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GLOBAL SPA

VOLUME I. ISSUE 7 AUGUST DIGITAL EDITION

Building a
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IMMUNITY

Home
Sweet
Homestays

Why
COFFEE
First

Sania Mirza

MORE THAN A SENSATION



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LUMIÈRE
MARINE
—

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We are almost six months into lockdown, having learnt a lot of things from this pause, we all needed. Whether it was personal growth, familial bond, or reconnecting with flourishing nature, we have all been weaving our own quarantine stories - hoping and expecting for better days. Growing through what we are going through, the 'new normal' finally seems to seep in now.

Amiable. Courageous and Graceful. These three virtues self-explain one of the biggest names in the world of tennis. Maestro on the lawn for over two decades now, Sania Mirza didn't have it all planned out from the start, but if everything happens for a reason, no one knows it better than Sania herself. GlobalSpa's cover star Sania Mirza joins us for a buzzworthy conversation circling lockdown, reconnecting with hobbies, future aspirations, and of course tennis!

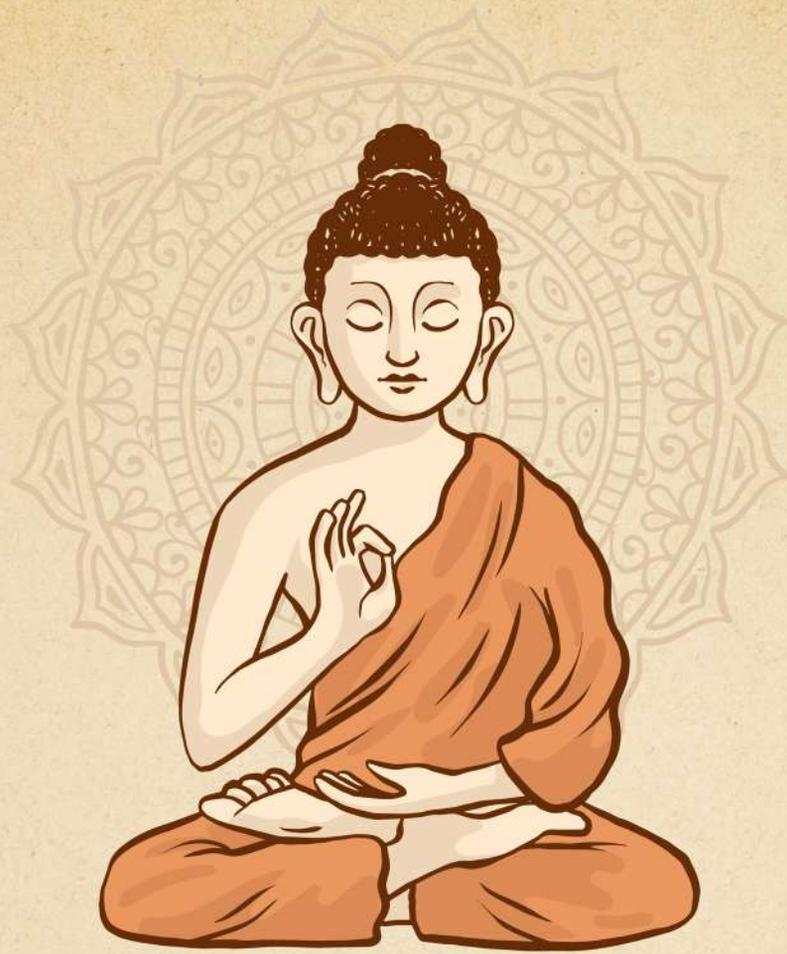
You will also find gateways to the rest of the world finally opening, and with it our list of unseen and unexplored experiences we want you to discover. From elite and luxurious to down-to-earth and cozy, we have jotted our favorite homestays around the country that we think offer you the perfect 'home away from home'. Vivid travel experiences from our friends in the hospitality industry - we have it all neatly packed for your wanderlust dreams. Take a trip down surreal streets and opulent hotspots to have that slice of joy you haven't felt in such a long time.

Even if normalcy is setting in, your health should remain of utmost important during these times. Grab your favorite recipe from our pages and create the perfect dose of strength, your immunity could very much benefit from. And last but not the least, we welcome monsoon with our latest beauty tips and tricks that one should have up their sleeve for a healthy, glowing monsoon skin.

We can't have the rainbow without rain, and we are just starting to see some colors.

Stay safe and stay healthy.

Parineeta Sethi
Chief Editor



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Vamsi Krishna Varma K
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SANIA MIRZA

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She was only sixteen when she flagged the Wimbledon Junior Championship and became the first Indian tennis player to ever achieve so. Over the years, she's been honoured with titles like the Padma Shri, Rajiv Gandhi Khel Ratna, Arjuna Award and many more on the lawn. She's a dreamer, a go-getter and a heart-warmingly humble. GlobalSpa's cover star Sania Mirza joins us in quarantine for a buzzworthy conversation.



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Contributors



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An Ayurveda Doctor, Author and Certified Stress & Lifestyle Management Consultant, Dr. Taruna Yadav has gained work experience in Preventive and Holistic Healthcare. She honed her skills as a specialist by consulting patients for Stress Management & Prevention of Lifestyle Disorders through the incorporation of proper nutrition, pure, fresh herbs, roots and flower remedies and Ayurvedic therapies.



Nilakshi Sharma

Nilakshi Sharma heads Content at Paro. She loves language and literature and can happily live in the world of books. She enjoys researching and writing. Baking cakes, playing with Toby (a thoroughly spoiled Golden Retriever) and watching the seasons unfurl slowly are some of the other things she loves doing.



Lipla Negi

She is a travel and wellness writer with over a decade of experience in journalism. She has written extensively on health, fitness, food, nutrition, spa & wellness, and women issues. Besides good food & hedonistic escapes, it is the prospect of an invigorating story that excites her the most. In this issue, she focuses on the word of the moment - 'Immunity' & how to keep it in top shape with a healthy lifestyle.



Pooja Nagdev

Inatur Ayurveda & Aromatherapy is Pooja Nagdev's brainchild. She has studied cosmetology & Aromatherapy from the UK and Canada and has been an internationally acclaimed expert in the area of natural ingredients. She practiced the principles of Ayurveda to deeply understand the relevance of ancient science in the present day. She believes that nature has many more treasures than we have known.



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HOMESTAY

Home Sweet Homestay

DOWN-TO-EARTH YET EQUALLY LUXE AND MEMORABLE - WELCOME TO THE QUARANTINE AGE OF VACATIONS. HOMESTAYS NOT ONLY CARRY A CERTAIN SENSE OF FAMILIARITY AND WARMTH, BUT ALSO GUARANTEE THE HOUSE YOU'RE GOING TO RESIDE BY IS UNDER DIRECT CHECK - PRIORITIZING YOUR HEALTH AND SAFETY TO THE MAXIMUM. RESTRICTIONS ARE NOW BEING LIFTED IN CAUTION, AND ONE CAN ALWAYS TAKE A TRIP AWAY FROM HOME - TO A HOME! LACED IN ELEGANCE, LUXURY, AND HOSPITALITY, THESE ARE SOME OF THE MOST WELCOMING AND BREATHTAKING HOMESTAYS YOU CAN 'STAY-CAY' ACROSS INDIA.

ELGIN HALL, Himachal Pradesh

Nestled in Dalhousie, Himachal Pradesh, Elgin Hall is a restored retreat spilling tales of the bygone British era mixed with refined needs of today's modern travelers. Originally a summer escape for British royals, the property was built in 1857 and named after a British diplomat - Lord Elgin. Today owned by Kavish Khurana, the Hall houses seven lavish suites alongside a formal living room and bar, a classic tea lounge, a library, a kids play area, a game room, and a courtyard spelling comfort and luxury.

In light of the pandemic, Elgin Hall has launched a safety initiative called 'We.care' that ensures proper and increased sanitisation measures that are being undertaken around the property like disinfected spaces, use of masks and gloves by the staff, providing disposable gloves and N95 masks to every guest upon arrival, placing hand sanitizers in every corner, and maintaining social distancing measures.

With each suite doused in a pastel palette and decorated with crisp-white furniture, every corner of this property accentuates the rich Victorian heritage of the region. Furthermore, the hotel surrounds majestic deodar trees, lush private lawns and panoramic views of the hills soothing to the eyes. If a slice of history and someplace ideal for a family outing is what you're looking for, Elgin Hall is a utopian vintage escape perfect for it all.

www.elginhall.com



THE BELGADIA PALACE, Odisha

An 18th century Victorian built double-story structure, The Belgadia Palace is home to the erstwhile royal family of Mayurbhanj - swarmed on all sides with lush greenery, steeping hills, sparkling waterfalls, and much more showing off the diversity of this East-Indian countryside. Being heavily inspired by the Doric-Corinthian column (a mixture of both Greek and Victorian architecture), you can easily eye the unique pieces of furniture and furnishings handcrafted especially for the family.

Only 3.5 kilometres from Bhubaneswar and 450 kilometres from Kolkata, the Belgadia Palace is just as exciting as a one-day halt just as it is a long weekend getaway. Explore the property's heritage as one member from the family takes you on a tour. Meet the local community including the Dhokra artisans prominent for their ancient metal casting in the district. Regular movie screenings, a plethora of board games, stacked canvases, and a badminton court serve as fun activities for the whole family. Adults can let loose at the Steam and Spa room with Ayurvedic face packs, juices and a masseuse on prior bookings with basic salon services offered.

Following protocols as per WHO guidelines and Govt. of India (MoT standards), this small boutique property with a 15-acre farmland ensures guests can walk around in ease and enjoy the heritage experience stress-free.

www.belagadiapalace.com



ANUGRAHA, Kerala

Thrive on 2020's unofficial motto: 'Less is more'. At Anugraha, experience pure tranquility and evergreen nature among lake-front views and tropical summer landscapes. Located in Aymam in the central Kerala district of Kottayam, this centuries old homestay is an independent villa attended by two members of the house-staff. The 7.5 - acre property is punctuated by canals, a pond, a vegetable garden, varieties of tropical fruit trees, hardwoods, bamboo and various kinds of ferns designed by award-winning landscape architect Tom Stuart-Smith. The place accommodates six people, so bring in the squad or your family for creating new memories along the serene side.

Fascinating enough, indulge in traditional Kerala cuisines in the style of Syrian Christian community here, or one may also make use of their organic kitchen garden stocked with seasonal herbs and vegetables, as well as basics, all throughout the year.

