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LIFESTYLE

WHAT YOU WEAR, STARTS WITH YOUR HAIR | P32



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KAREENA KAPOOR KHAN LIVES IT UP



NEW DELHI, (IANS/LIFE) In Puma's latest campaign for its Autumn Winter collection, Kareena is sporting a multitude of sport-chic looks for women. Luxe yet comfortable athleisure and streetwear, together make a statement! Hit the gym in the chicest training gear selected by the iconic actress. The collection also comprises a fashion-forward feminine winter wear edit with jackets, puffers and a yoga line that feels like second skin and makes working out comfortable and stylish. So whether you are lounging with friends or being called out by the yoga mat, take inspiration from the actors top picks for the season.

2022 XC40 RECHARGE FEATURES INCREASED RANGE, STREAMLINED OPTIONS, AND COMPLIMENTARY CARE OFFER



RICHMOND HILL, ON – The Volvo XC40 Recharge luxury compact SUV, the first of many pure-electric vehicles from the Swedish carmaker benefits from a range of enhancements for Model Year 2022. Updates to the vehicle's powertrain have added an extra 24 kms of range. The pure-electric SUV is now estimated to deliver 359 kms on a single charge; and owners of existing 2021 models will also be able to increase range via a forthcoming software update. The new XC40 Recharge can charge from ten to 80 percent on a DC fast-charger in 33 minutes. Also new for the 2022 model is a recently introduced heat pump, which has been designed to extend the vehicle's range by an additional 10 percent under certain cold climate conditions. The new XC40 Recharge will be the first Volvo model to benefit from a comprehensive and simplified purchasing and ownership experience. One element will be the inclusion of a 'Care offer' which, in addition to roadside assistance and the full Volvo New Car Warranty, provides owners with complimentary maintenance service and wear coverage on select items for the first 4 years or 80,000 kms.

PFIZER SEEKS US EMERGENCY AUTHORIZATION FOR COVID-19 PILL



CEO Albert Bourla said in a statement that the pill could drastically cut deaths and hospitalizations. The Biden administration is set to announce that it will order at least 10 million courses of the pill. Pfizer's CEO Albert Bourla said Tuesday that the pharmaceutical giant was seeking expedited authorization from the US Food and Drug Administration (FDA) for its newly developed pill to fight COVID-19. The company said that the pill had been shown to reduce hospitalizations and deaths by 89% amongst newly-infected high risk patients. "With more than five million deaths and countless lives impacted by this devastating disease globally, there is an urgent need for life-saving treatment options," Bourla said. "We are moving as quickly as possible in our effort to get this potential treatment into the hands of patients." Pfizer is seeking what is known as an emergency use authorization (EUA) on the basis of initial results from a clinical trial comprising hundreds of COVID-19 patients who were not hospitalized but considered at high risk of progression to severe disease.



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WHAT YOU WEAR, STARTS WITH YOUR HAIR



NEW DELHI, (IANSLIFE) In the fashion world it's not just the clothes that are the focus, hairstyles too come in and out of trend. Cuts, colour, styles are all part of the fashion format. Hair colour is also a style statement.

Colour techniques that explore a wider reach is one such style project by Tom Connell, Davines Hair Art Director. A balance of technique and naturalness enhances the colour proposal of smokey reds, champagne blonds and cool brunettes.

IANSLife spoke to Vikram Mohan Co-Founder, Spalon India Pvt Ltd (Bounce Salons) to get more details:

What colours are trending for the season?

Vikram Mohan: As people have started stepping out recently, I have noticed that there is some kind of 1/2 revenge hair colouring happening, where more people are experimenting with really bright shades, which I haven't seen in the past 17 years of experience. Shades like neon green, bright purple, pink highlights are happening. I believe it's because people were not stepping out much. I am also seeing another extreme with classic burgundies, etc.

So it's the people going on holidays after a long time that are the ones trying out these crazy colours and on the other hand, we have those attending weddings, family events, getting ready to socialize, who are just refreshing their hair colour. To answer your question, the whole seasonality thing is gone today.

How important is it for clients to understand the various colour techniques and to discover what it is they truly need?

