

AMORE

LIFE & LEISURE

Autumn Issue 2024

EARTHY ALLURE
AT HOME
WITH AUTUMN
HUES

HERITAGE HOMESTAY
CALCUTTA
BUNGALOW

ISLE LOVE
A DATE WITH
MALDIVES

THE CAT CABINET
AN
AMSTERDAM
SECRET

UTTERLY
BUTTERLY
IDEAS TO
DELIGHT YOU

THE PURVA C-SUITE LEAGUE: SIGNATURE HOMES FOR THE UPPER CRUST

'Move the needle' on comfort with immaculate interiors & plush clubhouses. Create a 'strategic fit' between work & life with extraordinary amenities. And 'connect' with a distinguished community. Embrace the Purva C-Suite league.



Artistic impression

PURVA ORIENT GRAND

THE WORLDHOME COLLECTION
LALBAGH ROAD

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designed by globally renowned architects

3 & 4 Bedroom Homes | ₹5.50 Cr* onwards

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Project financed by South Indian Bank



Artistic impression

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AMANDA JOY PURAVANKARA
Executive Director
Provident Housing Limited

Dear Readers,

As Autumn gently paints our surroundings in hues of gold and amber, I am delighted to welcome you to our latest edition of Amore. At Puravankara, we believe that each season brings its own charm and opportunities for transformation, much like the spaces we create that evolve into your cherished homes.

As nature prepares for its quiet slumber, let's embrace the warmth of community, family, and the joy of home. In this issue, you'll discover inspiring stories, design ideas, and lifestyle tips that echo the elegance of the season. Whether you're enhancing your living space or simply finding new ways to enjoy the season, we hope to spark creativity and connection.

Thank you for being a part of our Puravankara family. Here's to a season filled with warmth, laughter, and the comfort of home.

Amanda Joy

When it's never lonely at the top

— Rooftop Lounge —



Representative image

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an ode to Linen

Aeka is a planet- positive brand that consists of linen sarees and separates. The endeavour at Aeka was to empower the wearer to lend her personality and style to the garment.

We work with breathable fabrics and relaxed silhouettes and believe in slow fashion and living.



aeka

BY ANUPRIYA

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Instagram icons and handles: [@aeka_by_anupriya](#) | [@aeka_man](#)





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Published by **PURAVANKARA LTD.**
#130/1, Ulsoor Road, Bengaluru,
Karnataka - 560 042



Please Recycle This Paper

editor's note



Dear Readers,

As autumn settles in with its crisp air and golden light, I'm thrilled to welcome you to this special edition. There's something truly magical about this time of year, with its invitation to slow down, savour the simple moments, and embrace the warmth of home and hearth.

In this issue, we have a delightful mix of stories to inspire you. Discover how to make your own herb and spice butters, perfect for adding a touch of flavour to autumn gatherings. We also bring you expert tips on incorporating the rich, earthy tones of the season into your home décor, making your space feel cosy and welcoming.

We're particularly excited to introduce a company that's turning heads with its artistic, recycled clothing—fashion that's not only sustainable but beautifully creative. And, as a personal highlight, I'm thrilled to share the pick of the issue: my very own journey to the Maldives. From stunning beaches to serene sunsets, it's a destination that lives up to its reputation in every way.

I hope these pages bring you inspiration, warmth, and a little escape as we celebrate the joys of autumn together.

Happy reading!

Shubhra



Sanjeev Shetty

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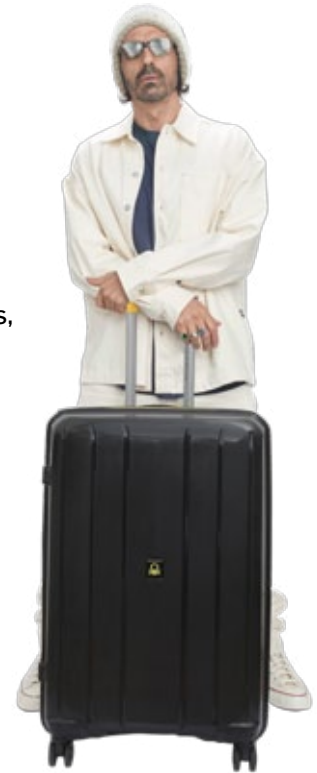
The A List

TRENDING RIGHT NOW



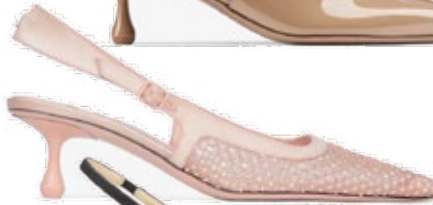
SUITCASES BY BENETTON

Designed for modern travellers, from bright yellows and reds to playful patterns, these pieces are perfect for travellers who want to stand out and express their personality.



MICRO HEELS BY JIMMY CHOO

Pull off any look with Jimmy Choo's micro heels - your chic yet comfortable sidekick for all occasions.



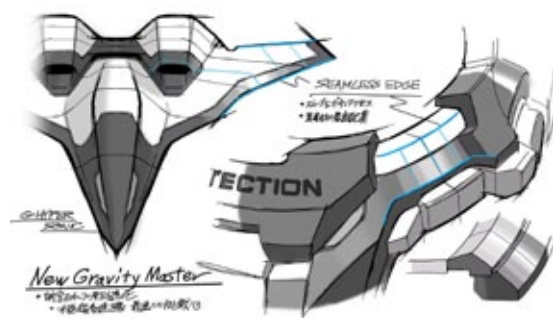
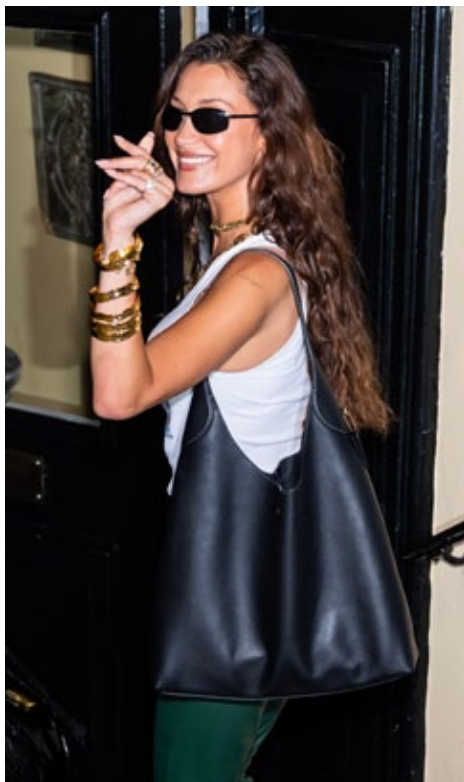
AÉROPOSTALE

Aéropostale's stylish and functional travel collection is available on Bagline, perfect for the fashion-forward traveller. From chic backpacks to elegant accessories, each piece combines trendy designs with practical features like multiple compartments, secure zippers, and durable materials.



BROOKLYN BAG BY COACH

The Brooklyn bag from the Coach Fall 2024 Collection features an elegant and minimal silhouette in Coach's iconic leathers with a playful spin on legacy silhouettes.



G-SHOCK GRAVITYMASTER

The 'Gravity Master' series from Casio returns, blending G-SHOCK's hallmark durability with advanced aviation-centric features.



MAA EMOJI PACKS

Maa, a popular mango-flavoured fruit drink, introduces joyful emoji-themed packs targeted at Gen Z.



NORTHWEST CHERRIES

Large deep-mahogany red, ripe, juicy, sweet and the most delicious cherries from the U.S. Pacific Northwest have arrived in the market. They are available with fruit retailers and e-commerce platforms across India.

