fame, and placed as a Finalist seven times in the Wella TrendVision Awards. Working alongside some of the industry's leading talent, Gaudie remains at the forefront of the latest trends and techniques, ensuring her clients receive the very best results.

ABOUT THE COLLECTION

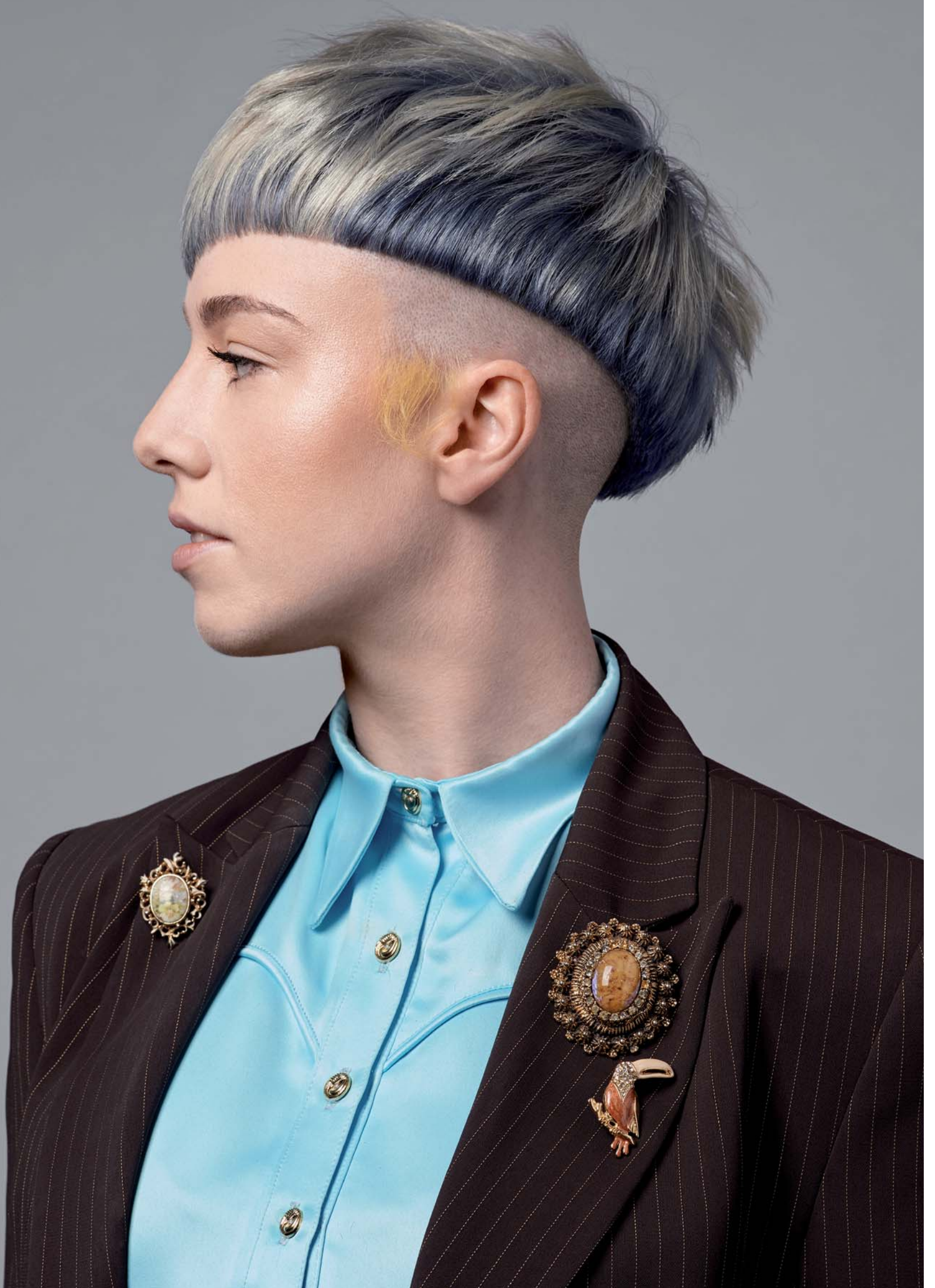
He. She. Me. was inspired by the Gucci gang club, where females become males and males become females; where sexuality turns into diversity, discovering a unique and powerful individual. Gaudie wanted to achieve a strong colour palette with a soft haircut and vice versa, complementing both feminine and masculine elements. Colours were kept fresh and on-trend with peach and apricot hues, and a denim stone wash. All the colour techniques were muted and seamless bringing emphasis to the complementing cut and styling. Make-up and styling was selected to naturally emphasise and highlight the model's natural features ensuring the make-up would look almost invisible, yet polished. The clothing was chosen to create a box-like shape to the girls giving the illusion of a masculine physique.

KEY POINTS

"Obviously the colour and cut needs to be exceptional, but I wanted to offer more of an experience to our clientele," says Gaudie. "From the staff to the music, our own coffees, herbal and fruit teas, hot chocolates and the homemade biscuits that come in every Tuesday, it is the little points of difference that shape the overall picture," signs off the super talented Amy Gaudie. 📍









Credits:

Hair: Amy Gaudie

Make-Up: Annabelle Hogg

Photography: Paul Christey

Styling: Bronte Armstrong

Salon: Urban Chic



India Beach Fashion Week '18

Hair and Make-up Takeaways

From boho waves to fresh-face glow, here are the best beauty looks to be inspired from the runway of India Beach Fashion Week '18 held in Goa



The ponytail parade

A major trend noticed was the super tight, sleek ponytail! Bhardwaj shared, "We did the opening show on day one and 14 shows on the second day. For some designers, we left the hair open on some models or ponytails placed differently so it looked simple, yet out-of-the-box. The collection displayed by designer 'Deme By Gabriella' had a beach vibe, so, we created beach waves using Deep Waver from Ikonc." Concluding on the popular trends, Punjani said, "We did side braids with mohawks, sculpted buns, half gelled back hair, scalp shaped ponytail and textured waves." 📌

India Beach Fashion Week (IBFW) presented yet another season of the two-day extravaganza in Goa. Featuring a grand finale with multiple designers, including Neeta Lulla, Varun Bahl, Arjun Khanna, Pria Kataria Puri, Dhruv Kapoor and Lecoanet Hemant, the showcase had Ikonc Professional and Make-Up Designory Cosmetics (MUD), as the official hair and make-up partners.

Ikonc had renowned hairstylists such as, Bina Punjani and Gourav Bhardwaj, who led the on-ground team and created an array of hairstyles that complemented the designer's creations. The opening day hosted an epic LGBTQ show titled 'Equal Love by Anupamaa'. It was followed by stunning shows by designers, namely, Asif Merchant, Ken Ferns, Nikhita Mangeshkar, Riddhi and Siddhi Mapxencar, Esha Amiin and Deme by Gabriella, amongst others.

A vibrant riot of colour

While the colour was more intense, the backstage hair and beauty experts kept the looks colourful and free-flowing to match the mood of the show. Saba Khan, Head Make up Artist at MUD, shares, "For IBFW, we stuck to natural flushed skin with a metallic finish. Some designers had their models wear sunglasses, so, for them we opted for glossy, coral lips which lend a metallic glow

to the skin. We played with colours around the eyes working on rainbow dots for LGBTQ show models. For Pria Kataria Puri's show, the models adorned glitter on half of their face. We stuck to black smokey eyes and nude lips for Neeta Lulla's show."





Cosmetic Dentistry

The Makeover Begins with a Smile

Cosmetic dentistry has made great strides over the past couple of years. Thanks to modern technology, patients have a plethora of options to gain a beautiful smile in a short amount of time. Teeth whitening, veneers and dental implants are cutting edge procedures that are defining a new era in dentistry. While, the global market of cosmetic dentistry is expected to reach US\$22,363 million by 2020, the quality of such aesthetic treatments in India, too, is at par with the world, while the cost is one tenth or lesser than that in Europe and North America. Cited as one of the reasons for a sharp rise in dental tourism, *Salon India*, speaks with stakeholders in the realm of cosmetic dentistry and image makeovers, who share that a pleasant smile and healthy dentures play a key role in enhancing one's overall personality

by **Aradhana V Bhatnagar**



32 SMILES, PUNE

Dr Milind Darda

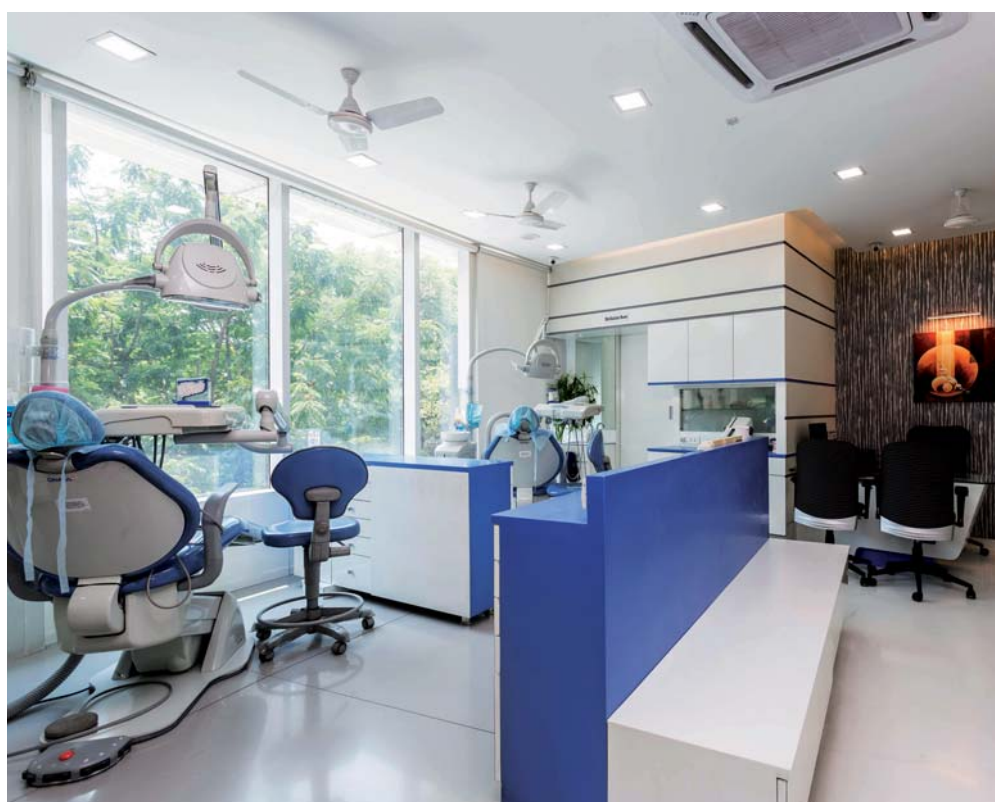
About the dentist

Dr Milind Darda, a prominent orthodontist with Masters in Orthodontics and Dentofacial Orthopedics, has been serving patients since 2003. By employing advanced methods and keenly studying individual needs, he has become successful in meeting the expectations of the patients. He has committed himself to providing the best orthodontic care possible in order to improve the patient's facial aesthetic and function with advance braces system. All the surgical and dental procedures are performed under his able supervision. 32 Smiles has two state-of-the-art clinics in the heart of Pune city, offering complete and the best dental care to patients. Dr Darda and his team of specialist doctors have been providing quality dental

treatment and care by using the latest technology in the field of dentistry.

