

# ME On Sunday

YOUR WEEKLY FIX

June 28, 2009



**I met my first rain of the season today. In person.**

It came as a gentle shower, so cool and soft on my face and hands, that it made me smile.

Then the wind drove it in every direction, and I had to open my umbrella to shield myself from the sharp arrows.

There is something wonderfully childlike about the first showers after the heat. The senses come alive, as if after hibernation with the sound of water; and the scent of the earth releasing its musk has a sensuousness beyond explanation, though it does bring to mind images of wet mud and the potter's wheel and a cow's hoofs squelching in slushy puddles... and the unexplored groves of fruit trees that one sees from a train but cannot stop to wander in...

Two days before this encounter with rain, the clouds came in. Clouds have an amazing capacity to change a landscape, to affect mood. Perhaps it is the way they filter light, sometimes making it soft and shadowy, at other times deflecting the sun's rays in strange ways to shed a light that turns everything to beaten gold, that makes clouds so magical.

Holidays from school was when I learnt to watch clouds. Lying in the grass outside the house, with a stack of books, and only the shade of a tree above, it was easy to drift asleep wondering about the shapes of the clouds that sailed across the sky. We would imagine animals, ogres and faces peering out of them, and make up stories for each one... an amusing pastime.

And in college the habit continued. When it was time for my Sanskrit-taught-in-English class, it was also time for the clouds to start massing up for an evening shower. And I would often choose to sit on the steps and watch the drama... much more engaging than class, any day. And I have often wanted to shake off my heels, and step lightly on to the fleecy blanket of cloud that spreads out under and beyond the wings of the plane...

Somehow, the rains stoke fantasies and creativity. Maybe it is because the season comes in with intimations of new life for the earth, and as the source of new hope for all those who depend on it for their sustenance.

Living in a city robs one of so much of the magic of the monsoon. Here, all you can do is to watch it from a window and revel in the movement of water.

Maybe if schools changed the summer holidays to the rainy season, more city dwellers would be able to enjoy being close to Nature when she is at her best!

**ME TO YOU**

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## STYLE ME

# COLOUR ME PURPLE

It's everywhere in fashion these days. Deep plum purple, pastel lilac, magenta, deep violet... Suddenly the royal colour has become fashionably democratic. **Wendell Rodricks** tells us how best to wear this colour



**T**his season, the colour purple is à la mode. Look at the precious stones surrounded by diamonds in Indian jewellery. The lining on men's cuffs at Tom Ford. The supersoft moccasins at Tod's. The dresses at Dior. The new hints of Russia in Chanel's latest offering, inspired by Coco Chanel's love affair with a Russian Count. There is one common element: the colour purple.

How to wear purple? Ironically, for it's intensity the colour goes on most Indian skins. What one needs to consider is the level of intensity. At full intensity, purple is not for the faint hearted.

● *Not since Queen Marie Antoinette teamed her pristine white cotton (gullotine) dress with plum black shoes has the colour made such a comeback since the spring of 2009!*

You need to have the confidence of a Shobha De, the vivacity of a Preity Zinta, the poetic appeal of Arundhati Roy or the diamonds of Tina Ambani to pull off the colour with aplomb. Diluted to a sober tone, the colour suits all skin tones without making you into a shrinking violet.

Wear purple with the non-colours such as

black, white, beige and grey. A purple sari with a white border. A grey blazer with purple trousers. A white tunic with a silk purple cashmere. For a dare, go with the brights in the same tone. Team a purple sari with a red choli, a purple top with blue jeans and a purple dress with aquamarine shoes for a truly chic statement.

Combining purple with colours such as yellow and green requires an expert colourist. Cleverly mixed the result can be fabulous.

Metal accessories like rings and necklaces in gold, silver, platinum, bronze and copper, as well as precious stones

## MY MAGIC MOMENT



Amravati, Maharashtra... Pausing to reflect on the beauty of Nature. — Ami Nayak

Turn to page 25 in the magazine next Sunday. Your pic just might have made it to our 'shot' listed favourites!

### ME Mobile Phone Photo Contest:

Send us a picture you have shot with your mobile phone and 15 words about it. **The theme for July: Children.** Send your entries to e@dnaindia.net. Subject: My Magic Moment Photo. The best images will be published.

find their colour space on purple.

Time then to raid the wardrobes, fleamarkets,

the fashion footpaths, malls and high-end boutiques for a slice of royalty to revel in the beauty of the colour purple.