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DÉCOR

IDEAS & INSPIRATION ON HOW TO MAKE
YOUR HOME A BEAUTIFUL SANCTUARY



GRACEFUL GREY

CREATE A CONTEMPORARY HAVEN WITH THIS CALMING HUE

In contemporary interior design, grey has emerged as a timeless choice for creating sophisticated living spaces. Here's how you can infuse grace and style into your living room with shades of grey.

01

LAYERING SHADES

Experiment with different shades of grey—from soft dove to charcoal—to create depth and visual interest in your living room. Layering these shades can add dimension without overwhelming the space.



02

CONTRAST WITH ACCENTS

Use bold accents in colours like mustard yellow, navy blue, or emerald green to contrast with the grey palette. This adds vibrancy and prevents the room from feeling too monochromatic.

03

TEXTURES AND FABRICS

Incorporate a variety of textures and fabrics such as velvet, linen, and suede in grey tones. This tactile diversity enriches the room, making it inviting and luxurious.



04

STATEMENT FURNITURE

Opt for statement furniture pieces like a plush grey sectional sofa or a sleek grey coffee table. These anchor pieces can define the room's style while maintaining an elegant grey theme.





05 LIGHTING EFFECTS

Enhance the grey palette with strategic lighting. Consider warm LED lights or adjustable lamps to create ambiance and highlight specific areas or décor elements.



06 ART AND DÉCOR

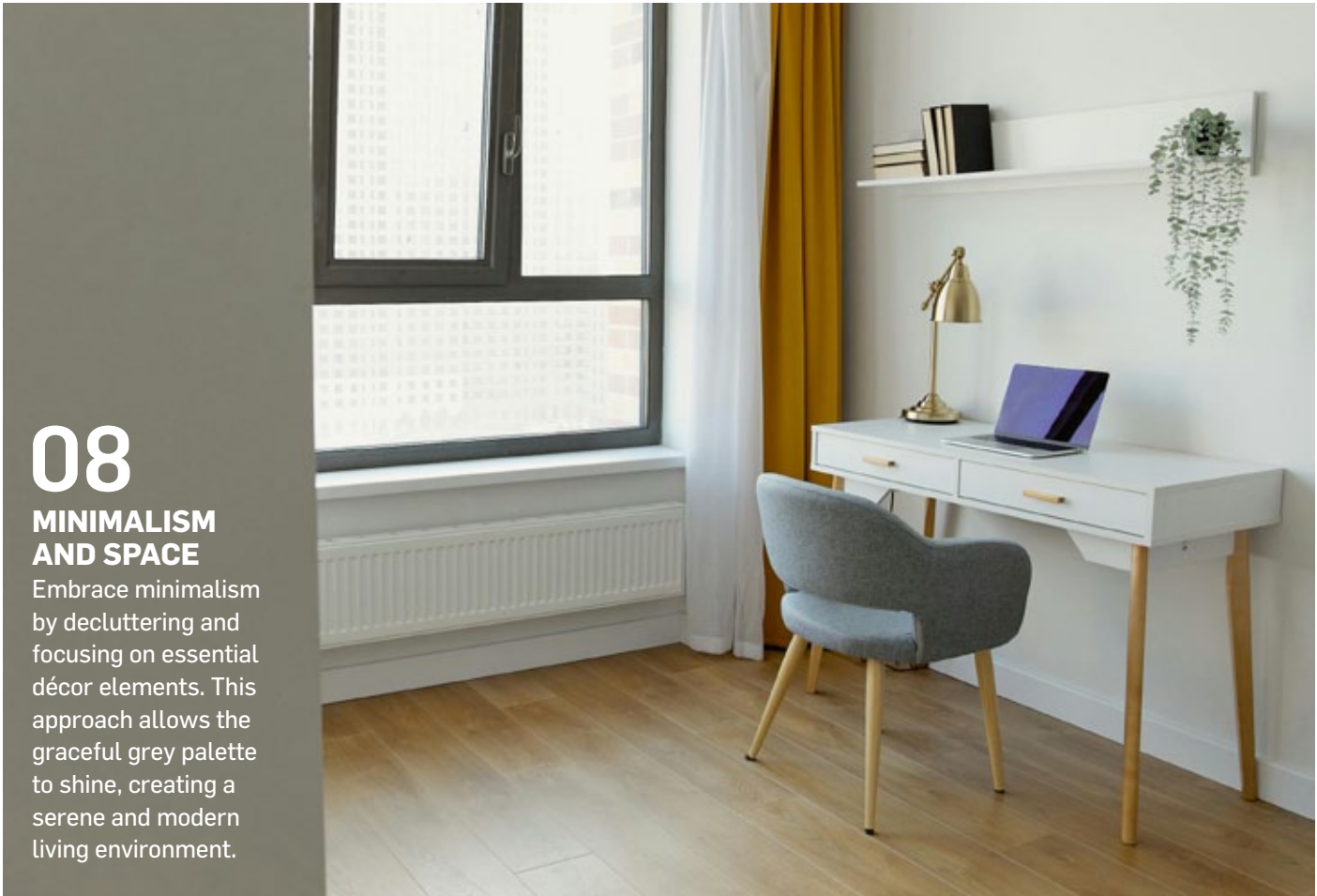
Use art pieces, mirrors, and decorative accents to complement the grey tones. Rustic surfaces can add a touch of country glamour, elevating the room's overall aesthetic.



07

GREENERY AND NATURAL ELEMENTS

Introduce indoor plants and natural elements like wooden furniture or foliage wallpapers. These additions bring freshness and balance to the cool tones of grey.



08

MINIMALISM AND SPACE

Embrace minimalism by decluttering and focusing on essential décor elements. This approach allows the graceful grey palette to shine, creating a serene and modern living environment.

Modern Homes Built for Your **Traditions...**

Celebrate the spirit of Chennai with homes that honour the city's cherished habits and customs. Experience a beautiful blend of the warmth of familiar traditions & luxury of top-class amenities with our homes, crafted exclusively for your aspirational lifestyle.

PRE - LAUNCHING

 **PROVIDENT
BAYSCAPE**

KELAMBAKKAM, CHENNAI



Embracing Chennai

A medley of sights, flavours and experiences



Living in Chennai envelops you in a vibrant lifestyle and rich history. From Marina Beach, where golden sands meet the azure waters of the Bay of Bengal, to the majestic Kapaleeshwarar Temple where spirituality flows seamlessly, each day offers a flavourful exploration. Chennai's rhythm is harmonized by bustling markets, aromatic filter coffee shops, and delightful Chettinad cuisine. Chennai isn't just a city; it's an immersive experience celebrating tradition, diversity, and the beauty of everyday life.