Types of cosmetic treatments offered

At 32 Smiles, we offer all types of cosmetic treatments, such as Invisalign, which are invisible braces, conventional braces, smile designing, laminates and veneers, crowns and bridge, teeth whitening, cosmetic treatment of fractured and chipped teeth, gum recontouring, full mouth rehabilitations, replacement of missing teeth with dental implants, and more. We carry out all types of cosmetic dental treatments. With the science and technological advancements, we keep ourselves abreast with the latest methods and materials in this field and make the necessary additions in our practice regularly.



Blending functional with aesthetics

One's smile and teeth is the first thing noticed by anyone and hence, every individual desires the best set of teeth to make a lasting first impression. In order to deliver it, we believe in using the latest technologies and quality dental materials to give the best dental treatment outcome to the patients.

USP

We take pride in sharing that 32 Smiles is now among the top 1 per cent Invisalign Platinum providers in India. Having said that Invisalign treatment is done here with great precision and wonderful results. We also are the first clinic in Pune to have a 3D scanner, which makes the patients see their final look before even starting the treatment. Also, with the help of the CAD CAM technology available at our clinic, we are able to deliver crowns to the patients within 24 hours. This is great for patients looking for cosmetic treatments to be done in a short span of time.

Challenges faced

Cosmetic dental treatment is a very skilled job. The precision and outcome must be nothing but the best. Hence, experienced and skilled hands and a complete understanding of cosmetic dentistry is essential to carry out the treatments successfully. At times and for some clinics, understanding and meeting the patient's aesthetic expectations can become a challenge, however, we have not had that concern for the last 15 years. With the help of an experienced and skilled team of doctors, it is most of the time a fulfilling experience.

Innovations that have come up

Innovations keep coming every now and then, but the latest is the CAD CAM technology, 3D scans and digital impressions which we have incorporated in our practice.

Factors for rise in cosmetic dentistry

Cosmetic dental treatment is sought by most individuals now a days as the awareness about cosmetic dentistry and one's own image and sense of aesthetics is at an all-time high amongst the common man.

The future

Cosmetic dentistry goes hand in hand with

other dental treatments and hence, it is the future of dentistry. The rate at which dentistry is advancing, cosmetic dentistry at present is doing great and surely has a great future.

View on cosmetic dentistry

Cosmetic dentistry refers to any dental treatment done to improve one's smile, teeth appearance and aesthetics on the whole. Cosmetic dentistry is an art and science that not only emphasises on the aesthetics, but also on the proper functioning of all the teeth anatomically. All in all, cosmetic dentistry is a very important part of any dental treatment which requires a deep knowledge about the science of dentistry.



SMILE DENTAL, DELHI

Dr Supriya B Bhatia

About the dentist

Dr Supriya B Bhatia, BDS, MRSH (UK), MFDI (UK), FAGE, did her Bachelor Of Dental Sciences (BDS) from SDM College of Dental Sciences, Dharwar in Karnataka in 1994. She completed her internship from the same institute in 1995. In 1997, she received her affiliate degrees of MRSH and MFDI from Glasgow in Scotland, UK. She further studied at the Sydney University in Australia in 1998, and has been in active private dental practice since then. She has kept herself abreast with the latest in the field of dentistry by attending various international and national conferences. She has upgraded her skills by consistently attending various Continuous Education Programmes and courses. She has also done the Nobel Fellow Programme in Implant and Esthetic Dentistry conducted by Nobel Biocare of Sweden from June 2008 to December 2008 in Delhi. Recently, she was certified by the American Heart Association for becoming a certified healthcare provider in the BLS (Basic Life Support programme). She is passionate about dentistry and

likes to offer the latest and most advanced dental treatments available worldwide to her patients, so that they can enjoy not just the best oral health, but overall good health. Dr Bhatia enjoys most of the procedures dentistry has to offer, but her favourite is smile makeovers or designing smiles through various cosmetic dental procedures such as, veneers, crowns, teeth whitening, bonding, and more.

Inspiration to be a dentist

As a teen, I had a very bad set of teeth due to which I was depressed. I was fat and had almost no social life. When I was around 18, I saw my aunt getting her teeth done, and I was so motivated that I made an appointment with a dentist, who helped me change my smile. I had a smile makeover done through a set of 20 veneers and crowns, and immediately I changed into a happy person, who was embracing life. At that point I decided that dentistry would be my calling. I turned my problem into a mission and I am very happy to see people brim with joy and



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confidence after their dental treatments. In the last 18 years, we have had people come to us from 56 countries for smile makeovers, and it has been a fulfilling experience.

Types of cosmetic dental treatments offered

The conservative treatment offered is firstly, teeth whitening as everyone wants a brighter and whiter smile. Not many know that over the counter methods are only business gimmicks because if a toothpaste could whiten your teeth, we all would have pearly white teeth. Teeth whitening as a procedure should be done under the supervision of a dentist and case selection is importance. There are two segments in it – the in-office method and the home method. The in-office method is a 90 minute procedure of scaling and polishing. The home procedure takes about seven to nine days. Here, we customise trays for the patient and he or she has to wear it through the night. This process is now almost obsolete. Secondly, smile makeovers for those who are happy with their teeth and find teeth whitening to be good enough.

There are five parameters on which we assess a smile – shape, size, alignment of the teeth, bone support and integrity of the teeth and general health. We carry out the smile makeover via two methods – veneers and crowns. Veneers can be composite or ceramic – it is better as it is lifelong and does not need changing. The difference is that while veneers cover three surfaces of the teeth, crowns cover all the four. If the bite is conducive we do veneers or else, we do crowns.



We also have the aligners as all cases cannot use veneers or crowns. For the more drastic ones, alignment needs to be sorted. Braces are obsolete now as wires and brackets are restrictive as well as painful. At our clinic, Invisaligners are popular and user friendly. We have tooth jewellery where we put a little crystal on the tooth and it adds a sparkle. Ladies in the age group of 15 to 30 years come to us. Fillings – silver amalgam is now obsolete as silver has mercury in it, which is very bad for the body. White cosmetic fillings are now done instead. Even old people when they lose their teeth took recourse to dentures, but today, dentures are also obsolete. They want good smiles and teeth which can help them eat well and look good. We do dental implants with fixed crowns. Only ones in the country who do this in one week, one phase.

USP

My USP lies in creating smile makeovers. As mentioned, since it was a problem with me, I decided to give this aspect of dentistry my best. When a patient calls me and is happy, it is an incredible feeling.

Challenges faced

India is not manufacturing much in dentistry, so we are only using American and European

materials. In Delhi, we have good suppliers and our inventory management is excellent. We always have everything in stock whether it is implants or bleaching material. So, we have never really faced a challenge in this area. However, I would like to share something – we did extraction for a patient from New Zealand, who was quite anxious about it. So we spent a lot more time with her, addressing her concerns and fears as patiently and kindly as we could. For every patient, we have a counseling session where we religiously take him or her through the entire procedure. This can be highly time consuming exercise.

Selection of team

My team of seven specialists have been with me for 17 years, so we are like a family. Our work is very specialised in the sense a RCT (Root Canal Treatment) surgeon cannot perform an implant and vice versa. The specialists keep upgrading themselves and are very passionate about dentistry, which is great for all of us.

Role of technology

Dentistry has evolved thanks to technology. We have done full mouth rehabilitation for people who do not have teeth. We use the Intra Oral Welding method wherein we weld the implants in the mouth and they become solid and joint with each other. We give fixed



teeth the same day. We have done surgeries all day and taken a person from unhealthy bone, gums and teeth to healthy bones, gums and teeth with six implants and 12 fixed teeth. I do not think any other dentist is using this technology in the country.

View on cosmetic dentistry

I am happy to say that even in India now, dentistry is moving from want-based dentistry to need-based dentistry. People are aware and understanding of the fact that it is no longer about having a good set of teeth, a nice smile is important, as it has a positive effect on the personality and psychology of an individual. We have seen that those with a good smile are able to leverage their personal and professional lives when they have changed their smiles. For instance, when we do a smile makeover in only four days, we witness clients go from being depressed to upbeat and their whole life has changed because of the opportunities they are getting.



For smile makeovers, age is not so important, but bone support of the teeth is critical. We have done smile makeovers across ages, from teens, who are done with orthodontic treatments and those above 60, and the ultimate result has been wonderful. With teens, braces can align the teeth, but they cannot alter the shape, size and colour. Any treatment or procedure that has taken place overseas has been done in our clinic. So, while our treatments are at par with those offered abroad, it is also true that there is no standardisation in dentistry in the country. In Delhi itself, there are different rates for the same treatment and there are different types of sterilisation protocols.

While some doctors do not even change their gloves with each patient, we are buying three types of water and use only disposable stuff. Overall, a tremendous amount of certifications need to be in place. Performing at a substandard level is truly not acceptable to the new age consumer, who places health before anything else.

BRANDS USED

- Bleaching: Zoom Advance
- Crowns: Zirconia crowns
- Aligners: Invisaligners
- Implants: Nobel Biocare
- Machines: Satelec for digital x-ray



AKYRA AESTHETIC DENTISTRY, GURGAON

Dr Kriti Maroli

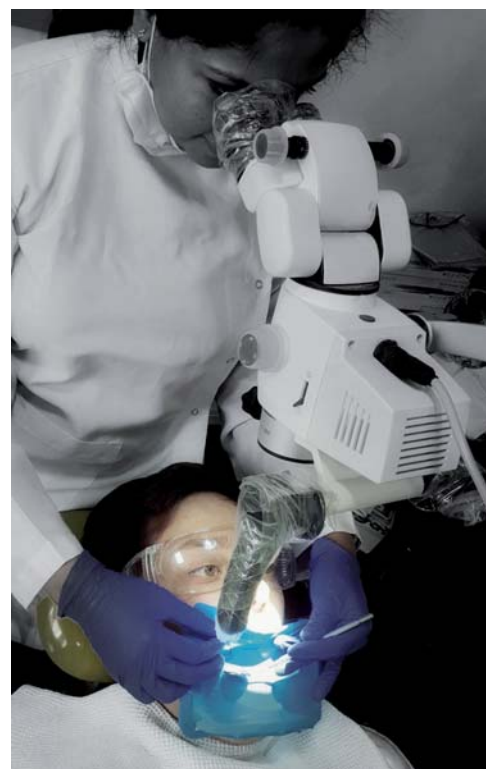
About the dentist

Dr Kriti Maroli, BDS, MDS, received her dental graduate degree in 2003 from SDM College of Dental Sciences in Dharwad, Karnataka. It is rated as one of the top dental schools in India. She went on to complete her specialty training programme in Restorative Dentistry and Endodontics in 2007. She discovered her love for teaching and served as an Assistant Professor and a Reader at prestigious dental colleges. After obtaining a Master's degree in Dentistry, Dr Maroli has been in the Healthcare industry for over 14 years. She is a life member of the Indian Endodontic Society and Federation of Operative Dentists of India. She is one of the leading endodontists in the city of Gurgaon and maintains a private practice

in the heart of the city. In her free time, she is a passionate photographer and an Ananda Yoga and meditation teacher. In her obsession to keep moving forward in life, she has embarked on a series of trips to far flung locations which have resulted in an ever-growing library of pictures documenting her adventures.