Vikram Mohan: There are multiple hair colouring techniques; block colouring, highlighting, and balayage amongst many others. Today's client is very well informed, as they follow fashion bloggers, lifestyle influencers, hairdressers, so they kind of know what they want.

However, in terms of colour techniques, they can use the guidance, because everybody's hair texture is different so sometimes the references that they see on the internet are heavily styled. We can do that type of colour for them but tomorrow it will look really weird, so we as hairstylists need to speak to our clients and explain to them what will suit them.

I have always believed that getting a great cut and colour service is one thing, but you should also be able to maintain, manage and style your hair as you want. You shouldn't feel like you're stuck with a hairstyle that looks great at the salon, but three days later upon washing, it looks completely different. So I suggest guiding the client is essential, explaining to them what will suit them the best for their daily lifestyle, styling, time and needs. Explain the technique and work around the reference that they have shared.

In a country where Ayurveda and natural colourants like Hena are popular, how does Davines plan to gain market share and make an impact?

Vikram Mohan: I don't believe that Henna is very popular with the kind of customers we have at Bounce. When we started, we had many customers who used to apply Henna to their hair but we explained to them what Henna actually does. Eventually, your hair looks dry and unhealthy, because your hair won't be able to absorb moisture. The people who use Henna on a regular basis, their hair are very brittle and there is no softness/natural feel left in their hair.

Whereas, any colour brand, including Davines, approaches hair colour by actually opening up the cuticles and putting the colour inside. The Davines Colour range has ingredients from nature, and Davines is one of the global leaders in sustainable beauty, it causes minimal damage to your hair and as well as the environment. We are not in the position where we have clients that we have to convince them to leave Henna and try hair colour, so honestly, we don't face that problem. I think the people who like to use Henna will continue to do so and nothing can change their mind, so for Bounce as a salon brand adopting Davines Colour has been quite smooth, because of its high-quality, high-performing range. We have gotten customers who had Henna in their hair, we applied Davines colour and the results were really good.

The world is moving towards sustainable practices in products and routines, what are Davines' sustainable integrations?

Vikram Mohan: From the sourcing of ingredients to the manufacturing process to the packaging, we look at every aspect of being sustainable, in international markets the most underlying problems you see are in salons that don't use sustainable products.

We keep in mind solar power and water usage and are in sync with the philosophy of sustainability. There's no greenwashing as far as Davines is concerned which is what I've seen with a lot of brands that are not sustainable, they use the word eco-friendly but when you actually go visit them, they'll serve you water in a plastic cup. These small things make a big difference. So sustainability is really something you need to understand, as far as I am concerned I really liked the philosophy of Davines and I saw the people that run the brand and they live and breathe the whole concept of ethically doing business and doing it in a way that reduces harm to the environment, at the same time they are doing other activities like planting trees, with plans to be carbon negative in the next five years rather than carbon neutral which is what most companies aim for.

Tell us what wearing your attitude in the way you look means to you?

Vikram Mohan: I think what I have noticed over the years is that a lot of credit has to be given to influencers and social media, celebrities. They have all adopted their own individualistic style and I think that people have today embraced this. They can pick and choose what they like, so let's say if I'm following 10 influencers that I like, then I pick and choose 5-6 things that each person is doing and I make that my own.

Our brand motto is, What you wear, starts with your hair and we've been seeing that more and more as the years go by, even if you look at people in Bollywood or digital stars, all of them have started to take their hair very seriously. So everybody wants to have their own unique style and we want to represent them. And we also have a huge segment of our clientele, who want to be well-groomed and understated, so I think it is very individualistic.

Today there are young fashion brands, boutique fashion brands available, the amount in which women are taking care of their skin, makeup, all of that, you can truly personalize it and make it your own attitude. So gone are the days where people wanted to blend in, some of them may want to blend in, some want to stand out, but I think everybody has their own individualistic style and I think that is what their attitude is.

How are Davines' colour services different?