Boating routes, bird-watching such as kingfisher, schoolboy warbler, woodpecker, egret, duck, heron, Brahminy eagle and many other species, long walks, swimming pools - are just some of the many other activities you can enjoy here. An ode to slow living, Kerala's hospitality, and the natural splendours of this tropical travel destination, Anugraha offers a complete experience for those looking for something simple yet exceptional.

www.anugrahakerala.com



Photographs by: Ashish Sahi





VILLA VIVRE, Goa

Yet another lush homestay far away from busy bods, Goa's Villa Vivre is crafted with attention to each detail - the perfect view, the coziest spot in the house, the way the floors feel under your feet, and letting through the natural light shine. Each Lohono home is handpicked amongst the most beautiful in the world; expect nothing less from this tropical Goan Villa.

The alfresco dining setup on the terrace lends itself to late-night jam sessions and stargazing. Outdoors, an inviting blue-tiled swimming pool has the soothing backdrop of a forest. Moreover, Villa Vivre has two majestic Banyan trees on its premises - one that has a swing attached to it, perfect for little explorers, and the other connecting the poolside deck to the forest beyond. Gastronomy runs high as they serve local delicacies for breakfast, offer international cuisinaries and also recommend the best of nearby restaurants for one to dine at. Carefully handpicking the best of each experience and moulding them as per your wants, Villa Vivre with Lohono is an easy-go-lucky experience.

www.lohono.com





VILLA MAGNOLIA, Alibaug

Nestled in the lush countryside of Chondi village, Villa Magnolia is the perfect choice for a luxurious yet convenient getaway in Alibaug. Four spacious bedrooms sprawled across the ground floor and furnished with wooden louvred doors, four-poster beds and cool vintage artefacts; there is an additional bedroom on the first floor accompanied by a sumptuous pool and plush communal areas for the evenings.

Fulfill your tropical summer dreams as you splash around the pool under flowering trees, take lazy afternoon siestas on the patio swing sharing the sky and conversation with a loved one, or simply enjoy beautiful views from the balcony with a hot cup of tea or a chilled glass of wine. Enjoy a locally sourced breakfast; explore an international culinary experience within the villa or take your pick from a list of recommendations for the latest restaurants on the block! Solo riders, get inspired by local produce and stir up your storm at the Villa's kitchen. Connect with your wild side as you step out for boating adventures, thrilling skydiving and trekking routes, or familiarize with local culture and artistry.

Heartfelt, exuberant, and always at your whim, Villa Magnolia by Lohono is the next best paradise to lose yourself in.

www.lohono.com



IN SPOTLIGHT DESTINATION

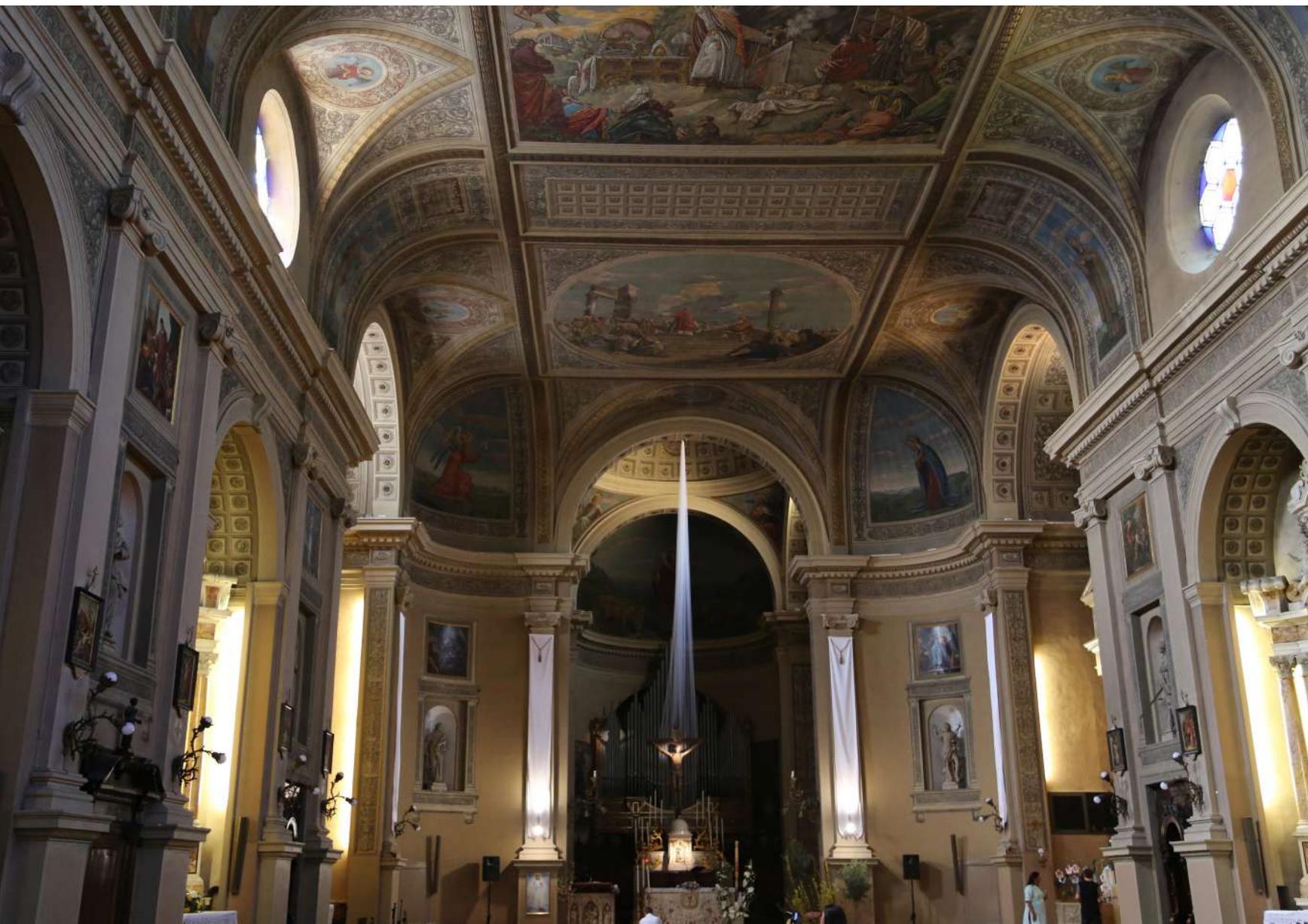
Savouring Soave, the FAIRY-TALE way



By **Gargi Guha**, Director of Public Relations, Four Seasons Hotel Bengaluru at Embassy ONE

WHILE TRAVEL PLANS EVERYWHERE ARE ON PAUSE, HOW ABOUT EMBARKING ON AN ENCHANTING VIRTUAL GETAWAY? LET'S WHISK YOU AWAY ON A MAGICAL TRIP TO SOAVE IN THE VENETO REGION OF NORTHERN ITALY.

Image credits: Nitesh Gulhati





If you are ever to visit Soave in the month of April and May, you'll be enamoured with the heady fragrance of wisteria dripping down in purple splendour at the most surprising places. Encasing the place in a curtain of light lilac blossom, this hardy creeper that grows out of nooks and crannies, leaves in its wake a trail of pale purple blossoms and a scent that would make one stop in their trails. Just sheer magic!

Soave is a charming day trip from Verona. The Soave Castle is about a half an hour ride from the city of Verona and a must visit, if one is in love with the quaint charm of yesteryears. In Italian, Soave means sweet and pleasant and a sweeping view of the vineyard laden slopes around the castle are testimony to this.

The town is surrounded by high walls which slide down from this fairy-tale castle... a relic from ancient times and a military edifice of sorts. The castle is a time-tested symbol of Soave's well preserved monuments and heritage sites.

A slow walk trundling up the winding path inside, can teleport you to an era of stories, lores, knights and duels. While the surroundings are vast expanses of grape vines across the hills, inside the castle and dotting the sidewalk of the main pathway are shops, gelaterias and cafes. People enjoying the slow and easy vibes here can somewhat make you feel as if time has stood still forever.

Midway up, and on the left is the church of San Lorenzo, dedicated to the patron saint of Soave, St. Lawrence. It has a baroque façade and dates back to the 14th century, having been reconstructed with little nips and tucks several times over. A visit inside holds a surprise, because the altar and ceilings with coloured frescos belie the simple and rather austere exterior. The quiet atmosphere inside this exquisite sanctum sanctorum is a charming reprieve. One can't help but sit for a while, soaking in the calming serenity of the place. Stepping outside can be quite the contrast.

Around the corner is the Palazzo di Giustizia, or Court-house. On the ground floor of this Gothic building is a wine bar and it can be tempting to rest a while, whilst sipping on one of the wines on the menu. After all, this tiny medieval town is also famous for a dry white wine by the same name,

Soave. Made from the local Garganega grape found only here, Soave wines are dry and crisp and can be enjoyed with cheese. Another option is an indulgent end to a hearty meal when made in the typical Recioto style, where the grapes are hung to dry and increase their sugar content. This deep golden dessert wine is redolent with a bouquet of flowers and honey.

If walking around on the cobbled pathway has made you peckish, a leisurely lunch at the charming Trattoria Antica Da Amedeo is recommended. The pastas here are hand crafted and delicious but the donkey stew is the main highlight! An after-lunch dessert craving is never to be taken lightly. Right across the street is Mattielli, a sacred stopover for artisanal gelato. Freshly made and seasonal, the gelatos are as delicious as they look. Summertime is a treat for the senses with forest berries in season, but during autumn, the pumpkin with amaretto is a winner all the way.

A brisk swig of espresso precedes winding down the road...and back to the gate of Soave Castle. The gentle hills around are now cradling the departing sun. A warm, golden glow bathes the surroundings and dusk is an impending suggestion. Casting a glance back at the turrets and high walls of the castle can be a reminder of how time stood still inside this edifice and its winding lanes inside.