Inspiration to be a dentist

Being born to a renowned water colour artist, art and aesthetics have been a major part of my upbringing. I like a sense of aesthetics in everything I do, be it designing my home or office or portraits that I click as a part of my travel photography. Hence, it was only natural that Aesthetic Dentistry fascinated me, since



it is completely dependent on the operating dentist to envision a beautiful smile.

Types of cosmetic treatments offered

There is so much that can be done these days to improve the appearance of a person's smile and that too, at any age. From powerful, professional whitening treatments to amazingly realistic porcelain veneers to state-of-the-invisible orthodontic treatment,



there is a wide range of exciting possibilities. Some of the cosmetic dental treatments include professional teeth whitening to brighten a faded or discoloured smile; Cosmetic bonding in order to repair small chips or cracks; Porcelain veneers for smile makeovers and reshaping teeth or changing the shade of teeth; Lumineers veneers that are as thin as contact lenses; Invisible aligners or clear aligners for a highly discreet orthodontic treatment; Traditional orthodontic treatment to move teeth into the right position; Aesthetic crowns and Bridgework to replace missing teeth or large amounts of lost tooth structure; Dental implants for long lasting tooth replacement; Teeth coloured fillings for a completely natural and healthy look; Ceramic inlays and onlays for larger cavities; Gum reshaping and gum bleaching; and Tooth Jewellery, which are diamonds on your teeth. Going forward, I would like to add more digital workflows into my practice, so that patients can see exactly how they look after the makeover. Optical impressions and chairside CAD CAM so that the waiting in between two visits is reduced. I think dentistry is ever evolving, so if you do not update yourself every day, you are out of the game.

USP

I feel my USP is my ability to personalise the services available at the clinic to suit my patients using my sense of aesthetics. To the lab technician, I communicate every crack line or shade in the veneer I am using, so that the patient feels secure enough to trust me with their teeth.

Challenges faced

The biggest challenge is for my patient to decide that they are ready for a change in the way they look. Most people spend months or even years deciding upon the procedure, as they feel it involves too many visits or is time consuming. On the contrary, half the battle is won when they turn up on the chair because modern cosmetic dental procedures involve minimal visits, are most conservative in approach and have aesthetic temporisation periods, so that they know what to expect in their final restorations.

Also, it is a challenge to provide that quality of cosmetic dentistry where the near ones of the patient do not see a drastic change or a makeover that looks almost fake. The idea should be to see a positive change in the looks, but not be able to put their finger on what exactly has been done.

Innovations that have come up

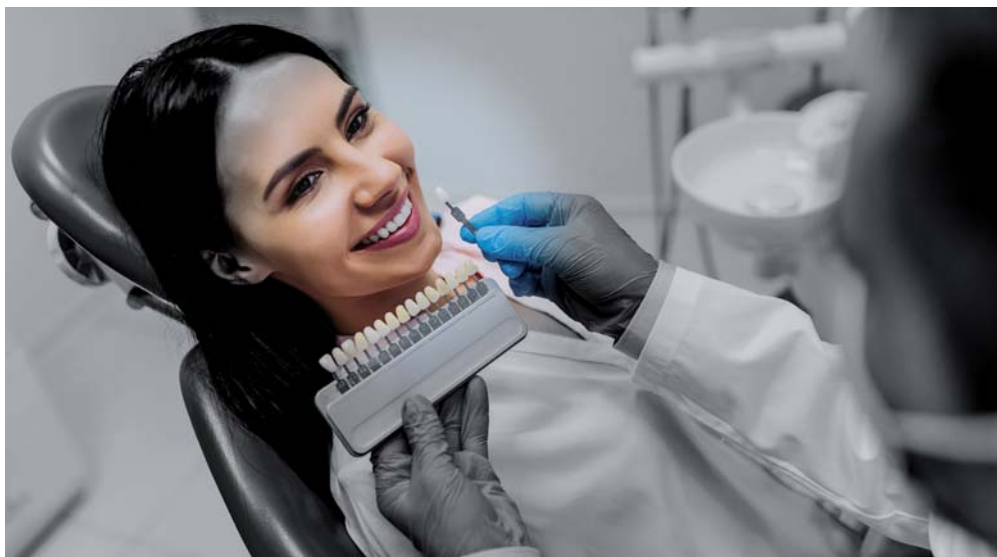
It has to be the aligners, which are virtually invisible and are custom-made on CAD CAM for your teeth. They work in a series of trays that gradually shift your teeth into place. Thanks to them, many adult patients who would avoid traditional braces late in their life, now have perfectly aligned teeth.

The future

With the rise in awareness about dental hygiene, the focus has now shifted on dental aesthetics. Most of my patients are extremely disciplined in their regular checkups. I have also noticed that more people are now booking appointments for teeth whitening during the weekends, just like they would visit a salon or a spa. A majority of the patients who come for cosmetic dentistry are above 40 years of age. They have only now realised that a good smile can, indeed, take you places.

View on cosmetic dentistry

It is impossible to overstate the benefits of a great smile, as it is the first thing people notice about you. So, it is important to make it memorable. Cosmetic dentistry, or the art of smile enhancement, is definitely for those who find themselves holding back their smile. And with so many options, why wait? 📞





Cosmetic Dentistry Top 5 Procedures

by **Dr Gunita Singh** and **Dr Tanvir Singh**

Looks is the new mantra that has spread to the dental world as well. A dental office is no longer thought to be a painful affair, instead dental technology is now attracting men and women across all ages, who aspire for that perfect photogenic smile. We, at Dentem, have a highly specialised team that is equipped with new material, cutting-edge technology and improved procedures in order to preserve your natural teeth giving you beautiful yet natural smile.

The trend

The trend of cosmetic dentistry started with celebrities in Hollywood and quickly moved to Bollywood. It has so expanded its reach that today, be it businessmen or women, professionals or home makers, everyone is looking for a better smile to improve and boost their confidence. The idea is to ensure that everyone gets that perfect smile no matter what tooth defect a person may experience.

Teeth whitening: However much you may brush and floss your teeth, certain beverages such as, coffee, tea and red wine do leave a mark on your teeth. Tooth discolouration can be easily treated in less than 30 minutes with the advanced zoom whitening procedure. You can now achieve as much as two to three shades lighter than your original tooth colour. It is a safe and absolutely non-invasive and so, one of the easy cosmetic treatments.

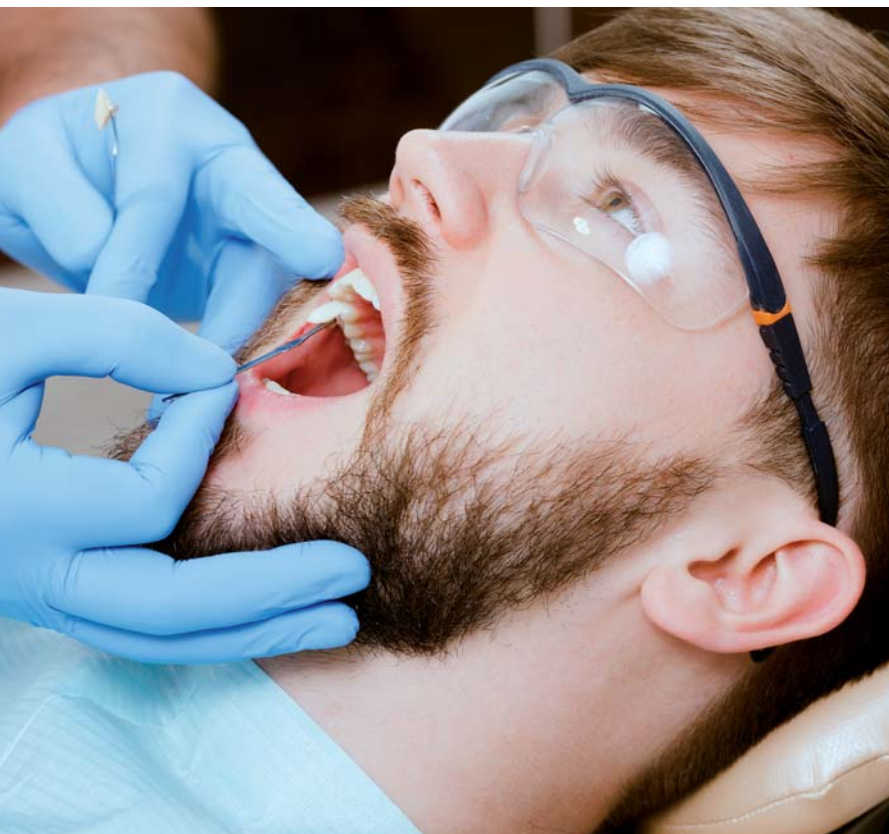
Side effect: Teeth can be sensitive and there are some precautions which need to be taken after the treatment. But the side effect lasts for only 24 hours.

Building broken chipped teeth: It is one of the most common dental procedures, and involves non-invasive composite bonding, which is available in all shades and colours. We first select the shade that matches your teeth and then build up to preserve and repair to attain the natural look by using composite material, which is similar to the enamel of your teeth.

Side effect: It does not last for long.

Dental veneers/ crowns: In certain cases, teeth whitening and composite bonding do not help, so we need to resort to dental veneers. It is an excellent method where porcelain veneers are attached to the teeth to repair them.

Side effect: It do not last long. We prefer zirconia crowns, as they cap your teeth to give a new and natural look with the stability and warranty of 10 years.



Invisalign: Invisalign or invisible braces has revolutionised the world of cosmetic dentistry since its introduction. It is gaining more popularity as compared to traditional metal braces for correcting malaligned teeth. It serves the purposes of correcting the malaligned teeth and is made of clear transparent material that is not visible to others, so meets the aesthetic needs of the patient, as well. They are gaining more popularity among adult patients who do not want to wear bulky metal braces to their workplace or in front of their friends. Patient convenience increases as there are no metal braces or wire in their mouth and it can be removed while he or she is enjoying the food.

