



With Neelofer Nova

Ancient recipes

MY GRANDMOT-HER has been giving me ancient recipes for beauty products for years now, but I've noticed all the top magazines and blogs are now raving about the wonders of natural homemade beauty products.

So not only does the premise; "you are what you eat" apply to what ingredients we consume, but what you put on to your hair and skin can also make a difference to the way you look. Forget the expensive creams, serums, lotions and potions that promise miracles, get in the kitchen and start experimenting with making your own beauty products!

Avocado is not just for salads

By now you've eaten it every which way on toast with eggs and added it to your morning smoothie, leaving only one thing left to do: smear it all over your face!



Rich in omega-3 fatty acids, avocados are supremely moisturising without clogging pores. Avocados also contain Vitamin C, a natural skin brightener. Mix avocado, honey and yogurt together to form a facemask. The lactic acid in the dairy acts as a gentle exfoliant, giving skin that fresh-faced glow without any irritation. Finally, honey acts as a natural humectant, boosting skin's hydration.

Baking Soda isn't just for cakes

Black head removal

A little baking soda goes a long way for blackheads, but don't overdo it as it can seriously dry out your skin. The biggest reason baking soda helps is because of its small, fine, granules that can work as a natural and inexpensive way to occasionally exfoliate and remove anything clogging your pores (and therefore causing blackheads.)

You will need: 1 part baking soda and some fresh water
Directions: Mix the water with enough baking soda to form a thick but spreadable paste. Using a gentle circular motion, massage the paste into your skin. Rinse thoroughly with plain water, pat your face dry, and then make sure you moisturise your skin.

Yellow is the new white

Turmeric has a ton of benefits! It is often called the eastern secret to youthful skin and several studies have suggested that it is highly beneficial for oral health.

One study found that it had a positive effect on gingival inflammation and can also be beneficial for dental pain. In contrast, gum inflammation and receding gums are some of the most common side effects of conventional whiteners.

Turmeric toothpaste recipe

Ingredients: 1/4 teaspoon organic turmeric powder and 1/8 teaspoon melted coconut oil

Method:

1. Dip your toothbrush in the paste and brush teeth as normal, but instead of rinsing when you're done allow the paste to sit on your teeth for three to five minutes so that it can do its magic.
2. Spit and rinse thoroughly, then follow with a second brushing using your regular toothpaste. If you notice any yellow around the corners of your mouth, wash with soap and it will rinse away.

When the turmeric is fully rinsed away you should notice a brighter, whiter smile. You may notice a difference with the first application. If not, give it a few days to a week.

From make-up to making movies

SUBHASH SINGH LOOKS BACK ON HIS BOLLYWOOD BEAUTY PAST AND FILM FUTURE



by ASJAD NAZIR

ACCLAIMED make-up artist Subhash Singh has carved out a colourful career from making the biggest names in Bollywood look glamorous.

The Mumbai-born magician started work as a 14-year-old and has been conjuring up eye-catching looks that have cast a spell on audiences around the world for 25 years.

Although he has worked on over 100 movies with the biggest leading ladies, his work on sexy A-list star Katrina Kaif has become the stuff of legend.

Whilst Subhash is still heavily in-demand to make leading ladies, super-models and high-profile personalities look like a million dollars, he made the move to producing with his debut movie *Chalk n Duster*.

He is now working on *Googly Ho Gayi*, which marks the big screen debut of TV heartthrob Parth Samthaan. *Eastern Eye* caught up with Subhash to talk about make-up, movies and more...

What first got you interested in make-up?

From my childhood I was an avid reader and traveller, so had a curiosity to know about various cultures. I was also enchanted by nature. This not only sparked my creativity, but also drew me towards the desire to making someone stand out from the crowd. I also realised that you can change someone's image to suit a mood or emotion. The possibilities of this field were endless and I knew early on I wanted to be a part of it.

Who was your first famous client as a make-up artist and how did you feel working with her? (Smiles) I remember it very well. My first famous client was the wonderful Dimple Kapadia. I was 14 and didn't feel nervous at all. Instead I felt like a sculptor carving marble into something mesmerising, beautiful and angelic. That moment was a turning point and led me to where I am now.

How do you look back on your journey?

The journey has been very long, engaging and



satisfying. It has got me lot of fame and standing working with high-profile leading ladies, but importantly I have enjoyed my work. When you love what you do, it isn't a job and something you look forward to every day. Even today I still feel excited about creating a new look.

What have been the biggest highlights for you?

(Laughs) Wow, the question that I was waiting for. Every technician has a dream of reaching the highest level and working with the very best. Thankfully I have been able to do that. But after receiving several accolades as a make-up artist, I wanted to become a storyteller with my kind of cinema.

This led me towards setting up 3's Creations to make meaningful and entertaining cinema. My



STAR TURN: Subhash Singh with some of Bollywood's leading ladies

debut home production *Chalk n Duster* released earlier this year and now we are working on *Googly Ho Gayi*. That right now is the biggest high for me.

What has been the biggest challenge in establishing yourself?

Being a top make-up artist in the business does come with its pros and cons. As a celebrity make-up artist, you have to face all sorts of mood fluctuations of a star and in some cases weird or varying requirements of different production houses. But I was lucky that destiny had something better in store for me. I got immense co-operation from all the production houses and my various celebrity clients. So it has been smooth sailing, so no major challenges to speak of.

