



# Jewellery wear you'

## TOP TIPS AND WHY GEMSTONES ARE A GOOD BUY



make. Don't deck up like a Christmas tree. Decide what you want in focus – is it the clothes, the jewellery, make-up or hair? Keep it elegant and simple. If you are going to wear a heavy necklace, keep the earrings simple and wear a beautiful maang tikka. A bride usually glows on her wedding day so keep the make-up minimum and focus on the eyes or the lips, not both.

### What advice would you give women who don't have big budgets?

Great taste doesn't necessarily mean expensive jewellery. Many believe my pieces are super expensive, but when people come to buy them, they realise that is not the case – beautiful designer jewellery doesn't necessarily mean designer prices. For women who have limited budgets there are many options. At my own store I have jewellery in a wide range for all budgets.

### Tell us something that not many people know about you?

I'm eccentric to the core, passionate and suffer from OCD. I can drive anyone, including myself, crazy trying to be a perfectionist.

### You are very prolific on Twitter, but do you think you are too outspoken at times?

I believe in expressing my opinion and no one should have a problem with that. I usually speak on social and religious issues that cause disharmony. I also share my creativity on Twitter and interact with my followers on a regular basis. I

think having an opinion is important and if people think I am outspoken, so be it. It's important sometimes because one's silence can be mistaken for acceptance of

something that causes great displeasure.

I'm not an actor or a sports star or entertainer, yet I have a large following. (Smiles) Maybe there is some sense in what I express or why would so many follow me?

### According to you, what is the secret of having a successful business?

Just love what you do and do it like it isn't a job.

### What would you say is your idea of happiness?

Happiness to me is being grateful for everything you are blessed with in your life daily and yet forget to acknowledge. Happiness is spending time with your family or loved ones and doing what you love. Happiness to me is sharing with others, caring for someone less fortunate and having good health. Happiness to me is the things that money cannot buy.

### Finally, why do you love jewels?

I love the fact that I can translate an idea or thought in my mind into a three-dimensional object of beauty, one that will outlive generations, becoming more and more precious each year.

That's what I love about jewels – each of these beautiful mineral compositions which comes from within the earth's crust and is something I work with, make into jewellery, that they will transcend the sands of time. That one day my creativity, work and art will outlive me.

Log onto [www.farahkhan.net](http://www.farahkhan.net) and [www.farahkhanfinejewellery.com](http://www.farahkhanfinejewellery.com) to find out more.

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ROLE MODELS: Carrie (Sarah Jessica Parker) and Samantha (Kim Cattrall) in the hit TV series *Sex And The City*

## The Sex And The City effect

AS A single female in her mid-30s who has grown up watching the hit TV show *Sex And The City* (SATC), the lead characters Carrie Bradshaw, Charlotte York Goldenblatt, Samantha Jones and Miranda Hobbes have always been women who I look up to in many different ways.

Carrie inspired the writer in me, Miranda the career woman, Samantha the confident sexy person, and Charlotte the kind-hearted individual who longs to get married and be a mother. Of course, Carrie impacted on me a great deal otherwise I wouldn't have been writing this column for the last four years.

However, I would never have imagined today that the scenarios they explored in the series, which ran from 1998 to 2004, would be the same issues women in 2016 face on a daily basis.

From meeting Mr Right who marries someone else to the caste system and meeting younger/older guys, the age-old issues are the same. This includes settling for someone you maybe don't love as much as your ex, but because you don't want to be alone for the rest of your life. This is something I see day in, day out with friends, family and colleagues.

I think one of the main ways that SATC changed my life was it made me realise the issues women face are not things we have to deal with alone. When I get together with my single friends, we can talk about things related to the show and not feel alone.

One running theme throughout was having a group of friends who won't judge you. The girls got together and discussed anything and everything. Having friends from a number of different backgrounds who have different personalities is important, too. I learn from my friends with children that having compassion is important, my single friends reassure me that I'm not alone and my career-oriented friends teach me how to be a go-getter.

Then we come to the most important part of the show, sex, and I couldn't write this column without mentioning it. From using toys to one-night stands, Carrie and co did it all. And I won't lie, when I meet up with many of my different groups of girlfriends, sex always somehow comes into the conversation – either the lack of it or advice on how to do certain things.

There are so many aspects of the various characters in SATC that all woman can relate to, whether they are single or not. That's why I love the show, because the essence of it is a group of women who are completely different from each other and how their lives just merge together. Carrie and the girls, we salute you for helping women not feel alone.