Homes Made for **Chென்னை**



Designated Kolam Area



10,000 sq. ft. Clubhouse



Dedicated Puja Area

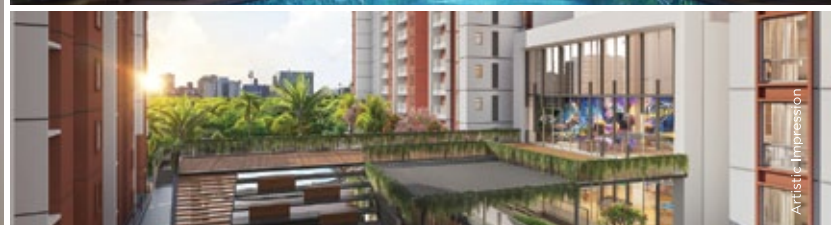
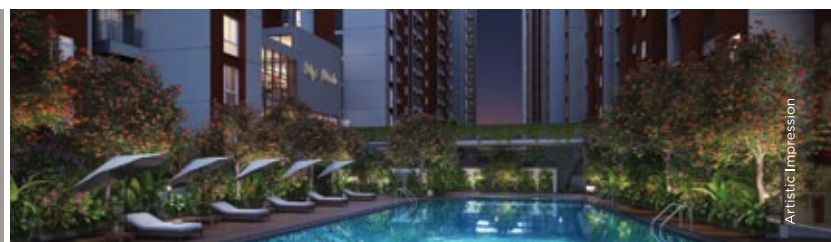


Sustainable Design



46.5% Open Area

Embracing the everyday traditions is what shapes us. Homes at Provident Bayscape are crafted to celebrate these cherished traditions, bringing smiles to every face in the smallest moments. Thoughtful features like a designated Kolam Area, dedicated Puja Spaces, Vaastu Compliant Homes, and Sustainable Designs celebrate our strong rootedness. Here, the echoes of history blend harmoniously with the promise of a prosperous future. Welcome to a home where your roots will find new beginnings.



WHAT'S YOUR DÉCOR STYLE?

Whether you prefer the quaint charm of Cottagecore, the vibrant eclecticism of Boho, the sleek simplicity of Minimalism, the raw edginess of Industrial, or the serene functionality of Scandinavian design, there's a style to match every personality and preference. Identify yours!

COTTAGECORE

Cottagecore is a nostalgic style that embraces the charm and simplicity of rural life. This décor style is characterized by:

- **Natural Materials:** Use of wood, stone, and natural fibres like cotton and linen.
- **Vintage and Handmade Items:** Incorporating antique furniture, handmade quilts, and DIY décor.
- **Floral Patterns:** Abundant use of floral prints on fabrics and wallpapers.
- **Warm and Cozy Atmosphere:** Creating a homely feel with soft lighting, cosy textiles, and rustic furniture.





BOHEMIAN (BOHO)

Bohemian décor, often referred to as Boho, is a free-spirited and eclectic style that mixes various cultures and artistic expressions. Key elements include:

- **Rich and Vibrant Colours:** Use of bold and warm colours like reds, oranges, and purples.
- **Layered Textiles:** Combining different fabrics, patterns, and textures through rugs, cushions, and throws.
- **Natural and Ethnic Elements:** Incorporating items like woven baskets, macramé, and ethnic prints.
- **Plants and Greenery:** Adding lots of indoor plants to create a lively and natural atmosphere.



INDUSTRIAL >>>

Industrial décor draws inspiration from old factories and industrial spaces. It is characterised by:

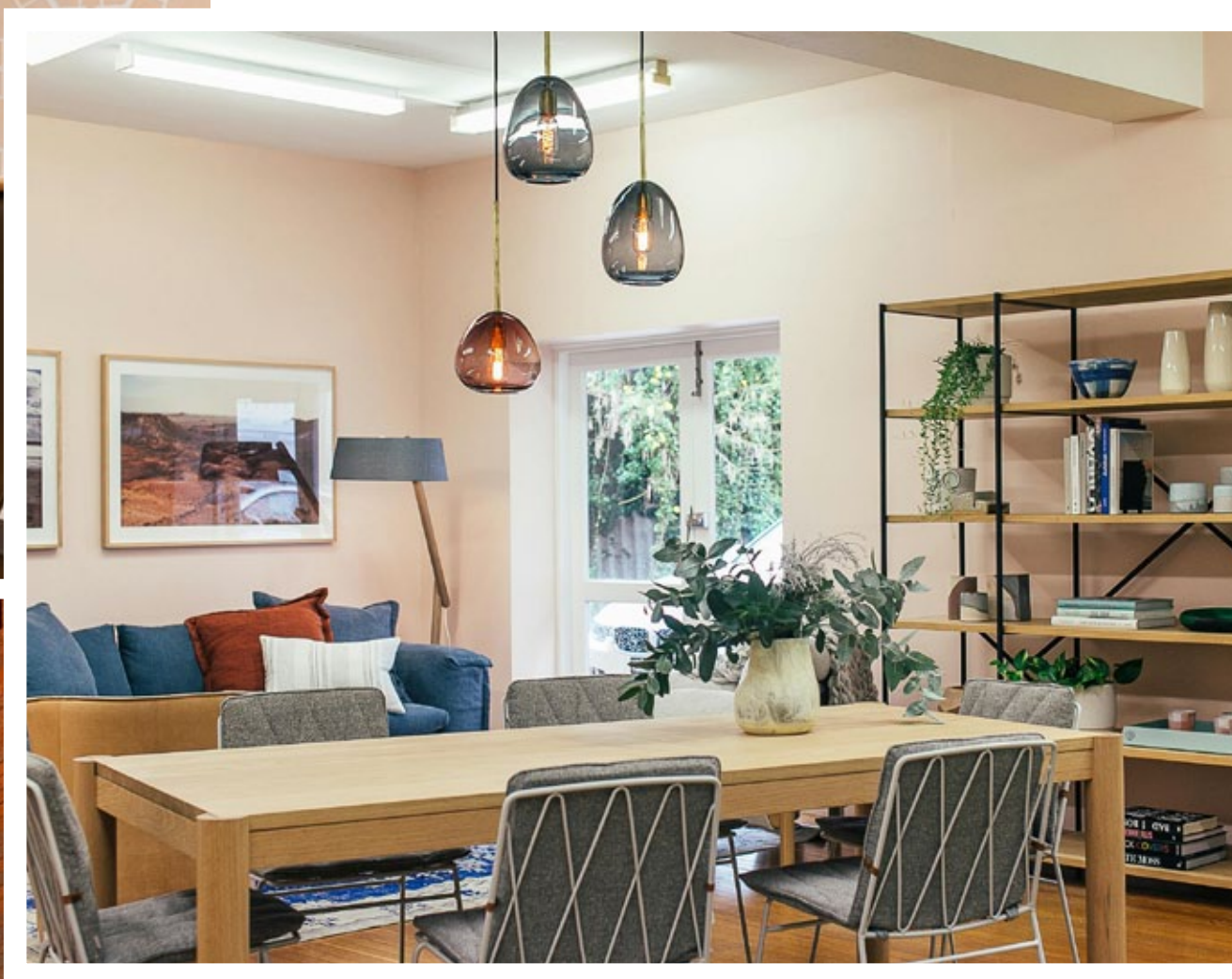
- **Raw Materials:** Use of exposed brick, metal, and wood.
- **Neutral Palette:** Predominantly using greys, blacks, and browns.
- **Functional Furniture:** Pieces that are sturdy and practical, often with a vintage or reclaimed look.
- **Open Spaces:** Creating an open floor plan with high ceilings and large windows.



MINIMALIST

Minimalist décor focuses on simplicity, functionality, and a clutter-free environment. The main features are:

- **Neutral Colours:** Predominantly using white, black, and grey tones.
- **Clean Lines and Shapes:** Furniture and décor with sleek, simple designs.
- **Open Spaces:** Keeping spaces uncluttered and organised with minimal furnishings.
- **Quality over Quantity:** Choosing a few high-quality pieces rather than many items.



SCANDINAVIAN

Scandinavian décor, or Scandi, is a design movement characterised by simplicity, functionality, and connection to nature. Key features include:

- **Light and Neutral Colours:** Use of whites, light greys, and soft pastels.
- **Natural Materials:** Incorporating wood, leather, and natural fibres.
- **Functional and Aesthetic Furniture:** Pieces that are both beautiful and practical, often with clean lines.
- **Cosy Elements:** Adding warmth through textiles like wool throws and sheepskins, and creating a hygge (cosy) atmosphere.