'I wanted to become a story-teller'

What kind of projects do you enjoy working on the most?

I will tell you an unshared secret about me, which is that I am a very romantic person by nature. So I always love to be as poetic as I can on the beautiful celebrity faces I am working with. I want the make-up to speak volume and makes audience flow in the journey of romance. This thought of romance was nurtured and bestowed on me by the impact of Yash Chopra's cinema.

Are there any particular looks you enjoy creating the most?

I like to create specially designed looks for the red carpet, wherein I like the skin to sing and look healthy with careful light, and appropriate contouring. I also enjoy creating the specially designed bridal looks too, which is always an interesting challenge.

Who have you enjoyed working with the most?

I have been lucky enough to work with some of the most gorgeous women in India, but have always enjoyed doing the make-up for the one and only Barbie doll Katrina Kaif the most. She is an absolute joy to work with.

Can you share a memorable behind the scenes story working with a client or on a project?

The most memorable has to be when I first got the opportunity to work as an independent make-up artist at the age of 14, for one of the biggest female celebrities of that time Dimple Kapadia. She was surprised and shocked to see my creativity and finesse,

and more so after knowing my age. As a reward I got endless recommendations from her, which helped in establishing my name in the top league.

Which make-up trends do you love the most?

The great thing about make-up is that you have endless possibilities, but pretty and simple things do inspire me. Whenever I see young girls who don't quite have the knowledge of make-up going out with perfectly done smoky eyes, it makes me smile and fills my eyes with appreciation.

Can you see yourself launching a signature product range?

Maybe in the future I will, but right now my focus is on the upcoming film projects that I am producing.

Which celebrity would you love to do hair and make-up for?

As mentioned earlier, my absolute favourite is Katrina Kaif because of the kind of person she is. But in terms of a celebrity I haven't worked with, it would be USA's first lady Michelle Obama. That is my greatest un-



fulfilled ambition. (Laughs) Can you please pass on this message to her?

What advice would you give to aspiring make-up artists?

The very simple advice I would give is be true to your work and the world will take notice.

What made you want to produce a film?

I have always been a creative person and working in cinema was a dream come true, but that was not enough. I wanted to tell my own stories and that led me towards becoming a producer.

Can you tell us about your forthcoming movie *Googly Ho Gayi*?

It's a romantic-comedy, which has both rural and urban shades. The male protagonist aspires to be the best and eventually becomes the one facing all the hardships. In the process of his journey, he falls in love. Parth Samthaan plays the lead role. He already has a huge fan base from TV and that will only increase when he is seen on the big screen. I believe he is a huge cinematic superstar of the future. I am excited about the film and about audiences watching it.

Who will this film appeal to?

I think when you make a movie, you want everyone to watch it. That is the intention with *Googly Ho Gayi*. It is for the classes and masses. One thing is for sure it will entertain you.

Why do you love working in movies?

It has made me what I am today. I started on this love affair with cinema as a youngster and hope it continues for a long time. I hope I can make movies I believe in and continue working with good people.

What inspires you today?

Whether it is as a make-up artist or a movie producer, the desire to do good work inspires me. Since I live and dream films, cinema also inspires me in so many ways. (Laughs) Long may it continue!



Follow Priya Mulji on www.twitter.com/priyamulji or log onto www.priyamulji.com

Spoilt for choice



MY SUNDAY mornings are usually the same. Wake up, shower and head over to Uxbridge to write my column.

I love it as you get to see so many different people; the families bringing their children for a morning frappe, first dates and fellow laptop-users.

When you live in a city like London, you are always spoilt for choice for things to do. A new bar or restaurant, an exhibition, gigs and meet-ups, but when it comes to dating what are the choices?

There is always the option to meet someone at a speed-dating event, through online dating, through apps, someone setting you up with a friend or meeting someone through work.

Ultimately though when there are so many ways to meet someone, are we spoilt for choice?

When I split up with an ex, quite a while ago now, it took me a little time to get over it, but he met someone new quicker. It is natural for women to take longer to get over loves than men.

(Most) men and their emotions walk at a faster pace than women. Whereas women will dwell over their feelings and emotions, men have usually moved on by this point.

Also, when men are ready to settle down, they are ready. They know what they are looking for, and if you are lucky enough to meet this guy once he has decided to settle down, and if you somewhat tick their pre-requisite boxes, then bam, they'll put a ring on it.

But up until that point, the eternal singletons and serial-daters continue from date to date, boyfriend to boyfriend, girlfriend to girlfriend, in the hope that love is just around the corner.

But why? Is it because we truly believe that we have that one soul mate waiting for us around the corner or is it because we think we can find something better?

In my experience of dating, especially in London with the abundance of ways to meet someone, any man or woman can have a different date every night of the week; if they aren't so picky of course.

But when it comes down to it, sometimes we are so caught up in this ideal world that we will reject a perfectly nice person just because they are an inch too short, live in zone 6 or wear the wrong shoes.

Ultimately, most people who are dating want to find love. My advice is not to be so picky and self-involved in your own ideals when maybe, just maybe, you meet the right person, but because they drive a Ford and not a BMW you reject them.

Remember the older you get, the harder it is to perhaps find love.