



Shaadi Specialists

Personal grooming and readying for a wedding—be it your own or someone else's—is now the domain of experts. Take a look. by JYOTI NARANG WATCHMAKER

Whether it's your own wedding, or the wedding of a family member or a close friend, the way you prep for it has changed. Today there are experts for everything, right down to nail artists and creators of floral jewellery. To look your best and save yourself a lot of stress, you may want to engage their services.

SKINCARE

DR RASHMI SHETTY, Cosmetic Physician

A glowing skin not only enhances whatever you're wearing but also brings out your makeup. Due to the stress of

preparations and attending multiple functions, your natural glow tends to get lost very quickly. However, while pre-wedding facials are a must-do, you can now opt for Botox. In India, cosmeceuticals like Botox, lasers, and fillers are spoken of in hushed tones, but it is quintessential for brides abroad. Dr Shetty explains, "Cosmetic procedures are not only curative or a last-minute resort, they are actually preventive. They prevent your skin from sudden lines and spots. Brides in other countries have special Botox parties for family and friends. This is not to promote superficiality but to increase the feel-good vibe in a wedding environment." She also has a large

number of brides complaining of an excessive sweat problem. "A small amount of Botox in the under arms is great for those embarrassing sweat marks and keeps you fresh while you move around to greet your guests," she says. Here, Dr Shetty tells you about some quick fixes:

MICRODERMABRASION: To get rid of black and white heads and patchy skin.

PEELS: For smoother, tighter, and healthier skin.

LASER THERAPY: To reduce spots and rejuvenate lifeless skin.

FACE ENHANCEMENT: Includes Meso Botox, Botox, and fillers which lift and tighten the skin. It also helps to correct uneven skin, hydrating it in the process; also smooths out lines.

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FITNESS

LEENA MOGRE, Fitness Expert

Celebrity fitness expert Leena Mogre has designed Bridal Boot Camp, a six-week intensive programme to get a bride-to-be in shape for her big day. It's also great for anyone who has limited time to get fit as the workout is high intensity. Says Leena, "The class integrates high energy aerobic segments with strength building sets, focussing on core strength and functional fitness. Members will work at their own pace, with an emphasis on results. The class is designed to mix it up, with aerobic intervals to keep the heart rate up, and multifunctional strength building exercises that aren't just the same old push-ups." Equipment such as hand weights, exercise balls, medicine balls, sand bags as well as body weight is used to challenge the individual.

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NAIL ART

SCHÈRÉZAAD Y PANTHAKI, Nail Artist

Most brides overlook the importance of having something different on their nails. But bridal nail art is catching on and being given as much importance as makeup or hairstyling. Schèrézaad Y

Panthaki, proprietor of Paaws 'N' Claaws—The Nail Spa, in Mumbai, says, "Apart from the classic French manicure, we do elaborate artwork, especially for brides, using Swarovski crystals. We do lace artwork, where we apply the colour of a client's choice and on it apply a thin, fine lace mesh in different prints. Brides love bling and they want to make a statement on their big day, so silver and golden lace mesh is used on the nails." Different motifs like flowers or paisleys are also popular and nail art can also be done to match the pattern of the outfit. Some even opt for different designs for each occasion. "For the bachelorette bash we do airbrushed prints of naughty pictures or the groom's face," says Schèrézaad, who has many celeb clients on her list.

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SARI DRAPE

KALPANA SHAH, Sari Drapist

The way you drape your sari makes a huge difference. Says Kalpana Shah, an expert in the field, "Women spend a fortune to buy the best of saris but it will look attractive only if it is worn artistically and draped perfectly. For brides-to-be, I look at the embroidery, the border, and the *pallu*. After studying all these and her body type I decide what drape would look good on her," informs Kalpana. With clients like Kareena Kapoor, Katrina Kaif, and Deepika Padukone, Kalpana is known for being able to drape a sari in various traditional styles such as Gujarati, Marathi, Bengali, retro, *lehenga* style, and even a square style. "It entirely depends on the occasion. If a client is getting ready to go to a cocktail party then I drape her in a western style which suits the occasion."

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HENNA

USHA SHAH, Henna Artist

If it's a wedding, can henna be far behind? However, it's a wise idea to

hire a well-known *mehendi* artist as an inexperienced one can do a shoddy job. Mumbai-based *mehendi* artists Usha Shah and daughter Ekta Shah Kansara's designs have adorned the hands and feet of many celebs including Demi Moore, Nita and Tina Ambani, Aishwarya Rai Bachchan, Kajol, Karisma Kapur, Rani Mukerji and recently, Hollywood singer and actress Jessica Simpson. "Traditional fine *mehendi* is a hit among brides-to-be, but instead of the usual flower and peacock motifs, there is a story in the design as well. It could be a wedding *palki* with a bride and groom or Radha-Krishna or Ganesha. Paisleys and Rajasthani square motifs are also in demand," explains Usha. The duo specializes in zaradozi motifs, ornamental, temporary tattoos and *mehendi*, Arabic *mehendi*, *mehendi* for kids, portraits, navel tattoos, and so on. You can also opt for a thematic design depending on the occasion you're getting it done for.

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FLORAL JEWELLERY

DOLLY THAKKAR, Floral Jeweller

Jewellery made from fresh flowers is unconventional, and a relief from the heavy jewellery that's custom on a wedding. Aishwarya Rai opted for floral jewellery for her *mehendi*, crafted by floral jewellery creator Dolly Thakkar. With a passion for flowers, Dolly first created a set from real flowers to wear for her friend's daughter's wedding as she did not want to wear typical jewellery. After that, there was no looking back. Since flowers are considered auspicious, it was a perfect blend. "We make all sorts of jewellery—*maang tikkas*, earrings, necklaces, chokers, *baju bandhs*, and bracelets. Everything that you can wear in real jewellery can be done in flowers. I use all kinds of flowers and work according to the colours, design, and outfit. If the outfit has a paisley motif, we create that, and also choose flowers accordingly. The jewellery lasts for 48 hours," explains Dolly.

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Wedding Services

Here's a round-up of what's new in the wedding services market.

1. TROUSSEAU PACKING: "Whether the gift is expensive or reasonably priced, packaging adds to the value," says Shalini Beriwal of Magnificence, a gift packaging company. While bright colours and metallic embellishments are always a hit, the look can be traditional, contemporary, or fusion depending on the occasion," says Shalini.

Contact: mapp.co.in



2. PHOTOGRAPHY: StudioRed is a wedding photography company with a difference—they blend journalistic and candid styles to capture the mood. "Our photographers lie down, hide behind flowers, climb balconies... whatever it takes," says Vaishali of StudioRed.

Contact: 0/99167-12676; studioired.in

3. WEDDING STATIONERY: Today, coordinated stationery such as sweet boxes, paper bags, wrapping paper, thank you cards, and save the date cards are also added to the invitation card to add a personal touch. Rajesh Khumbat of Universal Wedding Cards, says, "Satin cloth cards are the most popular with peacock-theme based designs." Hot now: bejewelled cards, scroll invitations.

Contact: universalweddingcards.com