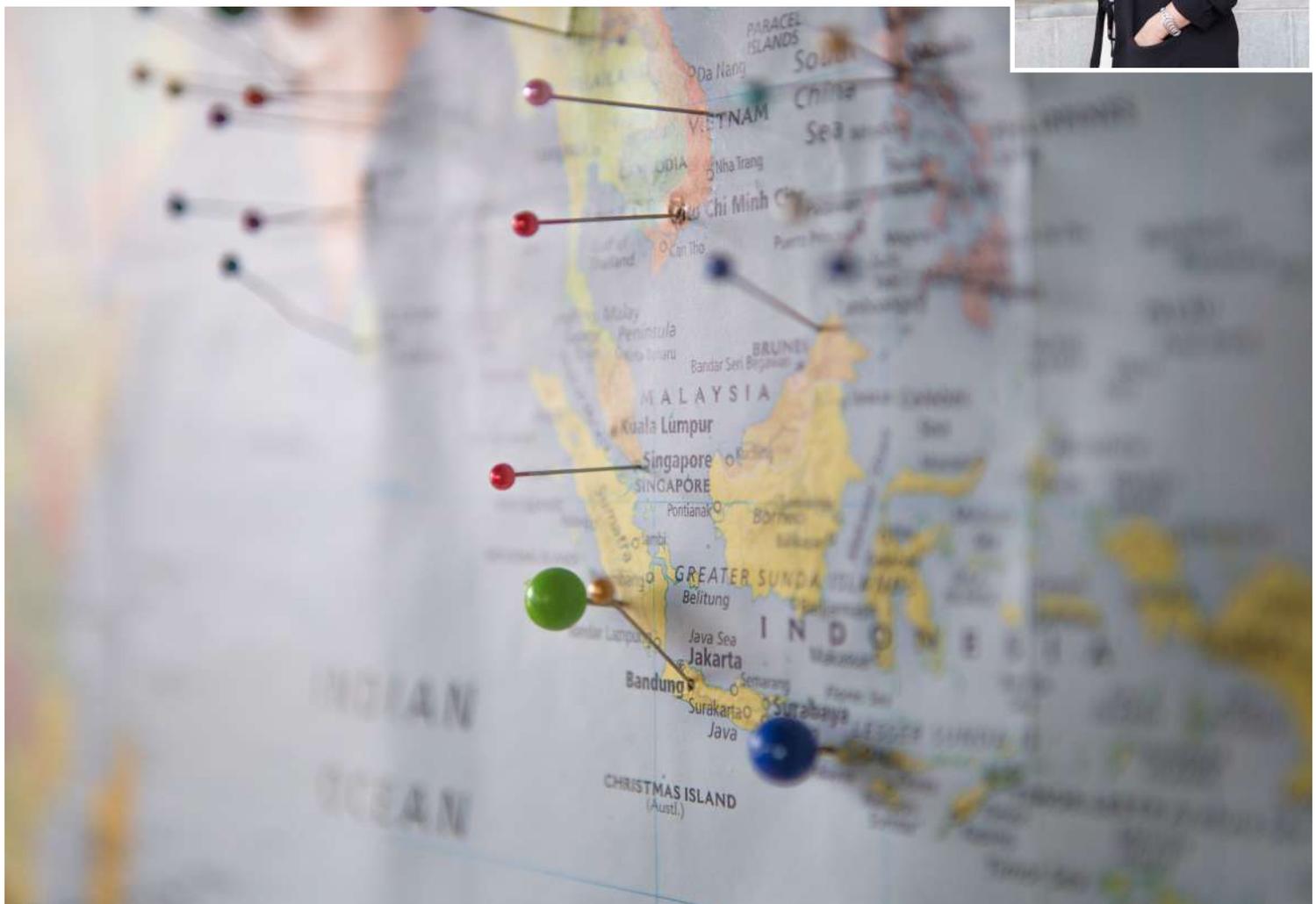
It is now time to bid goodbye to this fairy-tale day. 🌟



TRAVEL a
RE-START
to TRAVEL

WHAT WE KNEW OF AS UNPRECEDENTED TIMES FOR THE HOSPITALITY BUSINESS A COUPLE OF MONTHS AGO, NOW PRESENTS ITSELF TO BE THE NEW NORM. HERE IS A TAKE ON HOW HOSPITALITY AND THE WAY WE CHOOSE TO TRAVEL HAS CHANGED.

By **Prachi Tandon, Marketing & Communications Manager, Conrad Bengaluru**





The world as we know it, has changed. It has forced each one of us to pause, reassess and realign ourselves in our daily lives. That said, the sun will continue to shine as each day presents a unique and compelling opportunity. It is the strongest minds that survive this wave, for these times have touched our lives in a manner that we will always remember.

We know that hospitality and travel are the first ones to be affected by a pandemic, and as many industry reports suggest, it will be one of the last ones to recover. For many of us, 'living at work' is the new norm, which brings with it a set of new learnings. Humans have grown to be more cautious of the decisions they take – whether you should order in, step out to meet few friends, or even treat yourself to a small getaway. All these desires are now coated with a subconscious need to ensure hygiene and safety measures are taken by hotels and restaurants alike.

As humans, we have a desire to explore the unexplored, travel to newer destinations and experience the finer things of life. This innate nature remains unchanged. What has amended though, is how we achieve it.

While earlier this year vacations to international destinations marked a large percentage of demand, today, we see destinations at a drive's distance emerging to be the immediate preference. That said, this does open newer horizons for hotels to offer curated itineraries in and around the city and offer experiential travel opportunities in the leisure segment. But it doesn't stop here, we see a surge in the demand for chartered flights. A mode of travel that was originally referred to as the 'affluent mans' choice, is now considered by smaller groups and families, who do not mind shelling out a few extra bucks from the conscious effort to avoid crowded places.

So, while travel and hospitality have renewed avatars until the vaccine is out, as travelers we continue to dream away to our next destination, because fact of the matter is - even if the skies are cloudy, the sun still shines above it. 🌿





IN SPOTLIGHT DESTINATION

Earthly Paradise

BHUTAN IS THE LAND OF HAPPINESS, DRAMATIC LANDSCAPES AND RICH BIODIVERSITY, WHERE EVERYTHING LIVES IN ONE HARMONIOUS EXISTENCE.

By **Deepika Sinha, Senior Manager Marketing and Communication at JW Marriott Mumbai Sahar**



Being lucky enough to be gifted 10 days of uninterrupted me time by virtue of moving between jobs, I had decided to move beyond my couch and television. After much back and forth and conundrum I knew I had to take a plunge towards that solo trip I always envisioned planning for myself.

Planning a trip has always been a little daunting for me because of details around where to stay, how to travel, what to do, but here I was preparing for my first solo trip with trepidations galore in my mind. Prioritizing safety first, I selected Bhutan – The Buddhist Kingdom nestled in the Himalayas.

My choice of places to visit has somehow always made me the butt

of a lot of jokes amongst my friends, but here I was instilled with this exuberance of exploring, trekking (mind you I hate walking), discovering incredible flavors, being in the presence of strangers and unfamiliar surroundings.

I had a vision of how this trip would turn out and I never once imagined it would inspire and leave me longing for more. Bhutan, like I had always heard, is the happiest country in the world. I lived 8 amazing days in the midst of mighty mountains, the scent of earth, fluttering flags, architectural wonders that tell unheard historic tales of the place, and Bhutanese culture - music, food and dance – mind you their playlists are as spicy as their food.



As an introverted single traveler – I got my fidgety feet out alone instead of joining a group and created an itinerary covering Thimpu-Punakha- Phobjikha- Paro. The drive from Paro airport to Thimphu in its idyllic scenery was absolutely gorgeous. The streets in Thimpu were always abuzz with people walking about in traditional costumes, a stripey 'gho' for men and a long-woven skirt called the 'kira' for women. From craft bazaars, dzongs and temples to peppy-hip restaurants and bars, Thimpu definitely has the constituents of a cosmopolitan capital.



From the moment I left Thimpu and embarked on my journey to Punakha and then Paro, I knew I was going to be surrounded by inspiring views and surreal landscapes. I experienced the magic of September monsoons and kissed the rain clouds at the stunning Dochala Pass [at an elevation of 3100 metres above sea level] where 108 memorial chortens or stupas known as "Druk Wangyal Chortens" have been built. Punakha and Paro were everything I dreamt of – hiking in the Phobjikha Valley and trekking up the Tiger Nest Monastery are both personal successes for many reasons.

Bhutan was extremely special, not only because it was my first solo trip but also of my first time to explore a new culture, traditions, people, and new cuisines where I feasted on my favorite momos and not to forget Bhutanese special Ema Datshi, fiery but so delicious.

I made this trip at a time when I needed to build myself emotionally, re-connect with myself, break away from everything that wore me down and create experiences of a lifetime. Believe me girls (and boys) when I say, if you need to mend that heart, get away from the madness of life or just be in a tranquil environment, surrounded by mountains, rain or snow, Bhutan should definitely be your first choice! 🌿





TRAVEL

My Soul-Tripping Journey



By **Sneh Meghlan,**
Marcom
Professional with
Marriott India

I HAD OFTEN HEARD 'IT'S THE JOURNEY THAT MATTERS, NOT THE DESTINATION' UNTIL I EXPERIENCED WHAT MAKES THE JOURNEY SO SPECIAL ON MY SOUL-SEARCHING SOLO TRAVEL.



Soul searching' because it made me connect with myself and made me realize that no dream is unattainable. Being always held up in a busy work schedule made me question my want to travel and put it on the last priority until the moment of decision – to quit everything and head on to that unplanned journey.

So here I was with all essentials in my backpack, when my journey started from the Golden Temple in Amritsar to seek utmost peace. Amritsar is a one-day destination to explore the finest Indian food with loads of Punjabi love poured into it. The visit to Wagah border is a must and it will surely stir the patriot in you just by seeing the sheer zeal of the men in uniform on each side of the border performing a beating retreat ceremony. Going through the museum at Jallianwala Bagh had me in shivers – one of the biggest massacres in humankind history. In the evening, I went to the Golden Temple after the darshan and just sat there absorbing the peace.

My next destination was the land of holy Ganges – Haridwar which welcomed me with a very touristy vibe. Walking through narrow lanes bustling with hawkers selling winter clothes, the aroma of tempting street food and plethora of options to stay from hotels to ashrams gave me a feeling of being transported into a



different era. Hearing the gushing sound of the flowing river, Ganga, as I kept approaching made me more eager. The dares thing I have ever done in my life was to take a dip at 4 am in chilly winters of North India! It was a half day affair at Haridwar and I was already excited for my next destination – Rishikesh.

Rishikesh, known as the land of spirituality and I couldn't help but notice that everyone was coming there to find a meaning to life or whatever that they are seeking. The walk to my accommodation in itself was a trek but I must say it was a worthy one. I trekked my way to the banks of river Ganga where you can sit in solace and still see the hustle of thousands of people finding their way through one place to another. I was mesmerized with the aarti at Triveni ghat. It was magical to see the pujaris step on to an elevated platform performing synchronised lamp movements and the positive energy around me. People enjoyed and danced in merriment without holding any barriers of caste, creed and religion. And it was as if the flowing river Ganga also reciprocated to the joy of people. I would always remain in the awe of what I had been a part of there. It transcended me in another dimension for a moment.