Tooth jewellery: It is one of the trendiest options, where you walk into the clinic and walk out with a diamond on your tooth. The procedure is conducted in 10 minutes and can be reversed in less than five minutes.

Role of innovation and technology

Recent technical advances in dentistry has made a good dentist better, but only if we are ready to invest and have full knowledge of machines. Laser is one of the biggest boons and we use diode lasers, which are highly recommended for soft tissue changes and can be performed in close proximity to gums, enamel, dentine and cementum. The Zoom Whitening machine by Philips is another feather in the cap at the centre, as it delivers maximum results and has an advanced LED lights activated technology. The variable intensity settings gives excellent results in 30 minutes. Zirconia caps also called ceramic CAD CAM LAVA and other options have flooded the market for smile makeovers. Invisalign is an example of how advanced technology has become. It is manufactured using digital imaging, software and 3D printing for better fitting to give best results. It has flooded Indian market and tied up with few esteemed orthodontists.

Future and scope

Invest in your smile as you are going to wear it everyday. There is nothing more precious and everyone wants to look the best. Students, home makers, women, youth looking for corporate and front office jobs, and more, all want a beautiful smile and are willing to spend and loosen their pockets for the same. So, cosmetic dentistry is at its peak today and with upcoming technology and results that we deliver, more people are gaining confidence to ask for new smile. This is just the beginning and the future is very bright as new innovations and advancement techniques in cosmetic dentistry are continuing to come up. 📌

Founders of Dentem in Delhi, Dr Gunita Singh is a practicing Cosmetic and Laser Dental Surgeon and Dr Tanvir Singh specialises in Orthodontics. Views expressed are personal.



The Importance of a Good Smile

by **Nidhi Jagtiani**

Nidhi Jagtiani is a Corporate Trainer and Image Consultant. She has trained under Image Specialist Judith Rasband, CEO & Director Conselle Institute of Image Management, USA. Views expressed are personal.

A smile is our most noticeable physical attribute when we are meeting people. We mostly judge how friendly someone is based on their smiles. Irrespective of your height, skin colour, dressing or accessories that you might be wearing, nothing matters more than your smile. So when we discuss personality development and image makeover, smile correction is an important part of the practice, as grooming is essential for success and the smile is one of the most important factor in your personality.

While posture and practice can improve your smile, in certain cases some clients are not as fortunate as those who might be endowed with a good denture or jaw structure. Therefore, an image consultant needs to step in and suggest a smile design, which is possible through cosmetic dentistry procedures. There is nothing to panic in such cases as modern cosmetic dentistry has come up with many non-invasive procedures that do not require a scalpel. It only takes a few seconds to form an impression of someone and it better be powerful and impactful.

I conduct Personal Grooming and Personality Development workshops for aspiring models, actors, women entrepreneurs, corporate executives, and others. In today's fast paced world, while it is a fact that a well-groomed personality and a pleasant face are critical, however, the other aspects that need highlighting are personal care and hygiene. Men and women, both, need to pay attention to themselves and understand that a clean, fresh smelling person with their hair in place is no longer a requirement, but a necessity. Individuals feel positive and can be assertive in their line of work when they pay attention to their overall cleanliness. The response of others towards them is receptive and accommodating. Professionals in beauty and fashion industry are self conscious and good smile also means good pictures. It affects the self confidence of celebrities when the pictures do not come as good as expected. Even a not-so-good smile can ruin a fantastic picture. That is why we cannot stress enough on the importance of perfect smile during an image makeover. We often recommend cosmetic dentistry to clients, who have pertinent issues such as yellow or stained teeth, or have broken, cracked and missing teeth, there is improper spacing between two teeth, or there is an overlapping or protruding teeth, basically dental issues that are immediately visible and affect your smile.

Cosmetic dentistry is surely a new age blessing to look good and feel good about yourself. In earlier times such services never existed but now we have them so we can make good use of this to enhance and improve our persona. Young people who are about to get married, upcoming models, people associated with beauty/fashion are more conscious of their entire appearance. They do take our recommendation for cosmetic dentistry seriously.

Cosmetic dentistry is a prime aspect of image consultation. In the process, often clients hesitate to go for dental procedures for their preconceived notions about pain and discomfort associated with it. As consultants, we have to educate people and make them aware of the various non-surgical procedures available where the scalpel usage is limited. It is crucial to make a difference in our clients' lives not just by altering their outer persona and makeover, but by instilling confidence in them through appropriate body language, social and business etiquettes and behavioural training programmes.

When teeth look good one is more confident about their smile and a good smile can instantly win hearts and pave way to success. 📌



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BEAUTY



Priyancka Jain

Powerhouse of Talent

Kolkata-based make-up artist and Owner of The Himalayan Spa Family Salon and Boutique in Gangtok, Sikkim and Invogue by Priyancka Salon in Kolkata, Priyancka Jain grabs every opportunity to learn and stay updated. Jain has her eyes set firmly on launching an academy and her make-up brand soon

by Shivpriya Bajpai



Please tell us about the beginning of your journey.

I was always passionate about hair and make-up. Once I was randomly approached by a customer at a MAC store to help choose a shade of lipstick. Later, I questioned myself as to why would a complete stranger seek my advice. At that point, I decided to pick make-up artistry as my calling and took the leap of faith.

What are the courses you have done?

I have done certified courses from celebrity make-up artist, Mario Dedivanovic in Sydney, Kryolan and Namrata Soni, who is my inspiration.

What was your first big break?

I have done high profile weddings where I did the make-up of 50 guests. I also had the opportunity to create looks for Miss India World 2016 and Miss Japan, which in return opened avenues.

What were the challenges back when you started and now? How did you overcome them?

When I started out, I was full of zest and enthusiasm. I wanted to make a mark in make-up artistry, so I was not fazed by the challenges. Instead I welcomed them with open arms and viewed them as opportunities.

What inspired you to launch your salon and spa?

The opportunities in the beauty and wellness industry are immense and it remains unaffected by recession. As an individual, I like to be well-groomed, and helping others look their best does not seem like work to me. So, I launched my own salon and spa.

How do you juggle both salon and make-up artistry?

My husband is the back bone of our business. He looks after the financial and administrative matters, while I only concentrate on the technical part. Even when I am away on assignment, my husband has my back.

What are the key factors to be kept in mind while doing make-up for different platforms?

For fashion, we have the liberty to experiment with vivid colours. The most important aspect of editorial make-up is skin – it must be flawless and professionally contoured. It involves highlighting and shadowing to correct areas on the face in order to emphasise the best feature of a model. For editorials or any still shoot, it depends on the brief. For instance, skin could be glossy, matte or a combination of both. It is essential to understand the concept of lighting. For films, speed is key and make-up needs to look good in person and pictures. In case of bridal make-up, the skin has to



“Healthy skin is the biggest attraction. Golden glow rainbow highlighter and holographic finishes are the welcome additions to our make-up arsenal. High-shine lip gloss, crystal liner, and neon eye make-up are the trends to look out for the festive season.”



look fresh. So, I focus on flawless, clean skin, the right balance of contour and highlight to enhance the look. Also, it is important to keep in mind the outfit, jewellery and event.

What are your favourite products and brands?

Giorgio Armani Luminous Silk Foundation, Nars blushons, Becca concealers and highlighters, RCMA concealers, Tarte foundation, Anastasia Beverly Hills, Morphe, Laura Mercier translucent setting powder, Lit glitters to name a few.

How would you like to define your evolution as a make-up artist in this industry?

I am constantly looking to update myself on current trends and new skills to evolve and stay relevant.

What is your advice for aspiring make-up artists?

Always remember that less is more. Keep your attitude right and be enthusiastic. Also, try not to sell yourself cheap or work for free, unless that project adds to your profile. Practice a lot as that alone will take you far. Maintain a standard of hygiene. Be passionate about learning.

What are your views on the make-up industry in India?

There is a sense of awareness in people, and they are willing to try all sorts of make-up looks and even hairstyles. Since international brands are within reach, people are quite brand conscious and ready to experiment with latest trends and techniques. Cruelty-free brands have gained popularity, too.

What are your future plans?

I do plan to open an international level make-up academy and to launch my brand of make-up. 📍



Glow From Head to Toe with Cheryl's Cosmeceuticals

This wedding season, Cheryl's presents an exclusive O2C2 Radiance Facial Treatment and HeelPeel for the brides-to-be

Gunjan Jain, National Education Head, Cheryl's Cosmeceuticals says, "Days leading up to the wedding date can be extremely stressful. Everything must be pitch perfect, whether it is arranging for the trousseau or scheduling treatments to meet the glow for the D-Day. Minute details like taming those pesky breakouts do become important. We, at Cheryl's Cosmeceuticals, India's leading professional skin care brand is that one brand which offers the ideal pre-bridal package providing convenient O2C2 Radiance Facial Treatment and HeelPeel Treatment. We are making sure that our Indian brides are in the best glow with our skin and heel treatment when walking down the aisle."

O2C2 Radiance Facial Treatment

The revolutionary O2C2 Radiance Facial Treatment detoxifies dull and dehydrated skin with the help of scientifically-proven ingredients like Niacinamide, Papain, Bromelain, MSM and stabilised oxygen.

Steps to revive your skin

Step 1 - Deep cleanse with Cheryl's O2C2

Deep Cleanser: It contains Niacinamide, Green Tea and Ferulic Acid that cleanses, exfoliates, lightens and protects skin from free radicals. Empty contents of sachet in a glass bowl, mix with water to form a thick foam. Apply on neck and face and massage for five minutes. Use water for smooth massage movements.

Step 2 - Tone with Cheryl's O2C2 Freshner:

It contains Lactic Acid, Sodium PCA, Zinc PCA and Cucumber extract that rebalances pH, hydrates skin, tightens pores and regulates sebum secretion. Pour on a moist cotton pad. Tone the neck and face with tapping movements on 12 pressure points. Leave on.

Step 2A - Application of Beauty Boosters:

Apply six drops of it on neck and face. Leave on. It contains Hydrating Complex Sodium PCA, Fructose, Glucose, Urea are humectants, Sclerotium Gum smoothens skin. Skin Lightening Complex contains Arbutin and Magnesium Ascorbyl Phosphate.

Step 3 - Massage with Cheryl's O2C2

Oxygenating Cream: A three-phase cream, it contains Shea Butter and Almond Oil that nourish the skin. Apply on neck and face and massage for 10 minutes with Cheryl's signature facial massage. Ultrasonic machine can be used during massage. Wipe clean.