EARTHY ALLURE

Autumn Hues for a Beautiful Home

Earthy colours offer a harmonious blend of warmth, comfort, and natural elegance. They encompass shades inspired by the natural world: warm browns reminiscent of rich soil, soft greens evoking lush foliage, mellow yellows echoing the falling leaves, and sandy neutrals that evoke beaches and deserts. These colours can be used individually or in combination to create various moods and atmospheres within your living spaces.



LIVING ROOM RETREAT

Anchor your living room with a statement piece of furniture in a deep brown or a plush olive green sofa. Complement these rich hues with soft furnishings such as cushions and throws in shades of terracotta, mustard yellow, or muted teal. A large area rug in a natural fibre like jute or sisal can further enhance the earthy vibe while adding texture to the room.





SERENE SLEEP SANCTUARY

Calming shades such as sage green are ideal for bedroom walls. Pair them with crisp white bedding accented with pillows in warm ochre or gentle lavender tones. Natural wood bedside tables or a reclaimed wood bed frame can add a lovely rustic touch.

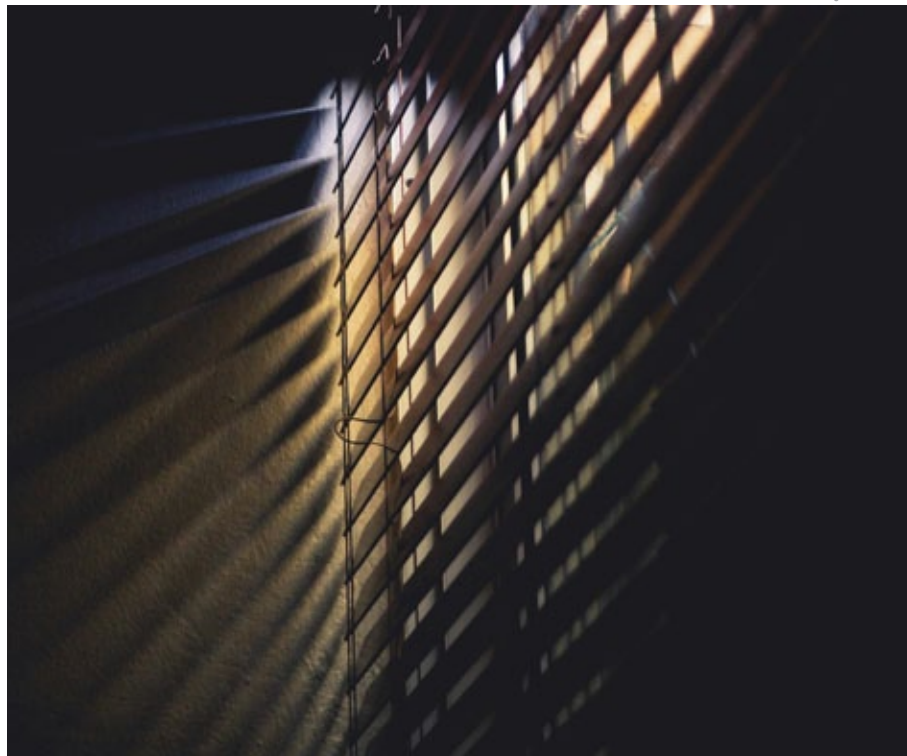
DINING DELIGHT

Kitchen cabinetry in warm wood finishes like oak or walnut looks inviting. Your countertops can then be done in natural stone, and the walls can have terracotta ceramic tiles. Tableware and accessories in muted greens and yellows will serve to elevate your dining experience.



BRING NATURE INDOORS

Integrate natural elements into your decor to amplify the earthy aesthetic. You could display potted plants with lush green foliage or succulents in ceramic pots. Woven baskets, rattan furniture and bamboo blinds create a seamless connection to the outdoors.





M M Javed
Homini Designer

YOUR LUXURY WEAR SPECIALIST

CULTURE

A WINDOW INTO OUR
BEAUTIFUL WORLD





CALCUTTA BUNGALOW

A Charming Heritage Stay in Kolkata

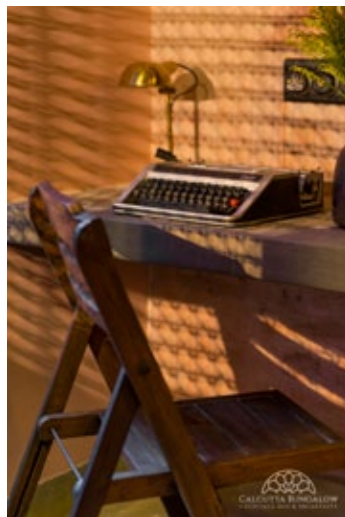
By Shubhra Krishan

If quaint, traditional stays appeal to you, and you're the kind who loves to immerse yourself in the soul of a city during your weekend getaway, do yourself a favour and book a room at the Calcutta Bungalow in Kolkata.

From its prime location to the timeless architecture, every detail at Calcutta Bungalow echoes a deep love for history and culture. The rooms have been thoughtfully named 'Jatrapada', 'Mochipada', 'Darzipada' and such—a nod to the city's artisans, like storytellers, cobblers, and tailors, whose crafts have endured for centuries. On the charming terrace, guests are treated to authentic Bengali fare. We savoured stuffed parwal, dum aloo, and the much-loved mishti doi—a meal that left us craving more.