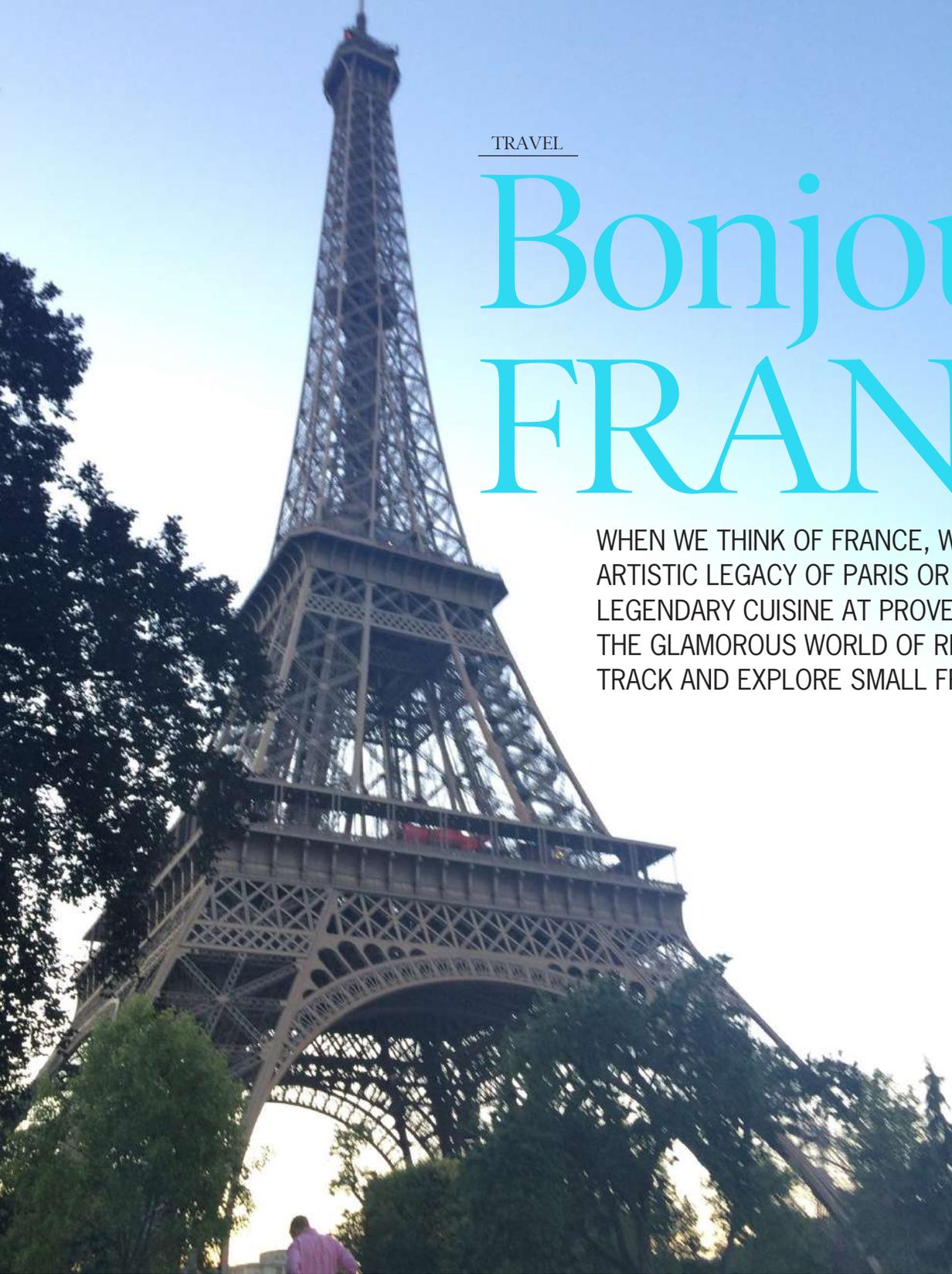
This was the start to my Soul Tripping travel where I found my soul while leaving a part of me to every destination I explored. ✨



TRAVEL

Bonjour, FRANCE!

WHEN WE THINK OF FRANCE, WE THINK OF THE ARTISTIC LEGACY OF PARIS OR RELISHING THE LEGENDARY CUISINE AT PROVENCE OR SHOOTING IN THE GLAMOROUS WORLD OF RIVIERA. WHY NOT GO OFF TRACK AND EXPLORE SMALL FRENCH TERRITORIES?



By **Yashi Mishra, Assistant Manager-Marketing, Hyatt Regency Lucknow**

Travelling not only makes us realize how beautiful the world is, it also makes us excellent observers and teaches us the value of life. India being the land of diversity, I am glad I could visit all the states, learn about our rich culture and heritage, even before I could complete my high school. All thanks to being a daughter of an avid traveler, my father, who turned me into one too!

I have visited 17 countries so far which still feels like a small number compared to how many more there are to explore. I have seen so many things develop in the way I travel. Right from my first international trip in 1995, when I used to capture my memories by making small notes and sketches, to using those outdated video cameras to mobile phones, google maps, translators, then to polaroid cameras and Gopro.





My most memorable travel experience has undoubtedly been to Southern France. It was in 2015 when my work took me to Hendaye, a small town in France, where I was being trained in Scuba diving and snorkeling. Swimming on the edge of comfort, and witnessing living beyond known- something that I look for in all my travel experience. 80 feet below the water surface, 15 days training and an excellent company of 30 work colleagues from across the globe, it had to be an unforgettable experience. If you are a fan of seafood, you should definitely savour the best mussels' preparation here, along with a beautiful view of the clean turquoise waters of the sea.

After our training, we took out a few more days to visit Paris, the capital city of France. Known to be the fashion capital of the world, the city is definitely the place to shop. What I absolutely loved in the city was the melt-in-the-mouth macarons and Louvre museum. Being one of the largest art and historic museums in the world, I could only manage to learn more on the famous – Mona Lisa, Venus de Milo, Winged victory of Samothrace and a few more in between. Someday, I would love to go back and complete my tour.

We can see that the pandemic has largely affected the travel industry and travelling will probably never be the same as it was earlier. I terribly miss meeting new people, exploring remote places, trying out their local food, experiencing the culture and knowing the history behind the places I visited. I know that travelling will continue to be special just that it will be a lot different now. 🌿



GLAM FILES

Monsoon Wardrobe

STILL by Good Earth
www.goodearth.in



RAIN-WASHED COLOUR PALETTE AND SO MUCH MORE. IT IS TIME TO SPLASH IN THE WATER AND DRENCH IN THESE STYLES.

The Safari Edit from Amah'le by AMPM
www.ampm.in



Yavi
www.studioyavi.com

Curador by SKB
www.curadorbyskb.com



Smoke Wear
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A Humming Way
www.ahummingway.com



Samsara
www.wearekindred.com.au

BEAUTY

Ayurveda & Drizzle

MONSOONS AND AYURVEDA SHARE A CONNECTION THAT GOES BACK A LONG WAY. THIS RAINY SEASON, WHILE YOU SIP SOME TEA AND DEVOUR THOSE PAKORAS, START A HAIR CARE RITUAL THAT STAYS WITH YOU THROUGH THE PITTER-PATTER OF THE WEATHER FOR HEALTHY, GLEAMING HAIR.

By **Dr. Taruna Yadav**

According to Ayurveda, the moist qualities of the rainy season are known to have a direct impact on the seven tissues (dhatus) of the body. During this time of the year, the softened tissues become more receptive to Ayurvedic treatments, facilitating the outward flow of toxins and excess doshic energies from the body.

While Monsoon is the most awaited season of the year, it's a trying time for your hair. When the rains hit, the dampness of the weather makes your scalp oily and the roots dry, which then requires constant care and nourishment to leave your hair thick and lustrous. To prevent the rains from getting the best of your hair, I have curated a list of some Monsoon Hair Care Tips.

Oil & Massage Your Hair

Traditional Indian head massages, which are typically done using herb-infused hair oils, have held us in good stead for thousands of years. In ancient times, women used to massage their daughter's hair, to keep them healthy and luscious. In Ayurveda, head massages are known to enhance blood circulation, which help nutrients from the oil absorb into the scalp and nourish it. It promotes hair growth while making it softer and smoother. The Forest Essentials Japapatti and Brahmi Head Massage Oil is the ideal Ayurvedic hair oil for hair growth. We recommend a relaxing head massage, once a week, for hair that feels lush and nurtured. For extra care, take a few drops of Japapatti Hair Oil and run it by the ends, for a healthy sheen.

Mask The Frizz

Masking your hair will ensure that it receives and retains the nutrients it requires. Not only does this hair treatment make your tresses more manageable in the humid monsoon, but the extra hydration makes your hair smoother. Try the Forest Essentials Intensive Hair Repair Japapatti & Brahmi Masque, a rich and creamy pre-shampoo hair mask, specially designed to protect, repair and nourish the scalp from deep within. The fresh Banana pulp and herb infusions of Methi, Brahmi and Nagarmotha nurture hair. Use a generous amount of hair mask and apply on dry hair along its length - a whole fresh egg can be whisked and added in for extra nourishment. Leave the mask on your strands for at least thirty minutes before you wash your hair, for best results.



Cleanse and Condition Your Scalp

Humid weather attracts dust that settles in the hair, making it brittle and heavy. Washing your hair at least thrice a week is key, to keep the scalp healthy and fresh. We recommend using Forest Essentials Japapatti & Brahmi Cleanser which nourishes the scalp and prevents premature greying. This special natural formulation infuses the hair with moisture and makes for an ideal hair conditioner for frizzy hair. Take a small amount of this Ayurvedic shampoo and massage into wet hair. Repeat if required and follow with conditioner to avoid dryness.

Rejuvenate Your Hair

After washing your hair, it is key to air dry naturally before



combing or styling the hair. Brushing through wet hair can cause hair fall and make it feel thinner. Herbs like Bhringraj, Shikakai, Fenugreek seeds strengthen the hair follicles, making them strong. After towel drying, thoroughly spray Forest Essentials Bhringraj & Shikakai Hair Thickening Spray through the hair and follow with gentle combing, for a soft, silky finish.

A combination of these essential tips for the monsoon season will boost your hair care ritual and help protect your hair from frizz and damage. You can also find these hair products in convenient travel sizes to accompany you when you're on the move. 🌿



COVER STORY

MORE THAN A SENSATION

Sania Mirza

SHE WAS ONLY SIXTEEN WHEN SHE FLAGGED THE WIMBLEDON JUNIOR CHAMPIONSHIP AND BECAME THE FIRST INDIAN TENNIS PLAYER TO EVER ACHIEVE SO. OVER THE YEARS, SHE'S BEEN HONOURED WITH TITLES LIKE THE PADMA SHRI, RAJIV GANDHI KHEL RATNA, ARJUNA AWARD AND MANY MORE ON THE LAWN. SHE'S A DREAMER, A GO-GETTER AND A HEART-WARMINGLY HUMBLE. GLOBALSPA'S COVER STAR SANIA MIRZA JOINS US IN QUARANTINE FOR A BUZZWORTHY CONVERSATION CIRCLING LOCKDOWN, RECONNECTING WITH HOBBIES, FUTURE ASPIRATIONS, AND OF COURSE TENNIS!