Step 4A - Enzyme Peel using Cheryl's O2C2 Peel Activator: It contains Papain and Bromelane enzymes that remove dead skin to reveal smoother and glowing skin. Empty one capsule into the container half filled with warm water. Shake well and leave for a minute for a gel to form. The gel will be lumpy in consistency.

Step 4 A1 - Peel Activator using Cheryl's O2C2 Peel Activator 1: It contains Catalase

enzymes that enhance oxygen transport to cells. Empty the contents of sachet into the container with gel in it. Mix well to form a smooth thin paste. Apply on neck and face with a Cheryl's treatment brush. Leave on for five minutes.

Step 4B - Peeling Cream using Cheryl's O2C2 Peeling Cream: It contains stabilised oxygen that increases skin luminosity. Apply on top of the gel. Gently massage for a minute to mix with the gel. Leave on for five minutes. Remove with spatula. Wipe clean.

Step 5 - Sun Protection with Cheryl's DermaShade SPF 30: A broad-spectrum sunblock that contains Noni fruit, Tomato and Pomegranate extracts, which are potent anti-oxidants, along with UV filters that protect the skin from UVA and UVB rays. Pat into the neck and face.

Cheryl's HeelPeel treatment

Cheryl's innovative HeelPeel treatment use active ingredients like Kokum Butter, Yeast, Wheat Protein, Urea and Saccharide Isomerate to hydrate and soften calloused heels.

Steps to rejuvenate your heels

- Step 1:** Soften using a HeelPeel Softner.
- Step 2:** Scrape using the HeelPeel Scraper.
- Step 3:** Buff using the HeelPeel Buffer.
- Step 4:** Moisturise using the HeelPeel Cream. ☺





The 1st Professional Spa Manicure & Pedicure Systems with Certified Organic Ingredients



New launch

Jasmine coconut

Smoothing for Sensitive Skin Uniquely formulated for dry and sensitive skin, Jasmine is known to be non-irritating, incredibly stress relieving and full of antioxidants. Certified Organic Coconut Oil is high in Vitamin E and fatty acids which replace essential moisture, keeping skin smooth and protecting against cracking and dryness.



Cosmetic Treatment Recommended by an Expert

Scalp Micro Pigmentation as an aesthetic procedure is creating quite a buzz. *Salon India* speaks exclusively with Dr Viral Desai, Celebrity Cosmetic Surgeon, DHI India and CPLSS, to understand the process and technology used



About: Scalp Micropigmentation (SMP) is a highly advanced method in cosmetic pigmentation. While similar to traditional tattooing, SMP involves the use of highly specialised equipment and techniques to inject pigment into the scalp.

Process and technology: Specialised ink is implanted with skillfull precision into the affected area. The ink is also carefully matched with your natural hair colour, but is a shade darker, which gives the illusion of a shadow and the appearance of three-dimensional natural hair.

USP: SMP creates a density effect. It colours the scalp as a tattoo and decreases the skin/ hair contrast, this gives instant density and visible volume. The three-dimensional effect is created giving the appearance of a natural shadow. It hides scars; many men

who have already undergone a hair transplant with older methods such as, FUT (Strip) find themselves with a scar on the back of the head that they cannot conceal with short hair. In these cases, and for any type of scar, SMP helps in concealing them. It is the ideal solution for different types of hair-related diseases including, Active Alopecia Areata, Alopecia Universalis, Lupus, to name a few, where hair transplant is not advisable. Lastly, this procedure helps to camouflage baldness as it re-creates the illusion of thick hair follicles, and therefore more hair.

Teamed with other treatments: SMP can work with hair transplant as a pre-planned combination procedure. By combining traditional hair restoration and SMP, the client has double the benefits of real textured hair and the appearance of a full scalp.

Sessions required: The results are visible immediately after your first session. Ideally, two to three sessions are recommended spaced at least from one week to one month.

Side-effects: The vast majority of procedures performed on the body come with some level of risk. In the case of SMP, no serious side-effects have been reported. However, you should be aware of the potential issues, including, allergies as some people may be allergic to ink when it is applied to their skin, for instance, tattoo ink but then again this is specialised ink meant for the scalp only; also, if the facility where you are planning on undergoing SMP uses poor quality ink, it could contain heavy metals. This problem is primarily an issue of quality rather than any specific side-effect of SMP itself.

Pre-treatment measures: It is a good idea to wash your scalp with a non-abrasive, gentle shampoo a week prior to the procedure; do not wear a hair piece at least five to seven days prior; and do not use a razor on your scalp within 24 hours of the procedure.

Post-treatment measures: Doctors recommend that the patient should not touch the healing pigmented area with their fingers, as they may contain bacteria which could lead to an infection; avoid make-up, heavy exercise, sun exposure, soap, sauna, jacuzzi, swimming in chlorine pools or in the recreational bodies of water, contact with animals and gardening for seven to 10 days; do not rub or traumatise the area while it is healing, as pigments may get removed along with crusting tissue; use a sun block after the procedure area has healed to prevent future fading of the pigment colour; if you are a blood donor, do not donate blood for one year; and finally, in case you experience itching, swelling, blistering or any other complication post-procedure, stop using all hair products and consult your doctor immediately.

Client education: At our end, we do our best to educate and consult the patient before the procedure. There is enough literature which the client can go through and ask us as many questions as they desire. If there are any doubts the client is free to call us and get all the queries sorted out and sometimes we even ask them to come for a second consultation. To put it simply, SMP, like a tattoo, needs only maintenance. When the ink starts to fade, a touchup is required to maintain the desired look.

Future: We all know the importance of hair and the role it plays in determining a positive self image and and psycho-social functioning. In the last five to seven years, this treatment has become prevalent in India. People, today, are much more conscious about the way they look and feel. Hair loss is a major concern for most and in fact, a study has revealed that people are more concerned about losing their hair than their minds. Voluminous hair has been a social, cultural and sexual sign of likeability, success and virility for a long time. So, the future of SMP in India looks pretty good. 📌





Gulnare Skincare

The Organic Way of Life

Founders of Gulnare Skincare, Shonali Bedi, Surya Uday Bedi, Karishma Bedi and Bharti Singh Rao, share their views on the brand, the skin care industry, future plans and more



L to R: Bharti Singh Rao, Surya Uday Bedi, Shonali Bedi and Karishma Bedi

Gulnare Skincare is founded by the four enterprising members of the family, Shonali Bedi, Surya Uday Bedi, Karishma Bedi and Bharti Singh Rao. Shonali has studied Ayurveda, Chinese Medicine, ancient Egyptian beauty secrets and did a certified programme in organic skin care from London. Her knowledge and interest in skin care culminated into Gulnare Skincare. Karishma is a professional photographer with a background in fashion and beauty. Besides overseeing the testing processes to ensure the perfect product reaches clients, she also handles social media initiatives and marketing for the brand. Surya is the brain behind the business and ensures the products reach the consumer through reliable channels. He has in-depth knowledge of Finance and Economics and is a passionate entrepreneur. Bharti is responsible for branding and creating visuals for the brand. A graphic designer by profession, she is the driving force behind the brand's aesthetics from start to finish.

Inception of the brand

From an early age, the family was encouraged to use natural products, and so, when the time came, the uppermost thought in the minds of the founders was to offer a natural and organic range of skin care products. They believe that the multi-billion dollar beauty industry is crowded with large players, who mislead and use incorrect marketing tools to promote chemical-laden products. While the consumer wants natural and chemical-free products, there are not many brands they can trust. However, by launching Gulnare Skincare, the founders feel they have successfully plugged the gap. Today, the mission is to spread awareness of the benefits of organic and natural living and helping people make the switch. The brand was named after Shonali's mother, Gul, who was known for her beauty. She passed her secrets down to Shonali, who has proactively used them in the natural product line of Gulnare.

Product portfolio and SKUs

Gulnare offers 30 SKUs and has a wide range of gender neutral skin and hair solutions for year-round needs. The formulas fall under broad categories such as, Face Care and Anti-ageing Solutions, which comprise of moisturisers, anti-wrinkle creams, scrubs and serums; Bath and Body, which has body scrubs, butters and lotions; Health and Wellness, which has herbal and aromatherapy oils and mosquito solutions; and Baby Care products.

USP of the range

The products are naturally active, safe, effective and free from synthetic preservatives, parabens and sulfate. In the modern time, it is reassuring to find the old fashioned way of doing things to be the best. Gulnare employs a time honoured way of directly harnessing the natural healing properties of plants and herbs that in many ways is yet to be surpassed in both efficacy and cost. The multi purpose and multi functional product range reduces the number of bottles sitting idle on bathroom shelves. The brand firmly believes 'less consumption is equal to greener living'. Gulnare is more than a skin care product range, it is a brand ecosystem.

Challenges faced in marketing and distribution

It takes time to build trust, especially in the skin care industry. Clients prefer to test samples and see the product before purchasing. To facilitate the same, the brand has quickly grown from being an e-commerce only platform to launching stores in Delhi and Hyderabad. They have partnered with other organic shops for product placement. Logistics in such a large country is unpredictable and there are constant delays with deliveries and receipt of goods.

Plans FY2019-20

The research team is busy testing new formulations for skin and hair, and are in the process of testing a brand new hair care range including, but not limited to shampoos, conditioners and hair masques. They also plan to enhance the bath and body range. Expansion plans are in tow with more stores likely to come up in different metropolitan cities in India.

Views on the skin care industry in India

Personal care is now a highly competitive market with global brands going head-to-head with locals ones. The urban, upwardly mobile youth is paying close attention to health, wellness and beauty, and is willing to make the right choice to get there. 📍



Charcoal FACIAL KIT

Skin Detox & Glow

*Detoxify your skin &
make it look younger*

Anti Dark Spots

Deep cleanse

Healthy skin

NEW



Natural facial kits for glowing and healthy skin

Market Watch | Skin Care

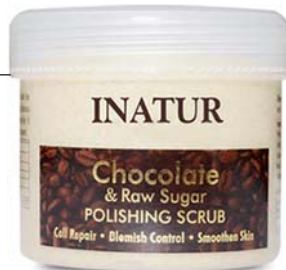
Skin care kit by Dr Sheth's

Dr Sheth's has launched a skin care kit that comprises of Basic Brightening Daily Cleanser, Indoor Protection Mist, Basic Brightening Sheet Mask, Date & Quinoa Eye Cream and Antioxidant Repair Cream. It is a limited edition Skin Repair & Rescue Pack and is the perfect antidote to stress. It repairs make-up damaged skin, rebalances it and regains the skin's glow.



Price: ₹3,500

Availability: Yuva Skin Clinics, www.drsheths.com



Scrub by Inatur

Chocolate & Raw Sugar Polishing Scrub is enriched with the unique combination of Cocoa Bean powder that helps control blemishes, prevents premature ageing, Raw Sugar extract helps in cellular regeneration and polishes skin, Honey extract deeply moisturises and maintains the skin's elasticity, Chamomile Oil eases skin rashes and helps prevent acne, and Turmeric extract has antiseptic, anti-oxidant and anti-inflammatory properties. It helps to remove blackheads and whiteheads, repairs cells, controls blemishes and smoothens the skin.