## Purple thru' the Ages....

**O**ne of the reasons the colour purple became a colour reserved for the Pharaohs of Egypt, Sumnerian Kings and Imperial Caesars is because the dye was so rare. A result of precious indigo from India and the juice of the cochineal flea from the Americas, the colour purple has forever

retained its symbolism with all things regal. When dyers first discovered that the dye from the Cochineal flea (that settled on difficult to access cacti) could stain easily without much mordant (colour fixative), they were amazed at the deep pink the insect produced. It took many thousand fleas to create a few precious ampules of the dye. Unknown to many people today the pink dye is still

harvested from the same fleas for all pink colourings used in paint, textiles, ceramics, lipstick (most cosmetics) and even food colouring. Pink colouring liquid used to make icing for cakes is still called Cochineal Pink. Indigo from India, on the other hand, was valued in gold. Difficult to produce and source, Indian indigo blue was a treasure that ensured centuries of trade for Indians.

## TELL ME A STORY

### A question of priorities

A story on the awakening of conscience by **Dev Kumar Vasudevan**

They were a group of four. Anand, Neha, Swati and Rajesh. All of them employees of a top IT firm and posted in Mumbai. It was their first trip to Kerala. Anand belonged to Kerala but had lived in Mumbai all his life. It was Neha's idea that they all fly down to Kerala. Her sister and her American husband had honeymooned in Kerala and had loved every moment of their stay there. Neha followed her sister blindly on all matters.

The drive from the airport to their hotel in Kochi was fast. Anand had volunteered to be the group's guide. "After all I am the only Mallu amongst us," he had said amidst much laughter. Neha was very impressed by the beauty of Kerala. "Oh, it's unbelievable," she said. They had spent the first day exploring Kochi.

The writer wins a box of **Fantasia** chocolates

And loved it all. Anand seemed to know every inch of Kochi. "I prefer calling it Cochin," he told the others, "when I speak in Malayalam I call it Kochi."

On the second day they decided to drive to Thiruvananthapuram. "Such familiar names," said Anand as they went past. "Alappuzha... you know its earlier name was Alleppey?" he announced in general. They stopped on the way and decided to eat at a wayside restaurant. The waiters giggled when they heard Anand's Malayalam. He sulked the rest of the day!

By the time they reached Thiru it was dark. They visited the temple and a few other places. The next day, they reached Kovalam just after lunch. It was rather warm but the beach was crowded as it was a Sunday. It was just as they had imagined it to be, with many foreign tourists enjoying the December sun. "Man, what a cool place," said Anand. "Because of the gori girls?" Neha teased him. "Holiday over," Anand mused on the way back. This trip had been so different from those he had made to Kerala with his parents. He sighed when the airplane



finally took off. They were in Mumbai in four hours. "I had just kept my suitcase on the floor," he told Neha later, "when my mobile phone rang. It was my mom." Anand paused, mock horror on his face. "Apparently her brother in Cochin hasn't been keeping well and has just undergone a bypass surgery. She wanted me to check on him. I was so irritated by her request. I don't have time for any bloody relatives. Bloodsuckers all. I told her that I had just returned from a conference and had another one in Bangalore soon." Anand laughed loudly, "Luckily, mom got the message. She apologised for troubling me." "Are you sure you did the right thing?" Neha asked. "Of course," he replied. "I can't go rushing all around the country visiting relatives."

Just then his phone rang. It was their boss. "Yes, sir," he said with a smile, "I know about our visitors from America. They want to visit Kerala? Oh, what a good idea. And you would like me to show them around? Of course, sir. I would love to. Yes, sir, I will book tickets on the first flight to Cochin."

Dev Kumar Vasudevan lives in Mhow. His hobbies include reading, writing, blogging and cycling.

## COOK WITH ME

Transform me into a great recipe and send in your entry to me@dnaindia.net. The best entries will be featured in the August 2 issue of ME magazine.



## MAKE ME UP

# Touch Base

When it comes to makeup, the first base to flawless skin is always a good foundation. Trust ME



Not all of us are blessed with radiant skin. But no one needs to know! The trick is to cover up little flaws by applying the right foundation (very important) in the right way (equally important). The objective is to appear like you haven't applied any makeup. 'Au naturel' is the look of the season after all.

Before you begin, make sure your skin is clean. Otherwise, makeup will trap the dirt against your skin, leading to breakouts.

Also, if your surface is oily, the foundation won't stay on. On the other hand, if your skin is too dry, it will flake off; in this case, dab on a light day moisturiser.