By: **Parineeta Sethi**

Photography: **Prudhvi Raja Addala
& Vamsi Krishna Varma K**

Hair & Makeup: **Aliya Baig**

Styling: **Tanusha Bajaj**

Jacket: Under Armour
Shoes: Gucci



Shirt: Meghana Limbadri Label
Footwear: Chinar By Alisha
Jewellery: Ridhi Asrani Jewelry

COVER STORY

Humor. Courage. Grace. These three virtues self-explain one of the biggest names in the world of tennis. Maestro on the lawn for over two decades now, Sania Mirza didn't have it all planned out from the start, but if everything happens for a reason, no one knows it better than Sania herself. "My journey started when I was only six years old. Like any other girl doing things, I used to play tennis, I used to skate, I used to swim and I happened to be a little bit better at tennis than the other things." Her love for tennis soon sprung into passion and that's how she decided to flourish, "My parents pushed me at a young age but they never really thought that I was going to become a professional. They wanted their child to play sports and hence tennis was one of the sports that I was playing and that's how it sort of came along."

Strung together like fate, Sania realised that her destiny was tennis. It has taken many years and even today for her dreams to see light is a tale of stirring determination, motivation, and faith. In a hearty conversation, Sania reveals more...

You have been awarded many awards and records, so tell us even after all these years, how do you manage the pressure that comes along with high expectations?

I think pressure is a privilege. We are some of the very few people who get to live our dreams and obviously there is pressure and expectations when that happens and when you achieve certain things, people expect so much out of you. Eventually it becomes part of who you are and it becomes part of your routine to handle that kind of pressure. Yes, it does get tough sometimes, but I think the support system around you makes a huge difference. They are the ones that keep you grounded and keep it very real for you so I feel that pressure is something that you have to embrace at some point in your life, especially when you're in such high-pressured jobs.

In regards to your career, how are you treating lockdown? Is it like a pause for you or are you working as hard as ever?

I am working hard of course, but I think with everything being so up in the air right now with tennis and with everything else it's a bit hard to find motivation and inspiration, every day, but that's what you have to do. You have to wake up every morning and try to find that, so I have been working hard and hoping we come out on the better side of this pandemic. It's not really a pause because I had just made a comeback a couple of months ago so it's kind of like a speed breaker rather than a pause for me.

Outside of tennis, what are some hobbies you're really passionate about?

I do like to swim. I do play a little bit of table tennis, but I like to watch Netflix too. For me, an ideal holiday is to actually just go and sit on a beach and do nothing. But in terms of hobbies, I think swimming is probably up there with watching cricket.



My parents pushed me at a young age but they never really thought that I was going to become a professional. They wanted their child to play sports and hence tennis was one of those sports



Dress: House of Shachi
Footwear: Zara Slides
Jewellery: Ridhi Asrani Jewelry



For me, being on the tennis court is pure joy. It's my passion. It's my love. I love being out there. I love competing. I love the feeling of walking at the centre guard and winning

Tell us about your campaign #supportsmallbysania. How is it close to your heart?

My sister runs a business of her own, it's called the Label Bazaar and I have seen the struggle that she has gone through personally. We were just talking about it as to how we can actually help other small businesses in our way and that's how #supportsmallbysania kind of came about.

It's close to my heart because I have gotten messages from people saying it's helped them, even that one post that I put for them, how much it's helped, how many orders they've gotten from it. So that gives me hope that if we all support small Indian businesses, it can do so much good for the country.

As the UN Women Goodwill Ambassador for South Asia, what is an initiative you'd like to bring forward?

Being the UN Women Goodwill Ambassador is an honor and it's been a privilege to be associated with the UN for so many years. I think the initiative that we're not just bringing forward but also talking about is equality and equal opportunity and I have been an advocate for it from a very early age. That's one thing we are trying to achieve and to hopefully live in an equal world one day.

What or who has been your biggest inspiration for your success?

I have always looked up to Steffi Graf, professionally, but I think my parents have probably been my biggest inspiration. They have helped me dream big and try and achieve everything that I have dreamed of and they've also instilled that belief in me.

When you're out there, how do you view the tennis field? is it just a competitive ground for you or something more than that?

I think it is an extremely important part of my life, but it's not my entire life. I think that's how I view tennis. I am because of tennis. Tennis has given me everything, but outside of that, I don't think that it's the end all and be all of everything. I think we are all much larger than the profession that we are. For me, being on the tennis court is pure joy. It's my passion. It's my love. I love being out there. I love competing. I love the feeling of walking at the centre guard and winning.

How different is Sania when in a tennis court and off the tennis court?

I am very different actually. I think I am so competitive on the tennis court, I am fierce when I am really out there. I put every raw emotion on them and then off the court, I am the most relaxed person. I am borderline lazy actually so it's almost like I have got opposite personalities on and off court. I just want to chill and I am pretty laid back in general.



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COVER STORY

With Sania

FAVOURITE WELLNESS DESTINATION

Austria

TOP 3 DESTINATIONS ON YOUR BUCKET LIST

Maldives, Bora Bora, Finland

ONE THING YOU MISS THE MOST DURING LOCKDOWN

Competing

ONE LESSON YOU LEARNT DURING LOCKDOWN

If you don't have health, you don't have anything

ONE THING WITHOUT WHICH YOU CAN'T STEP OUT OF YOUR HOME?

Currently, a mask

SNACKS WHICH YOU LIKE TO MUNCH ON?

Makhanas and all kinds of chanas

CURRENT BINGE WATCH ON NETFLIX?

A Turkish show- Ertugrul

YOUR STYLE QUOTIENT IN ONE WORD

Comfortable

FAVOURITE SPA DESTINATION

Malaysia

MOUNTAINS OR A BEACH PERSON?

Definitely a beach person

ONE PERSON YOU WILL ALWAYS LOOK UP TO

My mom

YOUR FITNESS MANTRA

Try to get an hour of exercise every day

MUST HAVES IN YOUR MAKEUP KIT

Foundation, light pink lip colour, mascara, moisturizer

ONE CUISINE YOU LOVE TO BINGE ON

Indian Chinese

YOUR GUILTY PLEASURE DURING THIS LOCKDOWN

Caramel Tea cake

FAVOURITE CHEAT MEAL

Biryani

FAVOURITE WAY TO UNWIND

Sit in my room and binge watch my favourite show

SOMETHING YOU NEVER TAKE FOR GRANTED IS...

Health

A MANTRA YOU LIVE BY

To work hard and not expect anything easy in life

DESCRIBE YOUR LOVE FOR TENNIS IN ONE WORD

It's my Passion

ONE THING YOU MISS ABOUT BEING IN THE COURT

Competition

Dress: House of Shachi

Footwear: Christian Dior Slides

Jewellery: Ridhi Asrani Jewelry







COVER STORY

How has the entire journey of your career shaped you? The learnings, or fears that you have overcome?

The journey has taught me so much. I am who I am because of me playing tennis. I feel that the sport has given me so much. It's given me the power to be confident and it's given me the ability to bounce back from losses and believe that there will always be another day as long as you want it to be. Once again, it's given me the ability to fight the thought process to take losses and given me humility to stay humble.

I don't actually have many fears. One of my biggest fears is just of heights but that is something that is not related to my journey, but I do think that it has taught me to always believe in yourself and back yourself, no matter who else is backing you - that anything is possible if you back yourself and with a hundred percent.

What has the pandemic and lockdown taught you?

The pandemic has taught us about what's really important, who's really important, how important health is, about the kind of time we probably wasted on things that we never really should have and we thought that were really important. It's taught us relevance. It's taught us how to live a basic life. It's taught us that we don't need a lot to live a happy life, to be extremely grateful for being healthy, for being around family and not stuck in a foreign country by myself. I have realised that we really don't need a lot to be in a good state of



Top: House of Shachi

The pandemic has taught us about what's really important, who's really important, how important health is and about the kind of time we probably wasted on things that we never really should have

mind to be happy as long as we are with our family, healthy and have food on the table. I think it's so much more than a lot of people have in this world.

What does your workout routine look like?

My workout routine depends on the day. I usually do two days on one day off only because the workout that I put in is a couple of hours a day and is extremely tough, but I do play tennis almost every day. For example, there are days when I will do just weights and then I will do two body parts, but I do legs almost every day for six days a week with other stuff like shoulder, biceps and triceps, back and the chest. And then there is a lot of jumping, a lot of plyometrics and others. There's not actually a routine and I usually try to work out post lunch. I am not really a morning person so I don't really work out early in the morning. And then I always do a little bit of cardio at the end.

Personally, what does wellness mean to you?

Personally, wellness means everything. It is the most im-

portant thing in life because you don't have health and wellness, you don't have anything in life. For me, wellness is one of the most key ingredients of life.

Tell us about your favourite spa experience.

One of my favourite spa experiences has definitely been in Malaysia and Bali. These are the two places where even though I'd gone for tournaments, I have visited the spa the most there in that entire week. It was beautiful being in nature with fresh coconut water and amazing massages. There was this hotel in Bali, which was on an island and also away from everything. It was simply beautiful.

Lastly, what are you focusing on for the future?

Right now, none of us knows what the future holds. We have to really take it day by day. So I am, like everybody else, living it every day and I am just taking it a day at a time. I do hope that we all come out on the right side of this pandemic and I also hope that I can get back to playing tennis, so hopefully next year we can be part of the Olympics again. 🌱



TÊTE-À-TÊTE

On the Green Road

FROM TRAVELLERS SEEKING MORE ISOLATED VACATIONS, THINKING TWICE ABOUT THEIR CARBON FOOTPRINT AND URGING FOR MORE CONNECTION WITH THE NATURAL AND WILD, WE ARE IN CONVERSATION WITH MANAV KHANDUJA, CO-FOUNDER OF PUGDUNDEE SAFARIS, ON WHAT YOUR NEXT HOLIDAY MIGHT LOOK LIKE. By **Vidhi Gupta**

Wanderlusters might be having the hardest time holding up in quarantine. Cooped up to safety, stepping out of quarantine will see the world of travelling not remaining the same for a long time, especially for nature trails and wildlife tourism. Where sustainability will meet safety, the journey will be expectedly different yet unique. In conversation with one of India's leading responsible safari companies, Pugdundee Safaris...Where will nature trail lead next?