Price: ₹450

Availability: EBOs

Body moisturiser by Global Secrets

The Greek Yogurt and Lavender Moisturiser, inspired by rituals from the kitchens and courtyards of Greece, enriches your skin with a soothing aroma and freshness. Yogurt is known for its health properties and plays an active role when it comes to skin care and nourishment. This product helps rejuvenate the skin by removing dead skin cells. Yogurt contains Proteins, Lactic Acid, Vitamin B2 and B12, Potassium, Magnesium and Calcium, while Lavender essential oil is useful in aromatherapy and is a calming fragrance.

Price: ₹900 for 200gms

Availability: Online at Discovergbs, Nykaa, Amazon, Flipkart and Mynta



Face wash by Souttree

Nutgrass Face Wash with Neem & Soothing Chamomile is a soap-free citrusy face wash prepared with organic Nutgrass, Mandarin Oil and fair-trade Chamomile handpicked from the forests of Ranikhet in Uttarakhand. Infused with Turmeric and Neem, it deep cleanses skin, removes excess oil and boosts radiance.

Price: ₹375

Availability: www.souttree.in



Body wash by Skinella

The Green Lime & Olive Gel Body Wash is packed with pure Green Lime and Olive extracts. The superfood-rich body wash is laden with Vitamin C and anti-oxidants which help rinse away daily impurities, while keeping your skin smooth, hydrated and nourished. Now make your shower a pleasant spa-like experience!

Price: ₹260 for 200ml

Availability: Retail stores, Amazon

Gift box by R K Aroma

There is no better gift than the gift of good health and wellness. This gift box by R K Aroma contains seven especially curated oils that take care of every aspect of your well-being. Lavender Essential Oil soothes your senses and creates a happy atmosphere, while Peppermint Essential Oil boosts your focus and improves your mood; Lime Essential Oil purifies your skin and home and relieves your anxieties; Lemongrass Essential Oil brings a clean and positive energy, while Tea Tree Essential Oil deep cleanses your skin, hair and home; Orange Essential Oil fills the home with freshness, a feeling of contentment and productivity; and Eucalyptus Essential Oil brings a breath of fresh air and keeps the whole house clean and healthy. Each oil can be used in a variety of combinations for multiple benefits.

Price: ₹1,499

Availability: Heauty Centre, Beauty Palace (near Crawford Market), New Beauty Centre (Khar West), 1st Beauty (Ghatkopar East), The Beauty Shop (Kandivali East) in Mumbai; www.rkaroma.com, Amazon, Nykaa and Scootsy





FOCUS

Anara Spa in Hawaii

True Spirit of Aloha

The Anara Spa at Grand Hyatt Kaua'i Resort & Spa in Hawaii is designed in classic Hawaiian-style architecture featuring open courtyards and lush gardens. The sprawling spa takes pride in a select menu of specialised massages, facials, body treatments, salon services and fitness and wellness classes

by **Aarti Kapur Singh**



Size of the spa: 45,000 square feet

Time taken to complete construction: One year

Architect and interior designer: WATG; Wilson Associates

About the spa: Reclined on a beach on the Garden Isle of Kaua'i, one could easily be forgiven for thinking they have reached the ultimate state of relaxation. Most people have already seen Kauai on the silver screen as the lush, Eden-like backdrop for hundreds of films including Blue Hawaii, South Pacific, Jurassic Park, Raiders of the Lost Ark, and more.

Kaua'i is a great place for both spa junkies and first-time spa goers. The tropical design took into consideration the natural gifts and wilder aspects of the location. With serenity in mind, the spa has been designed to be positioned farthest away from the foot traffic and bustle of the grand central lobby building. The design takes full advantage of the outdoors and incorporates as much nature as possible. Classic Hawaiian-style architecture featuring

open courtyards and lush gardens welcomes guests with the true spirit of aloha. Set along the soothing white sands of Poipu, the Kaua'i beachfront resort is balanced between magnificent lush mountains and the sea.

The 45,000 square foot spa is the largest on Kaua'i and includes a 24-hour Anara fitness centre and open air yoga and fitness classes. Unwind in the dry sauna, steam showers, relaxation rooms, or fitness centre, and then awaken your senses with an extensive selection of tropical facials, rejuvenating body scrubs, detoxifying wraps, or tension-relieving massages. Massages, body treatments, and facials are offered in elegantly modeled treatment rooms, each opening to its own tropical garden. The outdoor lava rock showers and open air, yet private, wet areas for men and women are more than appealing – they transfer you to an atmosphere similar to the Garden of Eden. Fitness offerings include Tai Chi, Yoga, Pilates, meditation, body sculpting, step aerobics, a 'beach bootcamp' featuring high impact beach and ocean aerobics.



Number of treatment rooms: The spa features 11 private indoor/outdoor treatment rooms each with private gardens, a relaxation room, a 24 hour world-class fitness centre and spacious wet treatment areas with separate vitality pools and steam rooms for women and men. Any treatment can be booked in the lavish Single Suite, Couple's Suite and a suite dedicated to traditional Hawaiian therapies. Spa Suites include a shower and bath and separate rain showers. All treatment rooms and suites feature an indoor and outdoor space, each with a private outdoor garden for lounging. Also, there are generous changing rooms. The relaxation lounges provide the perfect place for peace and relaxation.

About the services: The Anara Spa features a variety of wellness and fitness classes, steam room, sauna, locker room, open air lava rock showers, 25-yard lap pool and Jacuzzi. The spa menu features massage therapies, Hawaiian body and facial treatments and hair care. A lap pool and café are also available. The sprawling spa takes pride in a select menu of specialised massages, facials, body treatments, manicures, pedicures, salon services and fitness and wellness classes. Anara Spa's Signature Pohaku Massage, is a time-tested technique that relieves tension using warm stones placed along the spine for 80 minutes. The spa menu features body treatments well-stocked in local minerals and botanicals for men, women, couples, and hapai (expecting) mothers, as well as more popular treatments such as, Lomi Lomi and Hot Stone massages, all designed around the central objective of lokahi (harmony).

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At our sprawling spa, the rituals, massages and body treatments begin with Ho'omaka, a Hawaiian tradition consisting of a foot soak using Alaea salt with flower essences. This is the essence of all our therapies – to try and help our guests achieve that feeling of balance and tranquillity. In the therapies, I particularly recommend The Lokahi package, which is a full day package provided in our lush tropical garden and includes an Orchid strewn bubble bath and your choice of an Escape, which are our signature treatments. Lunch is enjoyed poolside and then you receive a customised facial, and manicure and pedicure.

– RACHEL MCCRORY

Spa Director, Anara Spa
Grand Hyatt Kaua'i Resort & Spa



Bussayawan Chanchai

“Detailed Discussion with Clients is a Must”

Bussayawan Chanchai, Spa Manager at The Rayavadee Spa in Krabi, Thailand, reveals the importance of detailed discussions with guests, to understand the requirement and offer benefits in totality

by Shivpriya Bajpai

Please tell us about your professional background

It has been 11 years since I have been working in the Wellness industry. I started my career as a Spa Receptionist and then joined the Aman Group as Assistant Spa Manager. I was with the group for three years. Currently, I am the Spa Manager at The Rayavadee Spa in Krabi. It is situated in the heart of Krabi's beautiful Phranang Peninsula on the border of Krabi Marine National Park, an area renowned for its natural beauty and rich flora, fauna and marine life.

What inspired you to be a part of the industry?

I am fond of meeting people and I enjoy talking about healthy lifestyle and living. Over the years, I have met several people, who lead an unhealthy lifestyle and hence, end up with ailments. However and for better, the perception of people has changed to a great extent. In the current scenario, clients believe in 'The Healing Power of Nature' and work towards improving their health. Through the course of my work, I get to understand my guest's expectations to be rejuvenated through spa activities and wellness experiences. This inspired me to take up the role and offer the best to my guests.

What are your views on the growing Wellness industry?

The Wellness industry is growing fast. With health and well-being being the main focus amongst the new generation, it is expected to grow significantly in the coming years. There are many treatments to promote well-being, maintain healthy conditions and most importantly, be energetic. All these factors are definitely boosting the Wellness industry worldwide.

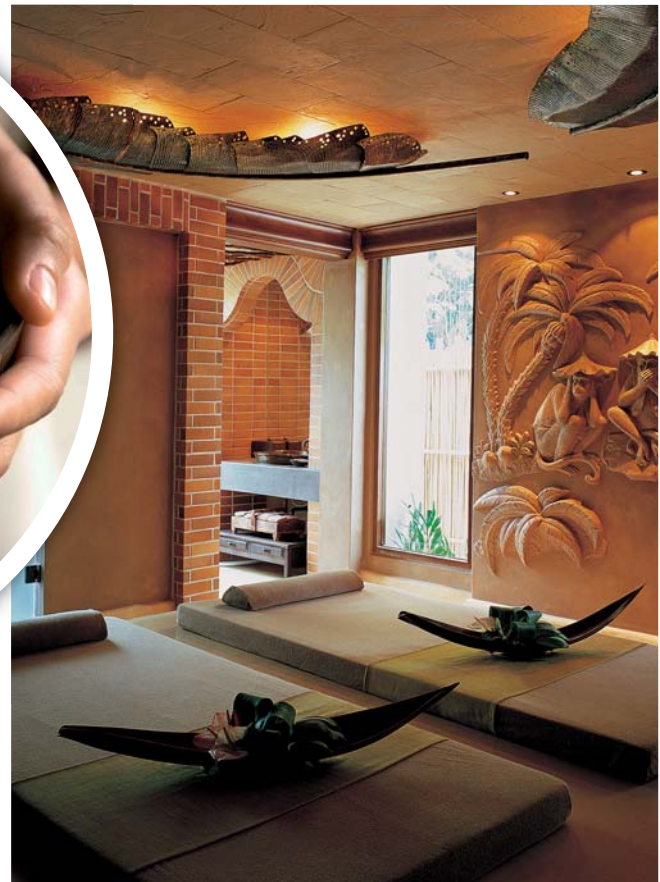
What are the therapies offered at the spa?

The Rayavadee Spa's extensive range of therapies draw on ancient Thai healing traditions and a philosophy of well-being that combines body, mind and spirit to create treatments that impart a deep sense of relaxation in luxurious, private surroundings. Guests can choose between revitalising facials and scrubs, energising body wraps, soothing massages and a variety of salon treatments or combine several offerings into a package individually-tailored to meet their needs.

What are the USPs of your spa?