Vikram Mohan: It starts with the product itself, it is made out of a large quantity of naturally sourced ingredients, so the amount of chemicals present in the range is far less. Also, you can talk as much as you want about sustainability, being eco-friendly, but the colour and the product should also give a good result. I have also noticed that the amount of colour that we need to use on the customer is almost 25% less compared to other brands so a little product goes far. There is a large amount of waste, as all the colour that is washed into our basin, that eventually lands up in the river or the ocean, the Davines colour is decomposable and breaks down I believe in only a couple of days. It is very eco-friendly compared to other brands. The impact on the environment is much less, so when I talk to a client about, and of course, bleach that we have Davines Century Of Light, is one of the best bleaches that I have come across because you can really achieve a level of lightening in a singular sitting because it has hair building bonds incorporated into it. I believe it is the only bleach I've come across that has that particular quality and ingredient in it which really doesn't damage the hair. So these things along with the whole idea behind Davines' products and different ranges including the care line has made it easier for us to convince our clients to try Davines, and we are lucky enough to have clients who are environmentally conscious, and when we explain to them about the brand, their philosophy and colour, they try it and the results speak for itself.

6 GEMSTONES EXPECTED TO RISE IN VALUE



NEW DELHI, (IANSLIFE) In earlier times gemstones, along with gold and silver were used as a form of money because of their universal value; today they are purchased due to their Vedic properties as well as to secure personal savings from the fluctuating value of money. The vast gemstone market can be confusing, but with the right knowledge some of these gemstones can be good investments too, other than their gorgeous look of course!

Diamonds are the first choice of all investors worldwide when it comes to the most popular gemstone. Rubies & emeralds are some other renowned names in the world of gemstones; these are collectors' favourites as well, mainly due to their solid returns. However, there are other amazing and newer gemstones like tourmaline and tanzanite that have been performing even better when it comes to investments but are still not known to all. Pawan Gupta, Director, P.P. Jewellers by Pawan Gupta and Rohan Sharma, managing director, RK Jewellers share a list of the top six gemstones that are expected to rise in value:

PINK DIAMONDS

The pink diamond is basically a type of natural Diamond, which is known to be very exclusive. Pink diamonds are trending among celebrities these days. These diamonds due to their rareness, beauty, and value give a special sense of beauty, romance, and luxury. As a matter of fact, according to the Argyle Diamond Mine, a pink diamond can cost not 2 or 3 but 20 times the price of a similar white diamond! As per the British new service The Telegraph, pink diamonds were the number one investment opportunity for the year 2020. In the past 10 years, prices have seen a steady rise, and as per the experts, it will only continue to rise. Pink diamonds have also been considered as one of the world's safest investments by analysts at The Telegraph, since 2014.

RUBY

Ruby or Manik is a natural gemstone that has a deep pink or blood-red colour appearance. It is known as a precious gemstone from the Corundum family. Coloured rubies are also considered to be a safe choice in gemstone investments. As a matter of fact, from the collector's point of view, coloured rubies hold their value and market demand better than diamonds, especially the rare coloured rubies.

Tourmaline: Rubellite, Bicolour, Indicolite and Paraibas: Tourmaline is a natural, semi-precious, and colourful gemstone that belongs to the Cyclosilicates mineral group. This gemstone is found in many varieties in terms of colour, ranging from black, brown, red, pink, purple, yellow to green, colourless, and even bicolor. Green Tourmaline: Green Tourmaline is used in Gem healing therapy for body detoxification and stress reduction by experts. This fact is known to be one of the few reasons why its rise in value is definite. Paraiba Tourmaline: This gemstone is one of the most famous ones. It is copper-containing and considered to be one of the rare tourmaline varieties (also called Cuprian Elbaite) that display a distinctive neon blue to blue-green colour with a beautiful glow. Rubellite: Natural Rubellite gemstone is a highly valuable gem variety of Tourmaline popular for its deep reddish-pink to pinkish-purple hue. What makes Rubellite gemstone unique is its mesmerizing purplish-red hue. Blue Tourmaline/Indicolite: Blue Tourmaline or Indicolite is a Rare and incredible, natural gemstone. It is a valuable blue-coloured gem that is a part of the Tourmaline family. It is generally used for making fashionable ornaments and birthstone jewellery. Watermelon Tourmaline/Bi-Colored: The natural Watermelon tourmaline stone is another rare and unique addition to the Tourmaline family. It exhibits green and pink colour with a minor white area separating the colour. It is usually known as Bi-color Tourmaline or Tri-color tourmaline in gem certificates. It is also generally customized in beautiful jewellery.