What according to you will be the changes in the way people used to holiday?

The way people used to travel and holiday will change drastically, especially in the near future. The hospitality industry might need to re-invent itself. It will be a while before they come out of the shadows of this pandemic. Till then a lot of us will holiday much lesser than

we used to. There will be a paradigm shift in the way travellers reach a holiday destination. Driving will be the preferred option, followed by flights. Trains will take a back seat due to the long hours and limited hygiene possibilities. Travellers will also prefer to use brands which can reassure guests of safety and measures taken by them. Reputed and tried-and-tested brands will be first to see some momentum. Boutique hotels, retreats and nature getaways will be a preferred choice as usually the accommodation is spread out in a much larger area and the number of rooms is limited.

Tell us about your Mobile Safari Initiative.

One travels on foot for multiple days through Satpura Tiger Reserve to arrive in a comfortable mobile camp every evening, where hot water showers and freshly cooked meals await guests after a long journey. Tailor made to start at your desired date of travel, this safari

offers high adventure with the opportunity to view animals of the Indian jungle, beautiful streams and rivers, tribal villages, ancient temples and forts - all while being at home in tiger country. This is a bespoke experience and the amount of walking and number of camp nights can be altered to suit one's preferences.

What are some of the best spots in India for a memorable nature holiday?

India is a diverse country, blessed with over 100 national parks and even more sanctuaries. Due to the protection offered to them, they have come up as the best places to be close to nature, while ensuring conservation efforts take place in tandem. Not only do you experience the benefits of being close to nature, but you can also explore the fascinating flora and fauna while being on safaris, walks, cycling and boating expeditions.

Borivali National Park in the heart of Mumbai has resident leopards; Sultanpur Bird Sanctuary & Ridge Forest in the National Capital Region, Van Vihar and Ratapani in Bhopal are some examples. At Pugdundee Safaris, we offer tailor-made wildlife holidays in five of Central India's reserves: Pench, Satpura, Kanha, Bandhavgarh and Panna.

Eco-tourism and sustainability are a big part of travelling today. How do you assure the same in your lodges?

At Pugdundee Safaris, we have divided sustainability into 5Cs, and social sustainability is the foundation for all these Cs - Customer, Conservation, Community, Construction (Local and Green) and Commitment to Nature. We also strongly believe in the inclusiveness of local communities that inhabit the areas around our lodges. Involving them in our sustainable conservation journey has been one of the key pillars of our ecotourism model. We currently work closely with village schools, panchayats, and local events.

With people quarantined all around the world, do you have any suggestions how we can still stay connected to nature within our homes?

You can start with placing water and seeds for birds in your balcony or backyards. Engage in bird watching and learn about common birds in your neighbourhood. You can also learn about common plants, butterflies and other species around you. Gardening is another great way to connect with nature; be it flowers, ornamental plants, or vegetables. Technology can also be used to learn and connect with nature. Many nature groups are doing regular webinars to share knowledge on different topics. Television also has some interesting programs that help us learn and connect with nature. The programs you see on channels like National Geographic, BBC Earth etc., showcase the very best. Behind short programs like these there is months and sometimes years of research and hard work. You can also start by living sustainably at home. WHO and UN have already stated that the pandemic was caused due to the long-term degradation of nature. It's our turn to show responsibility towards it now.

Lastly, how do you think the future of tourism will look like, especially regarding nature tours and holidays?

Nature holidays are here to stay. In the last few years they have seen significant demand from guests all over the world and post-coronavirus this is expected to rise further as people would prefer less crowded places that are close to nature, for their safe travel and stay. 🌿



WELLNESS CENTER

Rejuvenate your Immunity, HOLISTICALLY

SHOW SOME LOVE TO YOUR IMMUNITY SYSTEM WITH DAIVAM WELLNESS'S NEW "REJUVENATE YOUR IMMUNITY" PROGRAMME, PACKED WITH A COMBINATION OF DISTINCT AND FULFILLING SOLUTIONS, TAILORED TO EACH ONE OF YOUR HEALTH NEEDS.



SELF-CARE

Daily Rituals of Peace

RITUALS START WITH ROUTINES. ROUTINES ARE WHAT GROUND US AND CENTRE US – THEY HELP US CREATE STABILITY AND PREDICTABILITY FOR OUR MINDS. MINDFULLY CREATING YOUR OWN PERSONAL ROUTINES CAN HELP YOU FIND MOMENTS OF CALM.

By **Nilakshi Sharma**



Daily rituals are like little notes to the Self. When we can start the day on a note that offers us what we need – calm or delight or joy or even a can-do energy, we are nourishing and nurturing ourselves, we are laying the groundwork for a better day, a better week and a better year. These rituals with which we end our day are equally important because when we can calm our minds and slip into restful sleep; we are allowing our bodies and minds to rest and repair.

Awaken with Awareness

We rarely think of waking up and starting the day in terms of rituals. When in fact, this time consists of some of our most deeply ingrained habits - what we call our morning routines.

For a start, don't jump out of bed as soon as your eyes open. Instead make it a moment of peace – allow all your senses to awaken fully and slowly. Sit up and then check which nostril your breath is flowing freely out of; this simple act allows you to consciously connect with your body. This small awareness practice is also a good foundation for a breath awareness and breath meditation practice later.

To give yourself and body time to awaken fully, consider incorporating a very old tradition which is also a very new age tradition – a small prayer or acknowledgement of Mother Earth. You can and should create your own. It can be the joy of starting a new day or the grace of waking up from a good night's rest. You can look at your cupped palms and centre yourself in your own body. Choose what comes naturally to you but it should be something that allows you to centre and gather yourself. And begin the day on a note that grounds you and calms you.

Smell The Roses

Combine self-care with morning routine. Once out of bed spritz your face generously with pure rosewater. It is true – life is better when you pause to smell the roses. The fragrance of roses lifts the senses and speaks to your heart chakra. And its astringency soothes and refreshes all skin types like nothing else does. You can also keep the rosewater in the refrigerator for an invigorating and skin-toning morning spritz. You can go a step further- freeze pure rosewater in ice trays, and rub the rose ice cube all over your face for the added bonus of reduced puffiness.

Starlight, Starbright

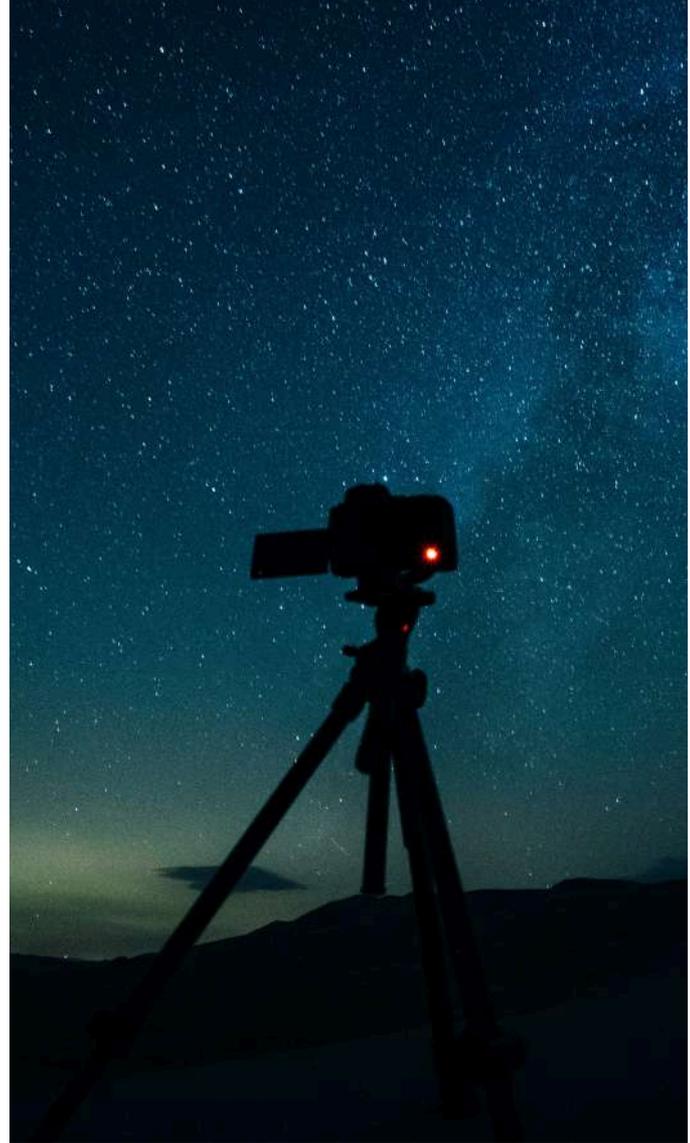
Once upon a time we looked at the stars and saw in them stories of wonder and magic.

We used to see the Hunter striding across the sky as we traced Orion's Belt, we looked for the Bears - the Ursa Major and the Ursa Minor, we wove legends around the eternal vigil of the North Star, in the twin star system of Mizar and Alcor we saw the fidelity of true partnership – naming them Vashisht and Arundhati. We saw the stars and we lived in their stories.

And then the noise and pollution, the busy days and bright lights drowned out the stars. But now, thanks to the dramatic decrease in air pollution and stay-at-home lockdown, it is a good time to gaze skywards again.

Such is their magic that stargazing is also one of the most beautiful ways to transition from the business of day to the restfulness of night. When the day ends and the night shrouds the Earth, take the time to head out onto the rooftop and look at the





stars. Use apps like Sky View Lite, which are a great way to help identify the stars and constellations visible in the night sky. Star gazing is also a beautiful and rare opportunity in urban settings to introduce children to the magic of the stars and their stories.

Release The Day

Many of us struggle to cross the bridge between an active day and the calm repose of sleep. Our minds remain busy and our bodies far too alert to allow us to slip easily into a relaxed state, which is the precursor to a good night's rest. Functional night routines can be that bridge, allowing us to unwind; slowly and easily. Ending the day and starting your sleep routine with simple self-care is a good way to transition to sleep time.