Situated at the base of a limestone cliff fringed with jungle greenery, the thoughtfully planned interiors of the spa pay homage to the resort's natural surroundings. Our Signature Massage and the Thai Boran Massage are one of the best, as is the Rayavadee Facial.





How does the spa stay ahead of competition?

The most important aspect is to maintain the great Thai hospitality service – our professional and warm welcome that guests cherish. We also ensure that our staff is happy and can see a future with us.

How do you educate clients on the importance of wellness?

Our team ensures a relaxing spa experience for the guests. At The Rayavadee Spa, one can relax, unwind and indulge as the staff pampers guests from head to toe. Our team engages in a detailed discussion with the clients either when they are having a consultation or after the treatment process. We also aim at recommending guests to our home remedies.

What are the client engagement programmes offered?

The spa offers fantastic healing programmes and rejuvenation therapies to the guests. We usually create monthly packages with value additions for our guests.

What are the main challenges?

The Rayavadee Spa offers seven treatment rooms as well as a beauty salon, spa boutique and relaxation area. However, during peak season, it is a challenge to accommodate spa requests due to unavailability of treatment rooms.

What are the future plans?

In order to expand, we are planning to focus on getting specialists to the resort in order to have more variety in the treatments offered than what we currently have. This coming high season, we will be offering Structural Foundation Series delivered by Advanced Certified Structural Medicine Specialists from the US, at the resort. We aim to create memorable experiences for our guests. 📌



Requisites of a **Luxury** **Spa**

by **Vibha Khanna Rastogi**

Vibha Khanna Rastogi is the Director of Sawadhee Traditional Thai Spa. Views expressed are personal.

Unwinding and relaxing has always been a very important part of our lives, and what better place to do it, than at a spa! Spas worldwide have been known as places of healing and rejuvenating for thousands of years now. In today's time people are leading fast paced lives, they are always on the move chasing their goals and aspirations, and in such a scenario the need for spas is vital. It is here that they get to pamper themselves and feel refreshed to bring on the challenges of tomorrow.

There are so many different type of spas today – some budget, some luxury and some heritage, among others. It is important not only for the client to understand what he or she wants from the spa experience, but also for the spa to understand what is that the client is looking for and how can they provide that experience. Each kind of spa has something different to offer to their clients and so the focus differs. At a luxury spa, it is all about the client experience right from when the client makes a reservation till when the client leaves the premises. Attention to detail is something that they thrive on; they ensure that if a client is paying a premium for the service, he or she gets the best quality ambience and most importantly, a great service, leaving them wanting more.

Sanitation is a key aspect of the spa experience and factors such as, hygiene and cleanliness, which are often taken for granted by local spas, are given their due importance adding to the overall vibe and experience of the client. Luxury spas make sure that housekeeping is on top of its game at all points in time ensuring that right from the towels to the bathroom to the bed sheets, it is all spic and span.

Apart from the above mentioned parameters, the client of today is a smart consumer and wants full value from their purchase. They are also sensitive to the kinds and quality of products that are being used. Luxury spas are using organic and chemical-free products that do not cause any harm to the environment. They use their own blend of custom-made oils in different fragrances for a variety of massages. The body scrubs are made from pure ingredients such as, chocolate, honey, olive oil, yogurts, essential oils, oats, coffee, almond paste, rice powder, and others, which have a number of natural properties that benefit and enhance the quality of the skin. Such rich ingredients are usually not found in artificial products being used today.

Customisation is another feature that luxury spas offer, they have all kinds of massages and therapies from across the world that help the client to rejuvenate. The therapists are trained to deliver each massage differently depending upon the needs and wants of the clients. They are also highly experienced and know how to tackle the correct pressure points in different situations, making the client feel more at ease. The therapists also have great knowledge about the kind of massages that the spa has to offer, and can recommend which massage will suit a client the most depending upon the need or concern. Hot Stone Massage, Potli Massage, Sports Massage, traditional Thai Massage, Deep Tissue Massage, body scrubs, facials, traditional Javanese Lulur are some examples of the kind of varied services that spas today provide.

A total package of all things desirable and relaxing is what makes a luxury spa. Spas, today, are constantly evolving to work in tandem with the client's demands and provide the best quality services at affordable prices. 📌



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Duration: 90 minutes

Price: ₹6,500 + taxes

THE QUAN SIGNATURE, QUAN SPA JW Marriott Hotel, Kochi

This therapy brings together the specialised massage techniques from all over Asia including Thai pressure point, Filipino hilot and Malaysian urut to melt away your tension and rejuvenate your senses. Combined with the healing warmth of natural Indian Ocean seashells, heated with a blend of dried sea kelp and rich algae minerals. This massage is ideal for soothing aches and pains.

Duration: 90 minutes

Price: ₹5,000 + taxes

HAMMAM RITUAL Spa at Four Seasons Hotel, Mumbai

This ritual eliminates toxins, relieves tension and leaves the skin feeling reborn. Start with body cleansing using the goodness of eucalyptus extracts, followed by an exfoliation with a basil and marigold scrub, and end with a calming Himalayan clay mask.

Duration: 90 minutes

Price: ₹9,000 + taxes

DETOX HERBAL COMPRESS MASSAGE The Palms Spa, Bangalore

Incorporating an ancient Thai and Indian healing remedy for deep muscle aches and spasms, this massage stimulates circulation while increasing the flow of energy. It uses a steamed herbal compress to draw toxins out of the body.

Duration: 75 minutes

Price: ₹4,600 + taxes

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SALON INTERNATIONAL is a comprehensive, youthful and dynamic magazine meant for salon and spa owners, brands, hair and make-up artists, aestheticians, and entrepreneurs in the field of hair, beauty and wellness.

- ☞ The content offers 360° view of a rapidly growing industry.
- ☞ Authored articles by industry experts offer deep insights.
- ☞ Professional hair and make-up artists share cutting-edge trends and techniques.
- ☞ Supported by in-depth technical information and high quality visuals to be a knowledge sharing platform.

HIGHLIGHTS OF THE NEXT THREE ISSUES

Beauty & Wellness Industry: Status of the industry, achievements and setbacks of 2018, forecast and plans for 2019, strategies by professionals, and more..

Coloured make-up: Top trends in coloured make-up products including, lip shades, eye shadows, nail paints and more. Experts share the forecast for Spring-Summer'19.

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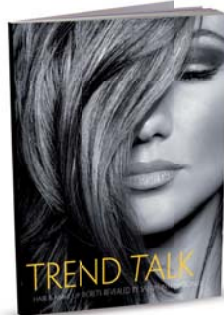
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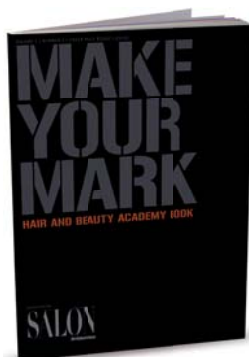
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TREND TALK

HAIR & MAKE-UP SECRETS REVEALED BY SALON INTERNATIONAL

Hair and make-up artists are the backbone of the hair and beauty industry. To educate them further on the new trends and techniques in hair and make-up and to salute their hard work, Trend Talk: Hair & Make-up Secrets Revealed has been launched. It is a ready reckoner that not only gives insights into the trending looks in hair and make-up, but also suggests hairstyles and make-up techniques basis face shapes and personalities!



MAKE YOUR MARK

HAIR AND BEAUTY ACADEMY BOOK

The hair and beauty industry of India has grown manifold, however, it is grappling with the challenge of finding trained personnel. Make Your Mark: Hair And Beauty Academy Book covers some of the best academies in the country and a few reputed international ones. From interviews of academy heads, certification offered to an intensive list of courses, fees and more, the idea is for the Book to work as a bible for professionals in the industry as well as new ones who want to enter the line.

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Sonal Chauhan

“Healthy Skin Radiates Positivity”

B-Town artist Sonal Chauhan was seen in two multi-starrer films like *Paltan* and *Jack and Dil*. She considers inner peace crucial for her skin’s health, and reveals that a yoga is one of her biggest beauty secrets

by **Jaideep Pandey**

“My idea of beauty”

It is simplicity. I believe that the simpler we are, whether in our appearance or in our thought processes, the more beautiful we look. A happy face and a healthy skin without make-up is my idea of beauty. I feel that if you are internally happy and positive, it shows on your skin, and you actually radiate a positivity. For me personally there is no ‘better beauty’ than the positivity that one radiates with when one is happy from within. Also, a workout session or yoga is one of my biggest beauty secrets as it makes you feel cleansed, internally. As soon as I sweat, I feel positive and trust me, nothing makes you look more beautiful than internal health and peace.

“Pivotal of my beauty regimen”

I try keeping myself hydrated by drinking water and applying moisturiser everyday. Also, before going to bed, I make sure

that I clean my face fully after which I apply either almond oil or a moisture-rich night cream which helps my skin regenerate while I am asleep. I have recently discovered Aerial Yoga which involves inversions that stimulate blood circulation. It works towards giving me a glowing complexion. A good sunscreen is most important as it protects my skin from harmful ultraviolet rays of the sun. I am currently using La Shield. It has a nice matte texture which I feel is the best thing about it. Other than moisturiser, honey too has played a big role in keeping my skin healthy. I simply swear by it. I apply honey on my face for 15 minutes and it hydrates my skin and lends a shine.

“Spas are a delight and instrumental”

I simply love going to the spa! It has amazing powers and the therapies relax and rejuvenate me. Recently, I read the numerous benefits of steam and sauna and I must say they are all true.

“My methodology of hair care”

I oil my hair thrice a week and then shampoo it. Once in a while, I apply a natural hair mask made by my mother.

“My biggest beauty splurge”

I feel everything that I have ever bought is a beauty splurge because it makes me happy and when I am happy I feel, I look beautiful.

“My travel beauty kit consists of”

Cleansing milk, face wash, moisturiser, sunscreen, lip balm, liquid blush, highlighter and lipstick.

“If I had to describe myself in short”

Someone who is indescribable in words and is meant to be understood by the ones who think it is worth the effort.

“My message for women”

My message to every woman from all age groups is – smile a lot, look at every situation positively and cut negative people out of your life as soon as you spot them. Choose people carefully as stress is not worth it, but your peace of mind is. 🧘

RAPID FIRE

5 things you do not leave home without?

Lip balm, cell phone, shoes, clothes and a perfume.

The make-up move you still cannot master?

Eye make-up! I just cannot do it.

One beauty trend that you love?

It is the ‘less is more’ trend.

Who are your beauty icons?

My mother and Maharani Gayatri Devi.

Which are the best hair care products?

Natural oils, hair pack made of banana, curd, honey, and hair oil.

Facials are ‘a must’ for a glowing skin?

No idea. I have never tried them.