### Now you're ready to apply the foundation.

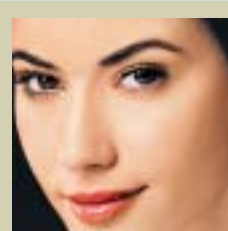
- Put a little on your hand.
- Dot it over your face — the nose, the cheeks, the chin, the temples and between the brows.
- Blend in with a damp sponge (from which excess water has been squeezed out).
- Begin with the face outwards. Move from the cheeks to the ears, from between the brows to down the nose, and from the chin out towards the jaw. Work quickly and lightly, making sure you merge well into the hairline and the areas below the eyes and near the ears.
- Don't forget the neck. Dab and blend in the same manner.
- Blot the face with a clean tissue.

● Smooth over with a light powder compact.



**Did you know that foundation can give your face the illusion of being oval (the ideal shape)?**

- **If square/ rectangular:** redefine the four corners with a slightly darker shade
- **If triangular:** apply a darker foundation at your temples to shorten your chin, and enlarge your lower face with lighter foundation
- **If round:** use darker foundation at the temples and around the lower face
- **If trapezoidal:** you need dark foundation below and a light one on top



Creamy foundations are easier to apply than liquids and last longer than dry powders. Try **Chambor's Enriched Revitalizing Makeup**; it is lightweight (perfect for the day!) and provides maximum coverage without a chalky hue.

Its rich texture is the result of light silicones and pure light esters. The HOP extract firms and revitalises the skin, giving it a luminous texture. What's more, it contains Ginkgo Biloba extract to fight free radicals and has an SPF 18 component to protect from sun damage. Available in four shades to suit any skin tone, it comes in a convenient bottle with an airless pump to protect the formula from unwanted exposure.

Price: Rs 895  
Available at select departmental stores (including Shopper's Stop, Lifestyle, Pantaloons and Westside)

## BEAUTIFY ME

# JAW CONTOURING

In her column this week, renowned cosmetic physician **Dr Jamuna Pai** tells ME about non-surgical methods to reverse the ageing process around the jawline



As we age, the fat deposits (called malar fat pads) shift and begin to sag and droop. These so called 'jowls' or sagging of the lower face is inevitable and intrinsic. Getting a surgical mid and lower face lift is, of course, an ideal way to correct this, but there is the unnecessary risk that all surgery entails.

Let me then talk about the simplest non-surgical method to contour or tighten the facial skin whilst pushing up the 'apples' in the cheeks to their original place. Thermage is one such treatment. This is a radio frequency device that superheats the dermal layers of the skin causing it to contract and tighten the skin, whilst cooling the outer layers. This heat causes an immediate contraction and breakdown of old collagen followed by new collagen production. It is US FDA approved. The pain is manageable and the results of the tightening are immediate, though the improvement continues up to six months from the treatment. There is absolutely no downtime.

If Thermage is undertaken by the more youthful age group (mainly done for a more chiseled face) the results last longer but on a mature person the effects could last for one to two years.

Coupled with this, thinning of a 'heavy jaw' or a square face where the angle of the face is wide can be achieved with a simple technique of injecting botox into the strong chewing muscle. Botox relaxes these muscles resulting in an oval-shaped face which is a definite sign of beauty. The results last up to eight months. The technique is simple and almost painless.

The use of fillers in such cases to restore volume, fill in fine lines or to give the finishing touches to the jaw line is amazing. Be sure to look for a trained cosmetologist who has a lot of experience, as according to me even an aspirin tablet in the wrong hands may cause irreparable damage.

Well, go on, look the way you looked 10 years ago, and feel the confidence it gives you!



Have a query about ageing effects on your skin? Ask Dr Jamuna Pai on me@dnaindia.net. Subject: Anti-ageing Q. Phone: Khar:022 67042425, Kempas Corner:022 23694032, Lokhandwala: 022 26361578, Pune: 020 30463841

## GUIDE ME



**I have a three-year-old son addicted to the cartoon channels on TV.**

I don't mind most of what he watches; in fact I even join him if it's classics like Tom & Jerry or Looney Tunes. But there is one animated programme that I cannot tolerate: Shinchan. The language and behaviour of this character is inappropriate and derogatory. Unfortunately, he is enormously popular with the kids, including mine. How do I break him of this habit?

— Ramya V, via e-mail

ME wants to know what YOU think is the solution to Ramya's dilemma. E-mail me@dnaindia.net. Subject: Shin-chan.

Read our counsellor's view in the magazine next Sunday