



Winter is coming

YOUR DEFINITIVE GUIDE TO CHIC WINTER WEAR IS HERE

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Fashionwise, the wave of maximalism is still strong. After all the declutter and 'less is more' talk of the previous years, fashion is pulling all stops. Audacity is the guiding principle for the next season. And that's what you need to pull off from the 10 key trends from the Fall/Winter 2017-18 international runways. From electro furs, to glitter lurex to wide leather belts and thigh-high boots – these are looks that will do Ranveer Singh proud. Even the relaxed fits were oversized. There's colour, statement shoulders, cinched waists and volume to cosy up... because winter is coming, and it's survival of the choicest. Time to be daring, explore the trends and get your game on.

JUST RELAX
Trends in pic: Sweatpants; leisure suits; high socks
The cosy leisure suit may be tracksuit adjacent but it's not your typical ath-leisure look. Wear them with high heels

RED ALERT
Trends in pic: Red; plaid; checks; duster coat; thigh-high socks
Want winter warmth? Go for the colour red. If it's in plaid even better. Patent, matte and satin finishes were used to colour the runways red. The floor-grazing coat aka duster coat of last season is going strong

ANIMAL ATTACK
Trends in pic: Animal prints; oversized fits
Leopard print made its mark on the runway, from shirts to dresses – time to go wild

MISH MASH
Trends in pic: deconstruction; grey; vintage sleeves
Mixed materials and topsy-turvy classics are the new normal. Try a deconstructed suit or sweater

HAT TRICK
Trends in pic: Hats; belted coats
A standard winter coat will benefit from waist cinching – a big trend right now. What else is big? Hats!

CHOCO SHAKE
Trends in pic: Chocolate; leather, shiny belts
Chocolate – from caramel to dark – is an 'it' colour, along with red

SHINE ON
Trends in pic: Shimmer; feathers; pink; power shoulders
Fur is back, this time in neon colours. But when it comes to accents, feather is the new fur

PUFFA POWER
Trends in pic: Puffa jacket; graphic prints; sassy headgear
Go big or go home with puffa jackets, which bring the essential ski gear to the fashion forefront

SKIRT SENSE
Trends in pic: Military style jacket; mid-length skirt
Winter skirts are below the knee. The flattering cut is hemmed at the calf with full, flouncy movement. And military style is on with jacket re-amped with bows, embroidery, buttons and pompoms

IN A BLOOM
Trends in pic: Big florals; mid-length skirt
Look to your mommy's living room for inspiration. The big floral couches that she loves, and you hate, are everywhere but this time in your dress, top, pants and gowns



MY FAVOURITES
● Fashion icon | Brigitte Bardot – she is unapologetically sexy
● Perfume | Nina Ricci L'Air Du Temps
● Colours | Black, white, green
● Fashion destination | New York, for vintage stores
● Most stylish person in showbiz | Lady Gaga

● On fashion blunders | I once wore a pair of long dungarees with heels; recipe for tripping over your own feet.

— Shikha.Shah
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men's grooming

Up your beard care

5 easy ways to control beard dandruff this winter

1. Lemons can do wonders

Lemons can help get rid of all the flaky skin under your beard which leads to dandruff. The natural acids present in lemons keep your skin dehydrated and control the fungus which leads to a dandruff outbreak. Squeeze a lemon in a cup of water

and rinse your beard with it. The dandruff will be taken care of automatically.

2. Almond oil

Almond oils are best if you are looking for a one-stop solution for your beard dandruff. Rich in vitamin E, it's non-greasy and acts as a

great conditioner for your skin and hair which prevents the outbreak of dandruff.

3. Keep your skin clean

With a 24x7 lifestyle, beard grooming often takes a back

seat. The easiest way to keep your skin healthy is to clean your face with cold water, twice a day. You can always use a mild moisturiser to get rid of the dirt as well.

4. Use aloe vera often

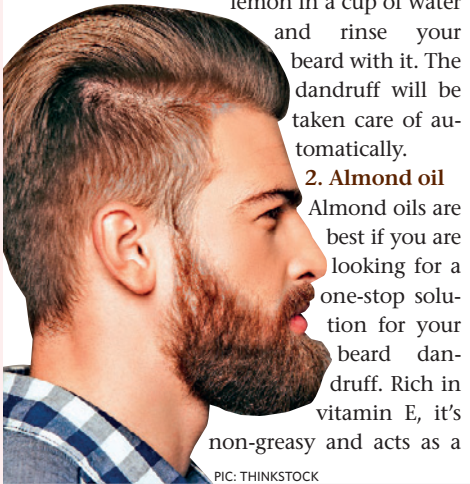
Choose moisturisers with aloe vera as an ingredient; it's loaded with healing and antibacterial properties. It has all the natural

vitamins (especially vitamin E), that will soothe your itchy and flaky beard. Apply aloe vera gel on the area and wash it off in clean water. You will see the results in a few days.

5. Essential to comb your beard

Comb your beard when it's wet. And pick up a soft brush.

— Anupam Dabral, Mensxp.com



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Beat the clock

If you are over 35, chances are you have slathered some OTC anti-aging cream. Here's a quick 101 before you pick these wonder cures

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Do anti-aging creams work?

Yes. The catch: You have to start using it before the damage is done – that is before the wrinkles appear.

So when should I start?

Ideally, at 35 years. But the use depends on skin damage, not age. In fact, eye creams can be started earlier as signs of eye area aging – dark circles, fine lines, puffiness – start to show as early as 18-20 years. Unless you know the ingredients, these just serve as moisturisers.

So, what are the ingredients?

Look for a product with any or all of these words listed: Retinol,

hyaluronic acid, peptides, coenzyme Q10, vitamins C, E, K, stem cells, glycolic acid, lactic acid. If you want skin lightening, look for licorice, kojic acid, coffee berry.

Serum, cream or gel?

Serums are water-based and are more concentrated. They penetrate the skin faster. If you have normal or dry skin, go for a moisturising cream with a serum. Gels are good for oily skin.

Night cream vs day cream?

You may be slathering on the night cream ritually but it turns out that our skin doesn't know the difference between day and night. It works 24x7 to repair itself. In fact, a day cream with benefit of sun protection is more important.

Why the drama around night creams?

For

any cream to work really well, the minimum amount of time it should be on the skin is four hours. Hence, a night cream. Also, preparations with retinol should not be applied during the day.

My aunt swears by malai and honey. Do home remedies help?

The net is full of many home cures. But your skin is not a kitchen. Experts are sceptical of home remedies. If you have a time-tested kitchen cure, it is unlikely to harm you. Looking to cure wrinkle or pigmentation with lauki and besan – that is a miracle not likely to happen.

I bought a 10 ml tube for ₹500, but it's not working. Do I need to amp up my spend?

No. Money doesn't matter, ingredients do. In fact, a lot of expensive brands are simply moisturising creams with a good fragrance. You can ask your dermatologist to suggest a product for you. Then apply it by mixing it with a moisturiser and massage on the face and neck, gently, in circular movements, at bedtime.

Experts: Dr Jaishree Sharad, cosmetic dermatologist; Dr Geeta Fazalbhoy, dermatologist; and Dr Vandana Punjabi, dermatologist-cosmetologist



A good sun-block is the best anti-aging cream. Start using sunscreen in your teenage years



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