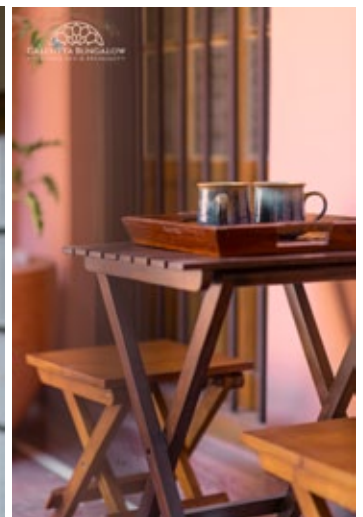
Jatrapada



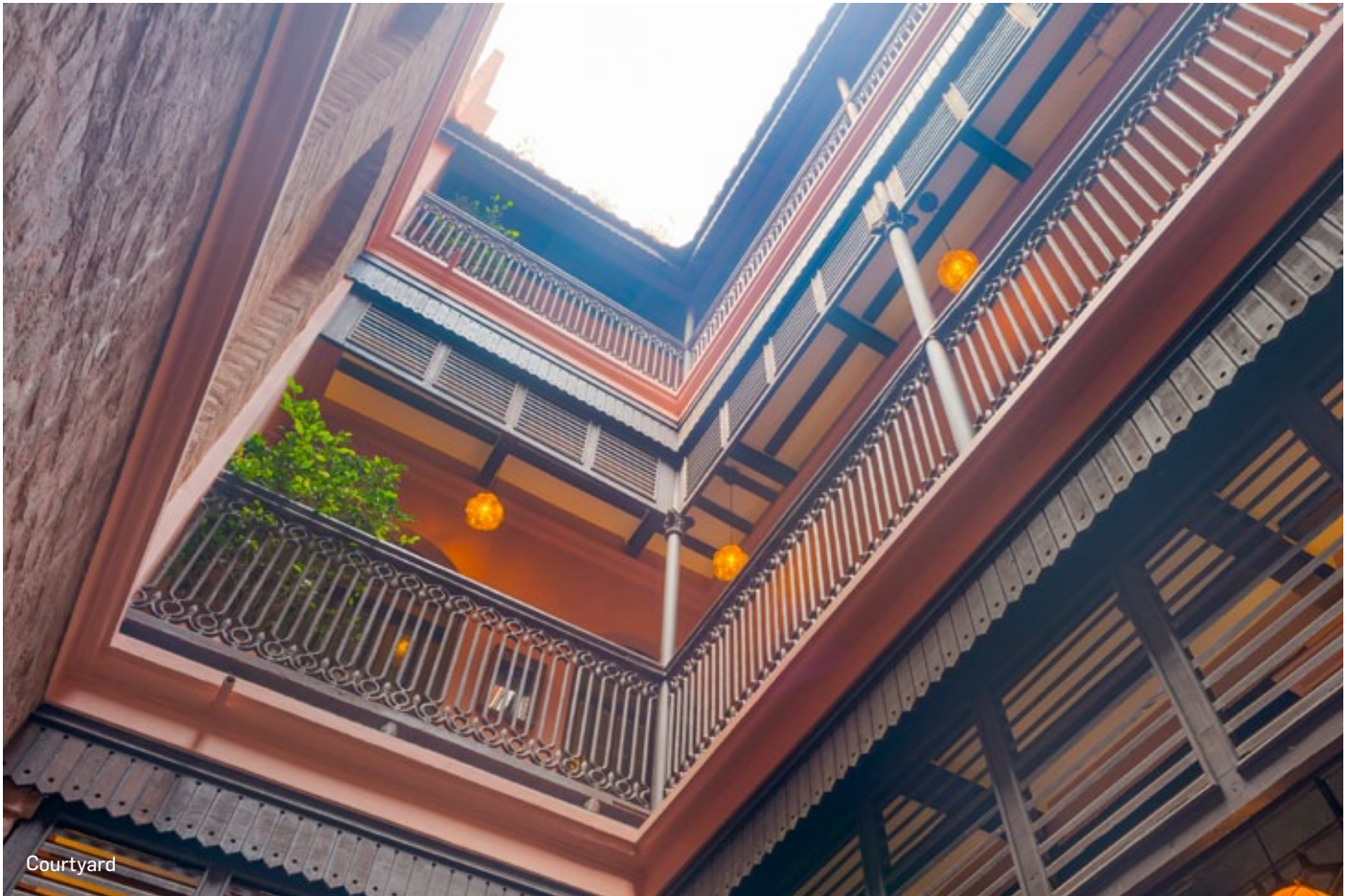
Mochipara



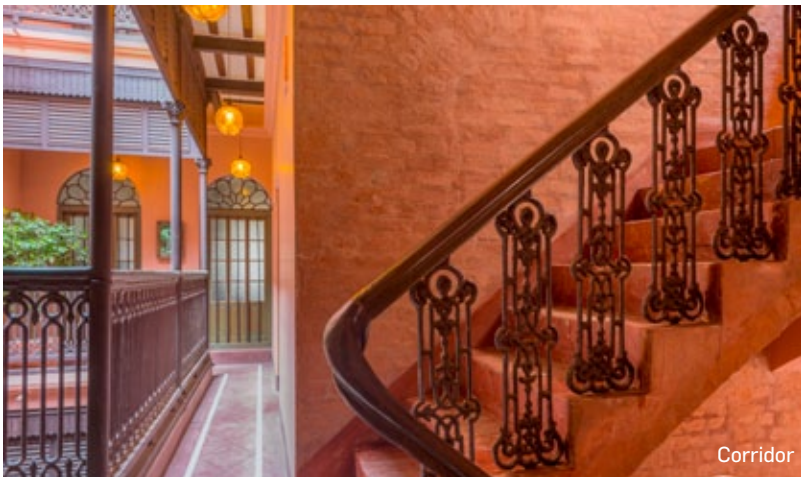
Darzipada



Balcony Sitting Area



Courtyard



Corridor



Corridor

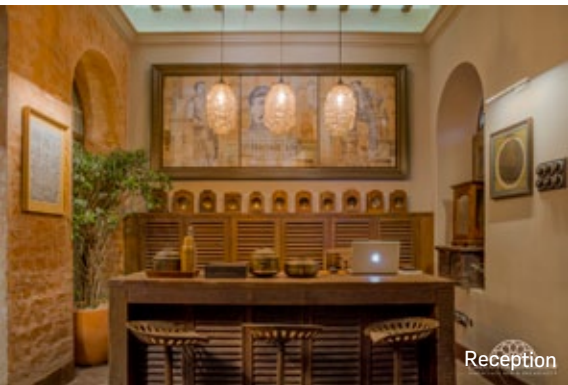
Built in 1926, Calcutta Bungalow embodies the classical architecture of Calcutta’s golden era. When Iftekhar Ahsan finally convinced the original owners to part with it, the structure was in a state of neglect. Yet, in a stroke of serendipity, the lack of care had preserved the building’s original features. Today, Ahsan has lovingly restored it into a beautiful homestay, retaining the essence of an upper-middle-class household from early 1900s Calcutta.

“Nearly all our wood and iron were salvaged from other buildings in the city,” shares Ahsan. “For example, we repurposed old khorkhoris, or louvered windows, as installations in the courtyard and beside tables. We even placed functional portable typewriters in each room, inviting guests to type out letters to send back home.”

The walls, with their exposed brick finish, tell their own story. The plaster, an ancient blend used by Raj mistries from Murshidabad, includes an intriguing mix of food items—jaggery, wood apple pulp, fenugreek seeds, and betel nuts—alongside lime and traditional plaster, cured for over two weeks to create the perfect mortar. These



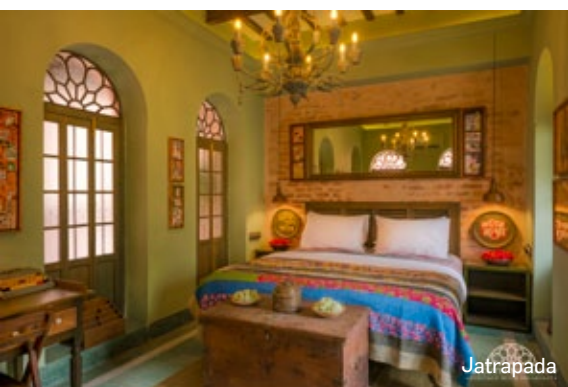
Darzipara



Reception



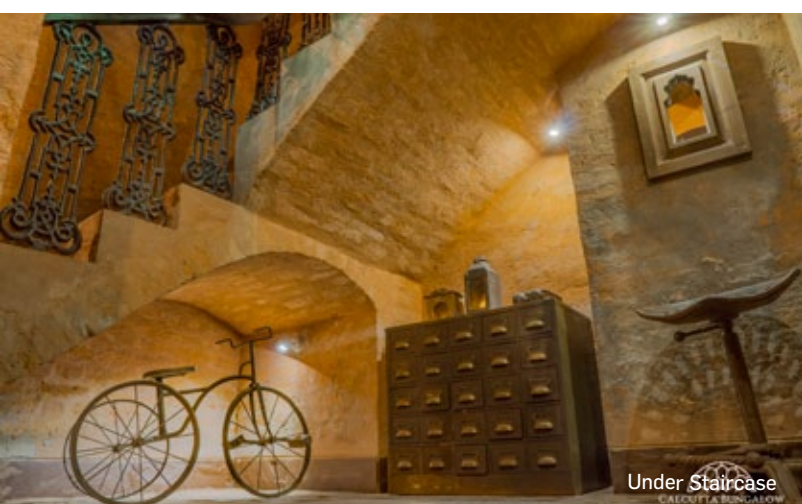
Souvenir



Jatrapada



Reception Light



Under Staircase

and other charming details lend the Calcutta Bungalow its distinctive character.