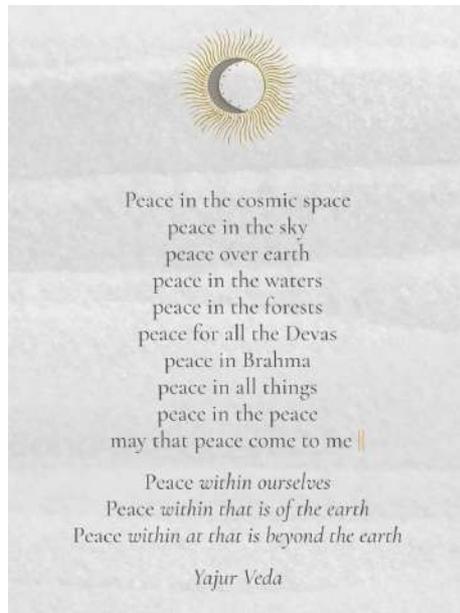
Before settling into bed take a few minutes to lavish attention on your hands and feet. Wash and then massage them. Use any nourishing body butter or balm or seed oil you like. Use Sesame, Coconut, Almond, Jojoba, or any other nourishing seed oil that you like and have at hand. To add a fragrant note, add a drop or two of the essential oil of your choice to the seed oil.

The routine of doing this daily can make this a grounding experience. Both, the

soles of our feet and our palms, have pressure points. And as you massage them you can experience the day and all its business ebbing out of your body slowly. If you have a massage tool like a Kansa wand, you can use it to massage the soles of your feet.

Don't rush through this routine and treat it like a chore. Pause. And then do it with a sense of releasing the day. Your mind and body will reward you.

Make this a functional routine that allows you to let go of the day and enter into a calmer state of mind that will allow you to slip into restful sleep more easily.



Note of Peace

A gentle and truly peaceful note on which to slip into slumber is to recite a peace prayer before you close your eyes. The one that we at Paro love and have shared here comes from the Yajur Veda. And in its prayer for peace to descend on every living being, in every space, it offers us a true moment of grace and blessing.

Om dyauh śāntirantariksam śāntih
 prthivī śāntirāpah śāntirosadhayah
 śāntih vanaspatayah śāntirviśvedevāh
 śāntirbrahma śāntih sarvam śāntih
 śāntireva śāntih sā mā śāntiredhi

Om śāntih | śāntih | śāntih | 🌟

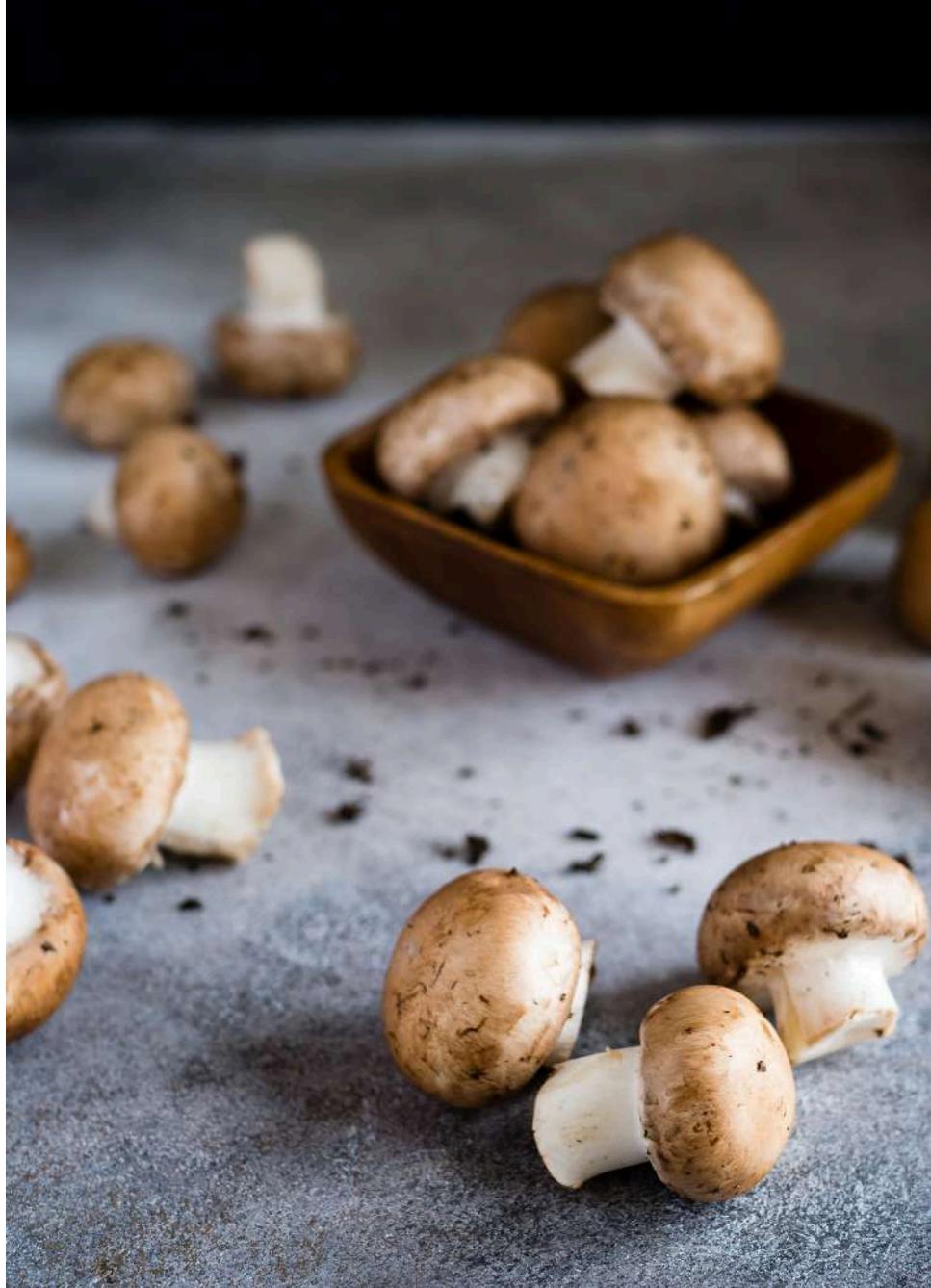


GUT FEELING

Building a STRONG IMMUNITY for all seasons

A STRONG IMMUNITY CANNOT BE PACKED AND DELIVERED IN A PILL OR POWDER. THE BEST IMMUNE-BOOSTING STRATEGY IS TO COMMIT TO HEALTHY LIFESTYLE HABITS EVERY DAY.

By **Lipla Negi**



From Wuhan to Washington D.C. and Italy to India, ‘immunity’ is at the center of the world’s attention after COVID-19 outbreak. Recently, it also found a significant mention in Prime Minister Narendra Modi’s ‘Mann-Ki-Baat’. He spoke about spices such as turmeric and ginger that help boost immunity. It is the buzzword right now! This pandemic has surely renewed our interest in immunity as well as immunity-boosting foods. The one thing that everyone wants to know right now is “how can I strengthen my immunity?” But honestly, there is no such magic pill or potion that can pump up your immune system overnight. It just doesn’t work that way.

The term immunity refers to the body’s ability to fight external threats such as various microorganisms, toxins, bacteria, and viruses as well as the threats that may come from autoimmune responses or the growth of abnormal cells. The immune system is a complex network of cells, organs and tissues that work in tandem to protect the body from a pathogen as aforementioned – bacteria, viruses, and other disease-causing microorganisms. Like an army, its job is to combat invaders. It has to stay fit and strong to fight the battle as well as win it.

While there is no particular ‘superfood’ or magic pill that can make your immunity unpierceable, there are healthy ways to make your body’s natural defense system as strong as possible. Instead of hoarding supplements and vitamins, experts advise

boosting your immune system naturally with the help of healthy lifestyle habits. From stress to lack of sleep, there are several factors that impact immunity. Such factors can only be fixed with a healthy lifestyle that is immunity-friendly. Moreover, immunity-building is no one-time-task. It requires continuous efforts to keep it strong for all seasons. To help your immune system function optimally, you need to stick to the simple yet significant everyday habits such as:

Step into the sunlight

The sun gives you Vitamin D, which is often lauded for its health benefits by health experts. Vitamin D is not just good for your bones and muscles alone, it aids the immune system in fighting illnesses. Recently, researchers from Trinity College in Dublin, Ireland highlighted its significant role in the severity of COVID-19. It also works to inhibit inflammation in the body and maintain hormonal balance. Besides the sun, you can also get it through certain foods and supplements to ensure adequate levels of vitamin D in the blood. Some healthy dietary sources of Vitamin D are egg yolk, mushrooms, fortified milk and oily fish such as tuna, salmon and sardines.

Go for GUT health

Gut is the place where your immunity finds all its strength to function optimally. A huge proportion of the immune system is actually in your GI tract. The immune system regularly interacts

10 Natural buddies of your Immunity



TURMERIC

The most active compound in turmeric is the yellow-orange component called Curcumin, which is known for its anti-inflammatory properties and for modulating the immune system.

MUSHROOMS

High in selenium and B vitamins such as riboflavin and niacin, mushrooms help the immune system to work efficiently.

SEEDS

Small size, big benefits! Sunflower and pumpkin seeds are rich in vitamin E that helps protect your cells from damage and build immunity.

CITRUS FRUITS

Loaded with vitamin C, these fruits boost the immune system by increasing white blood cell production. Go for oranges, lemons, limes, and grapefruits, etc.

MORINGA POWDER

It has beta-carotene that converts itself into Vitamin A, which is an anti-inflammatory vitamin.

SPINACH

Thanks to its high content of folate, vitamin A, vitamin C, fiber, magnesium, and iron, eating spinach is a sure shot immunity booster.

SWEET POTATO

It's a fat-free and cholesterol-free option to pump up your immunity with vitamin A as well as vitamin C.

GARLIC

The anti-viral, antifungal and antibacterial properties of garlic cloves have made it the immunity-boosting 'superfood' for Covid-19.

GINGER

Ginger root has potent anti-inflammatory and immune-boosting properties. It is also known for its antibacterial and antiviral properties.

POMEGRANATE

The **high** antioxidant content in pomegranate helps remove free radicals, which may cause cell damage and reduce inflammation.

with bacteria in the gut. Around 70-80% of immune cells thrive in the gastrointestinal tract along with trillions of gut bacteria that form the gut microbiota. For pathogens (bacteria, fungi, viruses & parasites), the gut is the main entrance. It is the place where the immune system identifies and separates harmless antigens (food) from health hazards. The balance of bacteria in the gut influences the balance of our immune system. Thus, the route to strong immunity goes through a healthy gut. Include both probiotics and prebiotic food in your daily diet. Think of yogurt, kimchi, fermented drinks (probiotic), and fiber-rich foods such as lentils, beans, and chickpeas (prebiotic).