QUIZ TIME

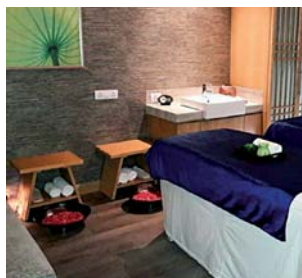
SCORE ON SPA AND WELLNESS



Get your spa and wellness facts right. Answer these questions correctly and get three issues of *Salon India* absolutely free

1. The design accents at the in Radisson Blu, Faridabad, take inspiration from natural foliage to create the impression of a 'garden' of wellness.

- a) Woo Wellness Spa
- b) Tattva Spa
- c) Seventh Heaven Spa
- d) ESPA



2., Spa Manager, Cedar Spa by L'Occitane at J W Marriott, Mussorie, constantly strives to raise the bar of wellness.

- a) Sangeetha R
- b) Sudeshna Pal
- c) Lily Bernard Serrao
- d) Jyoti Rathod



3. at The St Regis, Singapore, sets new standards of excellence for urban spas and offers a wide range of services.

- a) Remède Spa
- b) Banyan Tree Spa
- c) Ayspa
- d) Chiva Som Spa



4. Dr Varsha Avinash Tawde, Franchise Owner of, engage clients in various health camps and lifestyle management programmes.

- a) Chi The Spa
- b) Heavenly Spa
- c) Birla Ayurveda Wellness & Treatment Centre
- d) O2 Spa



5. massage boosts perspiration in the body and is beneficial for the skin.

- a) Pizhichil
- b) Njavarkijhi
- c) Shirodhara
- d) Elakijhi



Send in your responses to:

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NOW!!!

Delhi Institute of Laser and Aesthetic Medicine (ILAMED)



Launched in the year 2006 as a collaborative effort between Dr Ajay Rana, Founder and Director, ILAMED and Prof Dr Hans-Robert Metelmann of Berlin, Germany, ILAMED is one of the few professional educational institutions that provides training and hands-on courses in Cosmetology, Laser and Aesthetic Medicine to licensed Cosmetologists and Physicians. Says Dr Rana, “Technological advances in Laser and Aesthetic Medicine and the immense benefit it offers patients, has brought together physicians and experts from Europe, US and other parts of the world. It was essential to create a platform for Indian physicians to develop the sciences of Laser and Aesthetic Medicine, impart the latest knowledge to their peers and to bridge the research gap between East and West.” Sharing the USPs of the institute, says Dr Rana, “ILAMED is present in the metros of India and at locations overseas. As modern medical sciences and aesthetic beauty treatments have united, Clinical Cosmetology has arisen to be a new field. Subsequently, there has been an increase in demand by medical scholars and practicing doctors, who can impart certifications in Clinical Cosmetology. Our courses meet the demands of such professionals, who are eager to learn the intricacies of this discipline.”

Courses

PG Diploma in Clinical Cosmetology (PGDCC): The development of Clinical Cosmetology represents an important breakthrough in the development of medical sciences. The duration is six months online followed by two weeks of hands-on training.

PG Diploma in Medical Trichology (PGDMT): Aesthetic Medicine is one of the fastest growing sub-specialty. The real benefit of practicing Aesthetic Medicine is the types of care practitioners can offer to their patients. The duration is six months online followed by two weeks of hands-on training.

Fellowship in Aesthetic Medicine (FAM): It is an exhaustive programme that covers topics ranging from Botox, Fillers, Lasers, and more. It includes theory and live-demonstrations and is for one year followed by four weeks of hands-on training.

International Diploma in Aesthetic Laser Medicine (DALM): ILAMED is the Off-Campus Centre of the DALM Programme of Greifswald University, Germany. It offers the DALM programme for one year to English-speaking countries. The qualifying candidates are awarded the DALM German Diploma.

Affiliations

ILAMED courses are affiliated with the University of Greifswald, Germany and the Universidad Nacional Autónoma de México, Ciudad Universitaria, a public research University in Mexico.

Eligibility criterion

For PG Diploma in Clinical Cosmetology, Medical Trichology and Fellowship in Aesthetic Medicine, the basic requirement is a medical degree from a reputed medical college. One can avail the training and certificate of PGDCC/ PGDMT/ FAM to become either a specialist or a trainer in Cosmetology or Aesthetic Medicine. Those with a Diploma or Masters in Dermatology can also train in Medical Cosmetology to enhance their practice and become a specialist.

Fee

On request. 📞

Contact person: Dr Ajay Rana | **Address:** ILAMED, E-52, Greater Kailash-II, New Delhi-110048 | **Phone:** +91 7838606869/+91 9873902645 | **Email:** courses@ilamed.org, info@ilamed.org | **Website:** www.ilamed.org

Panasonic's date with hair and make-up artist

With the ever-growing anticipation for the wedding season, Panasonic displayed its 'Beauty Range' comprising of hair dryers, hair stylers, styling irons, body grooming kit, trimmers and men's shavers through an interactive session titled #StyledbyPanasonic. Celebrity make-up artist, Guneet Viridi, highlighted Panasonic's range of beauty

appliances by creating a mix of contemporary and traditional styles for both men and women.

Rajneesh Sharma, Business Head - Personal care Appliances & Air Purifiers at Panasonic India said, "Consumers today have a fast paced lifestyle and are on a lookout for solutions that can help them avoid the hassle of going to a salon to get the desired look. Panasonic has always been a frontrunner



when it comes to innovation and technology. Our extensive research on consumer needs and behaviour helps us to identify gaps in the consumer experience, and focus on coming up with relevant solutions to address these gaps. The beauty solutions provided by Panasonic can up your glam quotient this season with minimal efforts at the comfort of your home."

Viridi created a festive look with Panasonic EH-NE20-K655 hair

dryers. A compact size with high wattage, it delivers superb drying performance, which saves time. She also highlighted bearded looks for men with Panasonic's ES-SL41-R453 rechargeable shavers. With wet and dry shaving options, the product can also be used for wet shaving with gel or foam. With an easy to grip ergonomic design, the shavers come with a pop-up trimmer and three blade cutting system with Nano-edge blades for a clean, sharp and close shave.

WHAT: Masterclass by Panasonic

WHERE: Panasonic Office, Gurgaon

WHEN: 25th October

GKhair Professional launches Color Masque in India

GKhair Professional, known globally for its innovative Keratin treatment, launched its new product line Color Masque in India. Ván Tibolli, Founder, CEO and President, GKhair Professional, was present along with Arpit Jain, MD, Auraine Botanicals Private Limited, who is the exclusive channel partner in the country. The brand, known to be the leader in 'the science of hair', has invested heavily in research and development to continually advance hair care technology to deliver new and innovative products. The latest inclusion, Color Masque not only gives a stylish new look with colours available in lavender, red and blonde; it also brings benefits to hair, as it has deep



conditioning and nourishing properties, the first to be offered by any hair colour brand globally. It is available at partner salons across the country.



Commenting on the launch, shared, Tibolli, "We are excited to launch our first colour product in India, which also happens to be the global launch. The hair care market in India has increased significantly with rising emphasis on grooming both in urban as well as non-urban regions. With Color Masque, we not only offer aesthetic value to our consumers, but also nourishing properties for

the hair which no other brand offers." Jain further added, "We would like to congratulate GKhair Professional on the launch of Color Masque starting with India, and are confident that this is just one of many more milestones to follow. We are glad to partner with a brand that has been the leader in numerous innovations in the hair care segment across the globe. The superior product quality backed by advanced technology and product innovation makes GKhair Professional a leader in the category."

WHAT: Product launch

WHEN: 23rd November

WHERE: Shangri-La's Eros Hotel, Delhi



RACHELE

STEP 1:

Start cutting taking a parting around the crown.

STEP 2:

Keep hair on the fringe with fingers under eyebrows.

STEP 3:

Go on cutting base perimeter with the same technique.

STEP 4:

Divide central area and lift locks at 90° vertically, cut length and follow the roundness of the head.

STEP 5:

Create twisted locks, twined in order to obtain more lightness in the structure.

STEP 6:

Go to the upper central area of the head and trim length, always unthreading the inside of the hair.

STEP 7:

Now we take care of the upper part of the fringe, lifting it at 120° in order to keep the perimetral area of the base longer and bringing locks to parting point in order to obtain layered and graduated hair.

STEP 8:

Unthread central area with some locks using twister in order to obtain more volume in the structure. Lift some locks horizontally and scratch the length of the hair to obtain a light and asymmetrical forelock.

Hair, Photo & Make up: Donadelli
Fashion: Anna Marchetti





Chitra Aggarwal

Traditional Weaves

Delhi-based fashion designer and Founder of Inaya Couture shares her views on fashion and beauty industry, source of inspiration, future plans, and more

How did you get started in the fashion industry? What was your source of inspiration?

I have always taken an interest in fashion, and love to experiment with lots of traditional modern design elements that have not been created before. Years ago, I started my label Inaya Couture from my home and worked hard to bring it to a level. Since the fashion industry is driven by innovation, the challenge of coming up with new ideas gave me a creative high and has helped me to push my boundaries.

How important are hair and make-up in fashion?

Hair and make-up play an important part in one's overall appearance and sets the style of the entire look. Both work in tandem to highlight the designer's concept.

What are your views on the fashion and beauty industry of India?

The fashion and beauty industries are booming and have tremendous potential. People are ready to embrace new trends in both fashion and beauty. Thanks to various media and social networking platforms, clients are more aware than before and ready to take risks and explore when it comes to fashion and beauty. This approach, in turn, has opened up avenues and opportunities for both the industries.

Who are the make-up artists and hair stylists you usually work with?

I have worked Guru. He is extremely talented and does an amazing job with hair and make-up. He is able to understand the concept and highlights the ensembles beautifully.

Which international designer is your inspiration and why?

I do not exactly have one, as several inspire me in different ways. I prefer working with Indian textiles and handloom fabrics, as every designer must keep in touch with their culture and heritage in order to grow.

Who is your favourite muse? Why?

Deepika Padukone. She is so graceful, gorgeous, creative and talented and believes in sticking to her roots, yet she is willing to experiment with new looks.

Which is the most outrageous make-up and hair look in your collection?

I have not tried anything outrageous, when it comes to hair and make-up. I prefer understated, yet elegant looks to go with the concept of traditional ensembles. For instance, we gave nude make-up and Indian hairstyles to the models for my bridal collection. It was completely in sync with the concept which was to depict the Indian heritage. This look worked out well.



How do you incorporate beauty and hairstyles in your collection?

I always add an Indian touch to my outfits, as traditional and ethnic wear is the flavour of our brand. I brief the same to the hair and make-up artists that I am working with.

What are your future plans? Do you plan to be involved in the beauty and hair industry of India?

As of now, the primary goal is to take Inaya Couture to new heights, for which, I am working hard to create a strong foothold and build my brand presence. There are no immediate plans to be associated with the hair and beauty industry. 📍

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