Despite its old-world charm, Calcutta Bungalow offers all modern amenities, from high-speed Wi-Fi to Netflix-enabled smart TVs and well-stocked mini-bars. Conveniently located, it's just a 30-minute drive from the airport, making it the perfect base for a memorable Kolkata stay.

CALCUTTA BUNGALOW

5 Radha Kanta Jeu Street, Kolkata 700004
 (Near Deshbandhu Park in Shyambazar)
www.calcuttabungalow.com

Revelling in Tradition

Explore Goa's Vibrant Traditional Dances

Shigmo, a festival deeply rooted in the cultural fabric of the Goa, is a celebration of life, tradition, and spirituality. Goa Tourism extends its support to these vibrant cultural festivals, recognizing them as integral components of the state's rich heritage. Through preserving and promoting Goan culture, the state contributes to the sustainability and growth of these cherished traditions, ensuring that visitors and locals alike can immerse themselves in the cultural vibrancy and diversity that define our beloved state.

Central to this annual extravaganza are the traditional dances that encapsulate the essence of Goan heritage and showcase the rich tapestry of its diverse communities. Among these dances are the Goff, Dhangar dance, Ghodemodni, Samayi dance, and Morulo dance, each offering a unique glimpse into the cultural mosaic of Goa.



GOFF



The Goff dance annually showcased by the Goan peasant communities in Canacona, Sanguem, and Quepem talukas during the renowned Shigmo festival, is a spirited folk performance that embodies the joy and contentment of the people following a successful harvest during the Phalgun month.

During the dance, participants hold colourful cords attached to the center point of the performance area, known as the "mand," and intricately move in sync with one another, creating a mesmerising, multicolored braid by the end of the first sequence. As the music resumes, the dancers skillfully reverse their movements, unraveling the braid to return all cords to their individual, loose state by the conclusion of the second sequence.

DHANGAR DANCE



The Dhangar Dance, a renowned traditional dance of Goa, is performed by the shepherd community known as Dhangars. Also referred to as the Dhangari Gaja Dance, it holds significance as a dance, with practitioners seeking blessings from the folk god "Bira Deva."

Performers put on traditional Marathi attire, including a Kathiawari-styled white dress and a turban adorned with colourful handkerchiefs. The dance commences with gentle footwork, synchronised to the slow rhythm of the "Dhol." Typically, dancers encircle the dhol players as they move gracefully to the beat.





GHODE MODNI



The Ghode Modni, or “horse dance,” is a distinctive festival observed in villages like Thane, Sattari, Bicholim and other locales. This age-old tradition features an impressive showcase of equestrian skills and martial arts, where participants, dressed as warriors, skillfully ride adorned horses. The rhythmic cadence of hooves, coupled with the vibrant attire of the performers, creates a captivating spectacle that entralls onlookers.

Emerging as a prominent feature of the Shigmo festival, celebrated during Goa’s harvest season, the Ghode Modni folk dance holds significant cultural importance. Linguistically, “ghode” translates to “horse,” while “modni” denotes “joyful,” encapsulating the jubilant spirit of the performance. This centuries-old tradition not only pays homage to Goan heritage but also serves as a testament to the enduring bond between humans and horses in rural life.

SAMAYI DANCE



The Samayi dance is a cherished tradition among the people of the community, where participants showcase their skill and grace while balancing traditional metallic lamps, known as ‘diwli,’ atop their heads. These intricately crafted diwlis, add a touch of authenticity to the performance.

Both men and women partake in this cultural extravaganza, adorning their heads with these Goan handicrafts as they move in harmony with the melodic tunes of folk instruments. The rhythmic beats of the Ghumat, Samel, Zanj, Shehnai, and Surt set the pace for the dancers, guiding their movements and infusing the atmosphere with an aura of festivity and tradition.



MORULO DANCE



The Morulo dance depicts the movements of a peacock, performed during the Shigmo. Dancers, adorned in eclectic costumes, move with agility and precision, exuding a sense of joy and celebration that reverberates throughout the community.

In essence, the traditional dances of Shigmo serve as a testament to the enduring legacy of Goan culture, celebrating its vibrant traditions, communal spirit, and artistic ingenuity. As custodians of this cultural heritage, it is imperative to cherish and preserve these age-old traditions, ensuring that future generations continue to revel in the splendor of Shigmo’s cultural extravaganza for years to come.



COME SEPTEMBER

Gorgeous Global Festivals

Join us on a journey through some of the most captivating events that mark the arrival of September

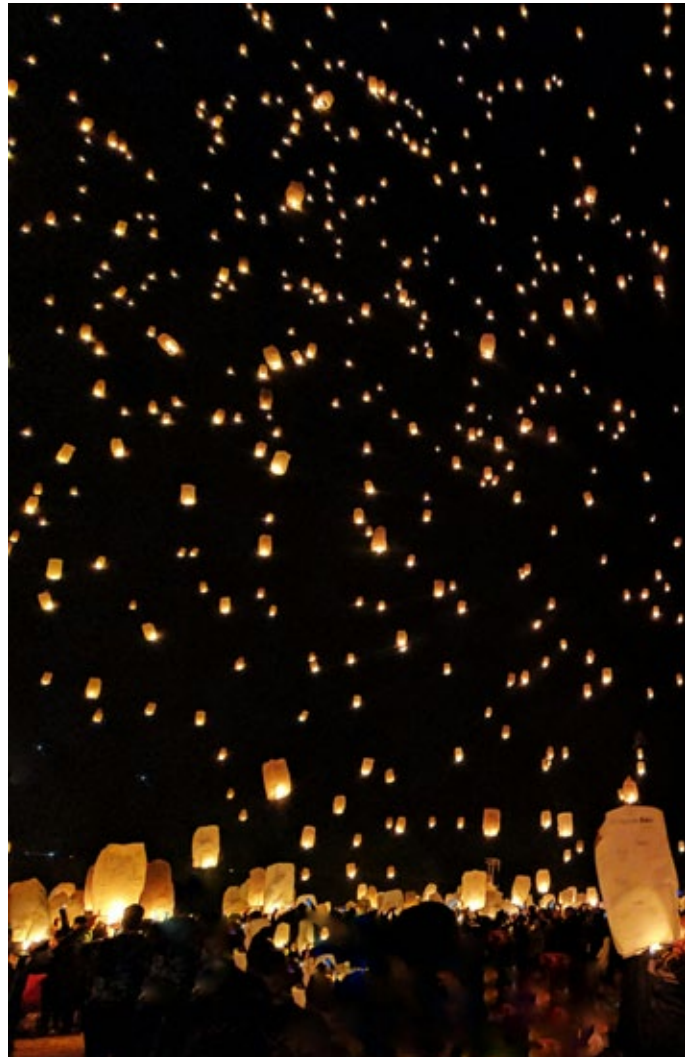
GRAPE HARVEST FESTIVAL, ARGENTINA

In the heart of Argentina's wine country, the city of Mendoza celebrates the grape harvest with a blend of folk music, dance, and, of course, wine tasting. The air is filled with the aroma of Malbec as locals and visitors toast to another fruitful season.



MOON FESTIVAL, EAST ASIA

This cherished East Asian tradition sees families gathering to admire the full moon and indulge in mooncakes—a sweet delicacy filled with red bean or lotus seed paste. Lanterns adorn the night sky, symbolising unity and harmony.