Sleep on time

Along with clocking 8 hours of sleep, you need to maintain a healthy sleep cycle, which means sleeping and waking up at the same time. It helps maintain the circadian rhythm of the body. Sleep gives the body much deserved time to rest, restore, and rejuvenate. It also helps reduce stress and boost immunity. Studies have shown that when you are sleep deprived, the level of inflammatory cytokines goes up. These cytokines bring down the level of T-cells, which are a type of white blood cells crucial to the immune system. Avoid screens, caffeine, smoking, and alcohol before bedtime.

Sideline stress

Stress has a significant effect on the functioning of your immune system. When you are under stress, the immune system's ability to fight off antigens is reduced. A weaker immune system makes you more susceptible to infections. In fact, the stress hormone 'cortisol' can suppress the effectiveness of the immune system. If you feel stressed too often, over a period of time, it can turn into a condition called chronic stress, which can further result in you developing inflammatory and autoimmune disorders. Above all, stress is bad for your gut health, which is crucial for the optimal functioning of your immune system. Exercising is a terrific way to slow down the release of stress hormones. Even a brisk walk in the park is a good idea. When you exercise, the body also releases 'endorphins', which are known to trigger a positive feeling in the body and light up your mood.

Make sure you take Magnesium

Magnesium is involved in more than 300 chemical reactions in the body. From muscle contracts and strong immune to send and receive messages in cells, it is a vital mineral for your overall health. It is essential for synthesizing vitamin D into the body. You can easily get it by eating foods such as green leafy vegetables, whole grains, and nuts.

Sip on wellness in a teacup

There are more benefits of drinking tea than just feeling refreshed. Antioxidants in tea called polyphenols and flavonoids are credited with immune-boosting functions. However, instead of regular tea, you can go for healthier alternatives such as Moringa Tea, Ashwagandha tea, and Chamomile tea. All these teas help in fighting inflammation in the body by building resilience for stress. By bringing the stress levels down, these help the immune system function optimally. Pregnant women, lactating mothers, and children should avoid these herbal teas. ✨

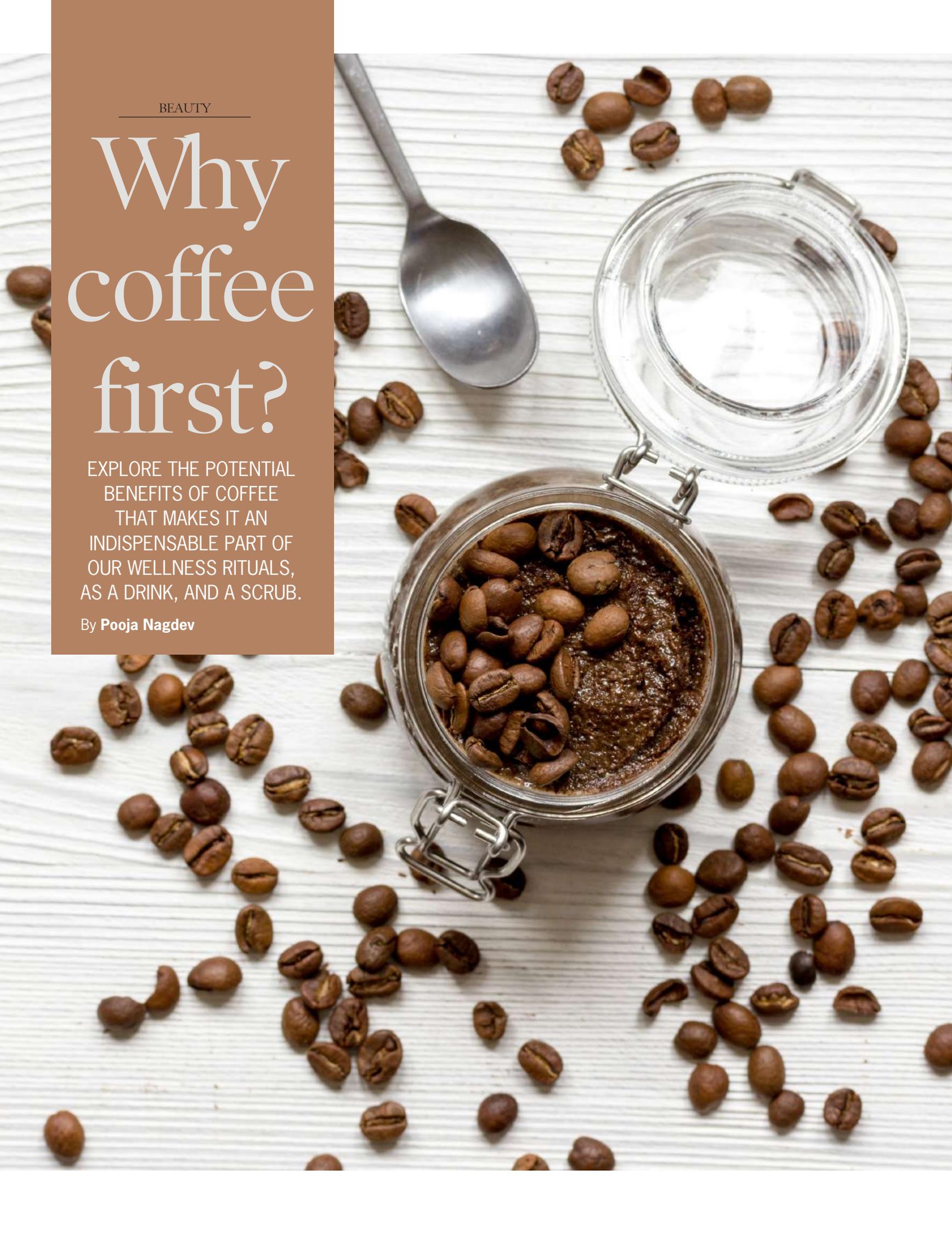


BEAUTY

Why coffee first?

EXPLORE THE POTENTIAL
BENEFITS OF COFFEE
THAT MAKES IT AN
INDISPENSABLE PART OF
OUR WELLNESS RITUALS,
AS A DRINK, AND A SCRUB.

By Pooja Nagdev





Coffee/Caffeine is an antioxidant that helps to improve overall skin health. It is enriched with nutrients that are beneficial for the skin, hair and scalp and makes an excellent exfoliator that leaves skin smooth and moisturized. It even treats acne as it stimulates blood circulation leading to lymphatic drainage and breaking of fat cells in the body. And mentally, it calms the mind and relaxes the body. For many of us drinking coffee makes sailing through our workdays smooth.

Promotes Healthy Skin

Coffee naturally delivers almost a dozen antioxidants that protect cells from the damage of free radicals and improve skin health. It helps to fight premature aging by devouring the free radicals that damage the lipids resulting in plump and wrinkle free skin. It is anti-inflammatory and repairs any damage that is caused by acne. When applied as a mask, coffee helps to improve blood flow and makes the skin radiant and bright.

Blasts Away Cellulite

Caffeine is scientifically proven to blast away cellulite. It has properties that stimulate blood circulation leading to melting of fats in the body. Exfoliation done with coffee grits brings in a warming effect in the body helping in fat reduction.

Excellent Exfoliant

Ground Coffee does not dissolve in water, thus making it an excellent natural exfoliant for dead skin cells. One can make a coffee scrub at home with this simple formula:

- 1 teaspoon of fresh coffee grounds finely powdered
- ½ teaspoon of powdered brown sugar
- Pinch of cinnamon

■ 2-3 teaspoon - Low fat milk (oily skin) / Milk cream (dry skin)
Scrub the mixture into the skin once every few days after washing the body. Let the scrub sit on the skin for a few minutes, then rinse it off. This will also help in removing tan from skin.

Reduces Under Eye Bags

Coffee increases blood flow, which can help in naturally tightening of the skin. The result may be a reduction in water retention under the eyes as it carries chlorogenic acids that reduce inflammation. Make your coffee bags at home and place them over your eyes.

Protects from UV Rays

Coffee contains antioxidants, such as polyphenols that may help in protecting against ultraviolet (UV) rays and some signs of aging linked to sun exposure. UV rays lead to uneven skin tone, sunburn, premature aging, and even skin cancer. Caffeic acid is a plant hydro cinnamic acid that is known to have a powerful antioxidant activity.

Natural Hair Colour

People with brown hair looking to add a little depth to their natural colour may want to try coffee as a hair colour. To darken the hair with coffee: Take Henna leaves and Indigo leaves powder in equal proportions. Brew a cup of strong coffee and allow it to cool to room temperature. Make a paste with this coffee water and apply it to the hair. You will be amazed to see the colour.

Coffee is a miraculous ingredient for skin and hair. It contains a variety of compounds that benefit the skin, scalp, and hair. And yes, this magical ingredient works to help in the beauty department as well. ✨

BY INVITE ONLY

UNLOCKED: World's Quarantine Soul Party

WITNESSING WELLNESS AND FUN LIKE NEVER BEFORE, PEOPLE ALL AROUND THE WORLD CAN LET OUT THEIR PARTY ANIMAL WITH MAGICIRISE AND PEACE, INSIDE LIVE'S UNIQUE PARTY CONCEPT - THE UNLOCKED QUARANTINE SOUL!



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Jordana Reim



Aviva Mohliner



Chirag Hargunani



James Andrews

Introducing a fun new concept, by the global wellness platform Magicrise, brought out their latest international collaboration with 'Peace Inside Live' - the Unlocked Party: Indo/US Quarantine SOUL Party, facilitated by known American and Indian wellness influencers & DJ's.

Dedicated to mindfulness, meditation and movement, together these innovative founders hosted a therapeutic break from daily life with SOUL Party pairing cultures and communities all across the world, creating the perfect platform for people to connect and inspire as we fight the pandemic. Held on 25th July 2020 from 9:30pm-11:30 IST and 9-11 am Pacific time in the US, this party was exclusively on Zoom, with an at-home gathering offering meditation, dance, DJs, music, yoga, conversation, and personal connections.

Doors to the heartwarmer began with James Andrews and his groovy sets. The gorgeous actor and RJ Archana Pania, with her sparkly self had a quick chat with the world on what to expect with the founders, Rakhee and Shira, who is also an RJ and actor engaged

in a candid 1-to-1 followed by Jordana leading grounding meditation to unwind the senses. Joining in the morning from New York, the stunning Andrew Sealy, aligned our purpose with a Yoga Dance Flow before the party headed on to exciting prizes and giveaways! House sets by DJ Jhonny, Dancefit by Chirag Hargunani and a transitional set by Dj Tarun Makhijani lifted the house one last time for a quarantine blast.

Highlighting the most unique part of the event was a connection party led by connection expert Aviva Mohliner and Jordana. The night came to an end with new connections, spirited music, and leaving a feeling of satisfaction that we are indeed in it together.

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