SAPPHIRE
Jacek Dylag
Sapphire is a precious gemstone that also belongs to the corundum family. Sapphire gemstones are popular for their striking blue colour, though they do appear in several other colour varieties as per the sales from some top auction houses, blue sapphire is known to be the second most popular coloured stone for investment.

The rarest sapphires are from Kashmir, but to this date, no new material has been mined in the past 100 years or more. One of the most popular sources of sapphires is Sri Lanka, followed by Ceylon and Madagascar. Fancy colour sapphires are also trending among celebrities these days. Yellow, pink, and padparadscha are now also getting popular among investors.

EMERALD
Emerald gemstone is also rising in value in the current scenario due to an increase in demand. It is a type of mineral beryl. Some grid of these gemstones says the ones coming from the Columbian mines are generally more expensive than diamonds due to their comparative rarity. However, fancy coloured diamonds are still more expensive than emeralds of the same carat weight.

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YOUR BODY NEEDS A GOOD 8 HOURS OF SLEEP EVERY NIGHT

NEW DELHI, (IANS LIFE) Sleep is an essential function that helps in recharging our bodies and minds. Moreover, healthy sleep also helps the body in remaining fit and it staves off any diseases. When we do not get enough sleep, our brain does not function properly and it can impair our abilities to concentrate, think clearly and process memories. An adequate amount of sleep that an adult requires ranges from seven to nine hours.

However, work schedules, day-to-day stressors, a disruptive bedroom environment and medical conditions can prevent us from receiving adequate and peaceful sleep. Hence, a healthy diet and good lifestyle habits can ensure a good amount of sleep each night. However, for some people chronic lack of sleep may be a sign of a sleep disorder. Sleep reflects one's state of mind and overall health in general. A good sleep is one which is age appropriate in duration, quali-



tatively divided into various sleep stages of adequate periods and which eventually makes a person feel refreshed in the morning and through the day. Although there is a wide variation in the amount of total sleep required by healthy adults to maintain a good daytime function, it is widely accepted that a good, consolidated 8 hours of uninterrupted night-time sleep is essential for majority of adults. An adequate amount of sleep duration is extremely important to maintain good mental and physical health. A sleep deprived person often experiences decline in cognitive function, poor memory, inability to concentrate on tasks at hand and easy irritability with frequent mood swings.

CAN WORKING CHILDREN HELP SUPPORT RETIRED PARENTS

NEW DELHI, (IANS LIFE) Retirement is definitely a well-deserved rest after a lifetime of working hard. Getting respite from a work routine and stress after years of repetition can spark a sense of relief and adventure.

However, the feeling of respite soon fades for a majority of people as questions about their sense of identity and lifestyle start clouding their minds. Naturally, after years of following the same routine and doing the same work, a sudden and complete halt can feel strange and trigger emotions of uncertainty and loneliness. As more families go nuclear, a majority of retirees live independently by choice or because their children work far away. While living alone allows a person space to find and further their individuality, it can also lead to feelings of being alone and alienated. This possibility has only worsened during the pandemic as the social restrictions have minimized whatever a small number of visitations filled the day of most retirees otherwise. A retiree spend most of their days in leisure, and thus constant loneliness might not translate into the best for their physical and mental health. There is therefore a critical need for their children to take out time and meaningfully engage with them to make their retirement years happier.

Rahul Gupta, CEO, SeniorWorld and Deepu, COO, SeniorWorld together share ways to achieve how working children can be more involved in supporting Retired Parents:

- Help them keep pace with technology: By teaching your parents how to cope with the current technological advancements, children can help them maintain pace with the times. Learning the internet and its usage can help ease their day-to-day tasks and simultaneously keep them engaged as they start using mobile applications to order medicines, shop online, order groceries, stream movies, and play games with friends who are miles away. Children can also help their parents engage in meaningful virtual activities by helping them get on board with virtual tools such as Zoom, Google Meet, and Facebook Live, etc.

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