TORONTO INTERNATIONAL FILM FESTIVAL, CANADA

The Toronto International Film Festival (TIFF) is a global showcase of cinematic talent, attracting filmmakers, critics, and movie lovers from around the world. It serves as a crucial platform for new films, often predicting the contenders for the Academy Awards.



OKTOBERFEST, MUNICH, GERMANY

Contrary to its name, Oktoberfest kicks off in late September, drawing millions to Munich for a celebration of Bavarian culture and, of course, beer. Steins clink amidst lively folk music, traditional attire, and a culinary feast that includes pretzels, sausages, and hearty Bavarian fare.



LA MERCÈ, BARCELONA, SPAIN

Barcelona lights up in September for La Mercè, honoring the city's patron saint with a spectacular display of Catalan culture. Fire runs, castells (human towers), and vibrant parades flood the streets, showcasing the region's rich heritage and community spirit.

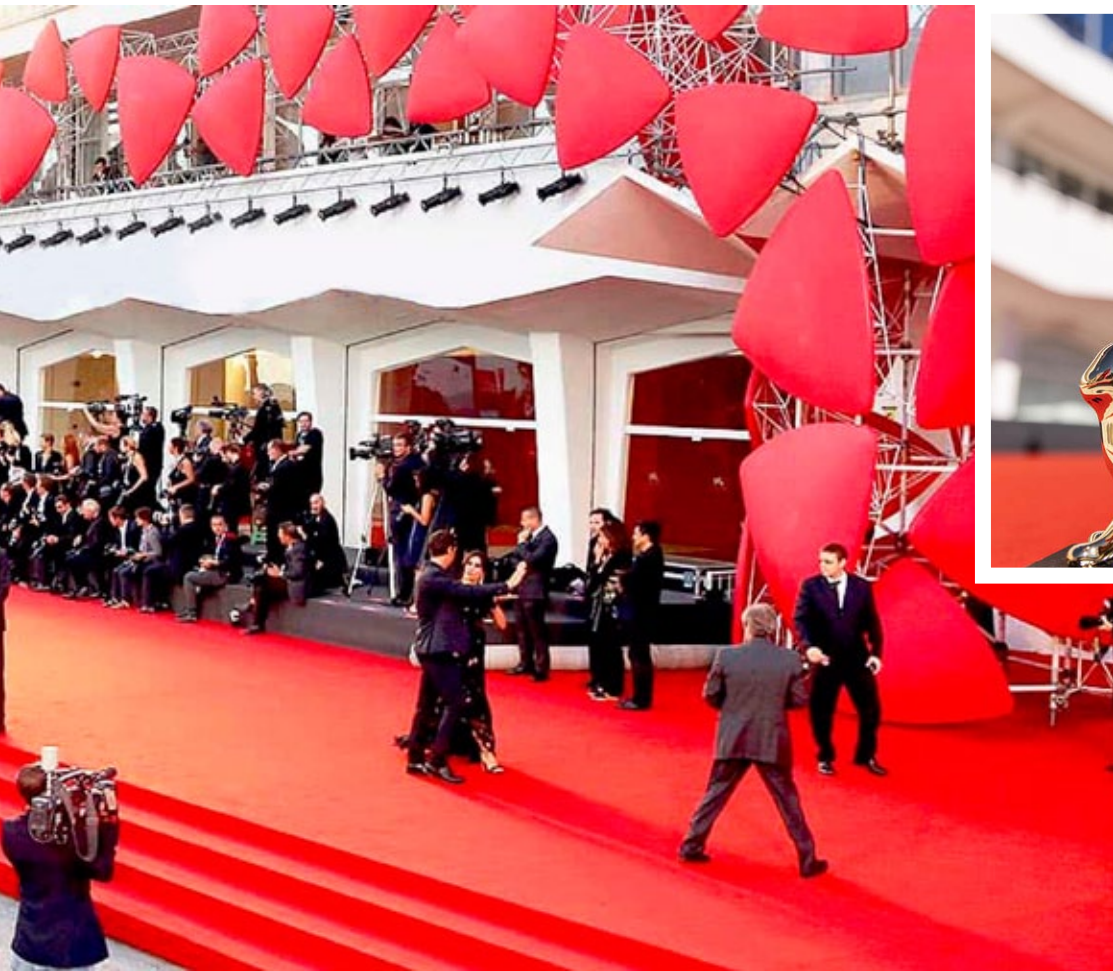




BURNING MAN, NEVADA, USA

Deep in the Nevada desert, Burning Man unfolds as a radical experiment in community and self-expression. Participants create a temporary city of art installations, themed camps, and spontaneous performances, culminating in the burning of a massive wooden effigy—an emblem of transformation and renewal.





VENICE INTERNATIONAL FILM FESTIVAL, ITALY

One of the oldest film festivals in the world, the Venice International Film Festival takes place on the picturesque Lido Island. It's renowned for its glamorous setting, prestigious awards, and the debut of numerous high-profile films, making it a highlight of the cinematic calendar.



HERITAGE DAY, SOUTH AFRICA

In South Africa, Heritage Day celebrates the nation's diverse cultures and traditions, culminating in Braai Day—a celebration centered around the braai (barbecue). Families and friends gather in parks and backyards to savour grilled meats, traditional dishes and lively music.

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LIFE

OUR PICK OF GLEANINGS AND MUSINGS
TO RELISH AND REFLECT UPON



TWO MIEN

From ME TO YOU, the popular long-running editorial column in Femina By Sathya Saran

The two men were having a serious fight.

They were not young men, hot-blooded and bristling with testosterone; on the contrary, one of them was grey haired, frail-looking and wore glasses.

He was in a white shirt that had suffered the heat and grime of the day.

The other man was taller, heavier, balding and looked as if he hid muscles under his shirt.

It started like most fights do. I was in my car, and watched it happen.

The big man said something to the smaller man as he was turning away. The small man turned and replied, and it was not a kind reply from the look on his face.

The big man moved threateningly close, "I'll hit you," he said... I could hear the words.

The smaller man drew back a little, then he stuck his elbow out and pushed the bigger man..."Try it," he said.

The bigger man lifted his hand and brought it down on the other; who went down like he was made of straw.

A bystander ran out to stop the fight, because the fallen man had got up and was hitting back ineffectively. One more blow, and he fell again, and this time his attacker fell over him; probably tripping on his own rage and

the fallen figure. Before anyone could intervene, he had got up and was dragging his 'enemy' by one leg.

And all this was happening at Dadar, under the flyover, while the traffic lights turned from red to green.

I had to drive on, as the cars behind me were honking; but I could not help lowering my window and shouting at the man that he should be ashamed to hit someone smaller and weaker than himself; and in such a ruthless manner.

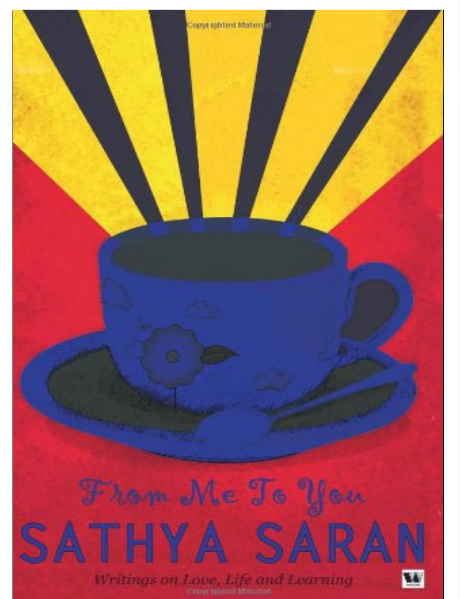
Afterwards I was left wondering if the peace maker had managed to end the fight before much harm could come to the older man; whether he did indeed break a bone as he fell, and what the reason for so much anger could be.

