



Passion for fashion



Tell us something not many people know about you?

Not many people know that I am a total foodie (I have a big sweet tooth). I love indulging in cheesecakes, custards, pies, chocolates and ice creams. Also, a book is all that I need when I'm travelling. Having my iPod is a must on all occasions and I do not leave the house without applying a generous amount of kohl and blusher.

How would you describe your style?

My own style is a mix of high street labels combined with my own pieces. I would say that I am conservative yet modern in the way I dress. I add a few quirky elements – I am not really the kind who sticks to trends. I like mixing Indian and western pieces. My style is relaxed, comfy, fun and very me.

What fashion tips would you give to a woman?

Women need to embrace who they are – hoping to transform yourself into what you are not is not going to help. Accept your body and dress according – camouflaging your flaws and bringing out your assets is key. Do not follow trends just because they are in, stick to what looks good on you, is comfortable and boosts your confidence. And make sure you invest in good shapewear and underwear – it definitely makes or breaks an outfit.

And what fashion advice would you give a guy?

The essentials that a man needs to have in his wardrobe are a great pair of sunglasses, a good brand watch, leather belt, a good pair of sneakers and comfortable yet trendy shoes. Also, they should invest in good chinos that can be worn with both shirts and tees and can go from day to evening looks. And a tailored linen jacket is a must which can go from a formal to casual look. Be confident and think about comfort and style while making your purchases.

Finally, why do you love fashion?

I love fashion as I have grown up with yards of fabric, bundles of laces and threads, embroidery swatches spread around in my house. I love the process of an idea to the final outcome, where what you visualise in your head finally comes to life. It gives me great satisfaction as each of my designs is created. It is a medium through which I express my ideas and emotions. It gives me a sense of fulfillment. Since creativity has no boundaries, it allows me to move beyond barriers and create something unconventional.

To find out more about Sabah Khan, log onto www.sabashe.in

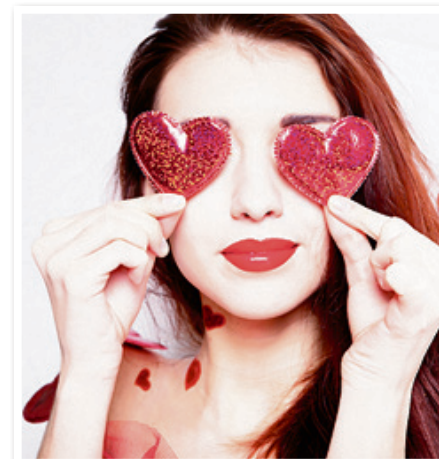


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Last girl standing (part 2)

AS I explained last week, being single in your 30s offers up its own challenges and unexpected situations.

It has its ups and downs. Yes, I have no one to answer to, can go where I want, whenever I want and don't get judged for making a random conversation with a guy on a train. I can also secretly wish this hottie is the man of my dreams who will whisk me away on a horse into the sunset, we will live in a house beside the sea, make love and beautiful babies.

I put this out there on Twitter to find out if I was the only one who feels like this, and lo and behold, it turns out I wasn't.

That is the beauty of social media – though there is always be someone judging you or wanting to argue or bully you, it also brings like-minded people together and this time was no exception. Ladies in their 30s opened up to me about how some people get left out of 'couple' things their friends and family do because they aren't in a relationship. This is judgmental, in my opinion. Just because she isn't with the man of her dreams, it doesn't mean she shouldn't be included.

I also spoke to a girl who is a regular matchmaker but is sick of people not setting her up, so why shouldn't she concentrate on herself now?

At 31, I should be (or so society demands) married with a kid, but sadly I'm not. Not because I don't want to, but because I don't want to settle for anything less than perfect. To be honest with you, like everyone else, I cherrypick whom I want to date. For example, I'm 5'5" and 5'8" with heels. I would, as a minimum, want to date a guy who is 5'7" – that isn't unrealistic or fussy, is it? Also, one thing I can't bear is a mummy's boy. For an independent British-Asian female, someone who hasn't cooked a meal in his life and has lived under his parents' roof for the 35 years they have been on this planet isn't a turn-on – no offence!

I, my friends, my Twitter followers, may be the best women in the world, be beautiful, have an amazing job, wonderful confidence and own their own flat, but in this day and age, men seem to be looking for someone who is the complete opposite. Someone who will live with him and his parents, who's going to make him curry and roti every day, who will push their dreams to the side so that he can pursue his own. (Yes, we all have to compromise to a certain extent, but guys, it is 2013 not 1913! Get with the times).

Women, stand up to your man because let's face it, not many Asian guys are like Christian Grey, right?

I know I'm not the only one who feels like this. So many other women do and it's not because they are picky (well, some do live in a fairytale world) but because they have standards and would rather be single and happy than sad and in a miserable relationship.