It happens frequently; the rising summer heat, the din of the traffic, the very stress of living and commuting in the city can make one's nerves raw and edgy, and all it needs is a little provocation for the blood to boil over and rage to express itself.

Surely the cause of that skirmish could not have been serious, or long standing; maybe one jostled the other, or ... who knows, but it must surely be something trivial. And their anger was not really at each other, but an expression of their general state of mind at that time.

Such a futile waste of energy...at the end of a long day.

Did the two then go their separate ways... and what did they feel at that point?



What would the older man tell his people at home, when he returned bruised and possibly visibly hurt? Surely he would not be able to admit to a young daughter or daughter-in-law that he had got into a road fight!

And the other one, the one who had the upper hand: would he feel any shame over having used his might against a weaker opponent, or was he a bully injured against such gentler feelings? Were there others who might be at



the receiving end of his blows, more frequently?

This city being what it is, there is enough chance that the two men might never meet again,. That is if they had both chanced to be at the same spot and rubbed each other the wrong way completely by accident.

Alternately, the city being what it is, and with people often walking a regular route and following a pattern of commuting, there was an equal chance the two would come face to

face once more, maybe on another such evening.

Would they avoid each other then, a bit sheepish at their encounter and the embarrassment of losing control over themselves in public; or would they take up where they were forced to leave off...

It's anybody's guess. All I know is, in a city like Mumbai, surprises explode at every turn; and one day is completely not like the next, or the day before, for any of us!



Sathya Saran

UNVEILING THE TIGER MAJESTY

A LOOK AT MADHYA PRADESH'S 7 TIGER RESERVES





- **The Madhya Pradesh Tourism Board is introducing a range of tourism activities in buffer zone of tiger reserves.**
- **India's undisputed "Tiger State" is home to a staggering 785 tigers.**

Madhya Pradesh has cemented its position as India's undisputed "Tiger State". Home to a staggering 785 tigers - the highest number in the country according to the 2022 census - this central Indian state offers unparalleled opportunities for wildlife enthusiasts to witness these majestic creatures in their natural habitat.

The Madhya Pradesh Tourism Board is introducing a range of tourism activities, including vehicle safaris, nature walks, jungle safaris, treehouse stays, village tours, and stargazing to enhance the visitor experience. The board is conducting workshops across different national parks to ensure a seamless and exciting journey.

Here's a glimpse into all 7 awe-inspiring tiger reserves of Madhya Pradesh:





**BANDHAVGARH NATIONAL PARK:
BOASTS A THRIVING 104 TIGER POPULATION**

Bandhavgarh Tiger Reserve spans across districts of Umaria and Katni. Encompassing an area of 1,536.93 square kilometres, the reserve boasts a thriving tiger population of 104 tigers. Bandhavgarh is one of the smallest parks but wildlife-rich and picturesque park having the highest density of tigers in India. There are estimated to be one tiger to every 14 km which offers a thrilling opportunity to spot tigers in their natural environment. A flight from Delhi to Jabalpur takes roughly 2 hours which is followed by a 4 hour drive to the park.



01

02



**KANHA NATIONAL PARK:
A PIONEER IN CONSERVATION INITIATIVES**

Kanha Tiger Reserve spanning the districts of Mandla and Balaghat is proudly one of the country's premier tiger reserves and the state's largest national park. The reserve encompasses an area of 940 square kilometres and the tiger population is 61. Kanha undoubtedly offers an unforgettable safari experience and spotting the master of camouflage is a thrilling reward estimated with one tiger every 15 km. Interestingly the lush forests of Kanha are believed to have inspired the setting for "The Jungle Book." Visitors can opt a flight to Jabalpur or reach the park by Balaghat Railway Station or take a bus to Kanha Gate from Balaghat.

03



**PENCH TIGER RESERVE:
MORE THAN JUST A
WILDLIFE SANCTUARY**

Pench National Park spans across the districts of Seoni and Chhindwara. Pench National Park is renowned for its thriving tiger population of 61 tigers across an area of 1179.63 square kilometres posing a possibility of tiger tracking every 19 km. Pench Tiger Reserve is a living chapter from Rudyard Kipling's iconic tale, "The Jungle Book." The inspiration for the fictional world of Mowgli can be traced directly back to this region.

04



**VEERANGANA DURGAVATI TIGER
RESERVE: NEWEST RESERVE AT
HEART OF INCREDIBLE INDIA**

Madhya Pradesh's newest tiger reserve aims to conserve tigers and other wildlife within its vast expanse. The 7th protected habitat for big cats in the state is spread across Sagar, Damoh and Narsinghpur districts. Veerangana Durgavati Tiger Reserve is spread across 2339 square kilometres and is estimated to have 15 tigers making it a vital habitat for the endangered species. The Tiger reserve is located approximately 20 kilometers from Bhopal.

05



SATPURA TIGER RESERVE: SPOT AT UNESCO'S TENTATIVE LIST OF WORLD HERITAGE SITES

The Satpura Tiger Reserve stuns visitors with its exquisite natural beauty. It is aptly nicknamed as “Seven Folds,” derived from the Satpura mountain range. The reserve is estimated to have 40 tigers. The Satpura reserve also boasts ancient rock paintings dating back 10,000 years making it a memorable experience. Satpura’s ecological wealth has earned it a well-deserved spot on UNESCO’s tentative list of World Heritage Sites in the Natural category. Fly into Bhopal or Jabalpur, followed by a scenic road trip from either city to conveniently reach the Satpura Tiger Reserve.

06



SANJAY-DUBRI NATIONAL PARK AND TIGER RESERVE: HAVEN FOR WILDLIFE

Sanjay-Dubri Tiger Reserve comprising an Evergreen Sal, Bamboo and mixed forest span an impressive 1,674.5 square kilometers across Sidhi and Shahdol districts is a haven for wildlife. The reserve plays a crucial role in tiger conservation is home to about 5 tigers, 152 species of birds 32 species of mammals, 11 species of reptiles, 03 species of amphibian and many more, 34 species of fresh water fishes. Sanjay National Park which is a part of Sanjay-Dubri Tiger Reserve is the most popular place to visit.



07

PANNA TIGER RESERVE: LAND OF KEN RIVER

Panna Tiger Reserve span 1,598.10 sq km spread across Panna and Chhatarpur districts. The reserve is home to 25 tigers. This reserve offers a glimpse at the dynamic dry deciduous forest. The visuals of Ken River are matchless memory during the safari with a flash of sunshine lends it unparalleled beauty. Reach Khajuraho which is the nearest Airport and the Railway station to enjoy a visit to Panna in between 15 October to 15 June for a lifetime memorable wildlife exploration.



TIMELESS TREASURES TREES

“
The creation of a
thousand forests is
in one acorn.

- RALPH WALDO
EMERSON

“
The best time to plant a
tree was 20 years ago. The
second best time is now.

- CHINESE
PROVERB

“
Trees are poems
that the earth writes
upon the sky.

- KAHLIL
GIBRAN

“
I think that I shall
never see a poem lovely
as a tree.

- JOYCE
KILMER

“

Trees are the earth's
endless effort to speak to
the listening heaven.

- *RABINDRANATH
TAGORE*

”

“

I speak for the
trees, for the trees
have no tongues.

- *DR. SEUSS*

”

“

The best friend on earth of man
is the tree. When we use the tree
respectfully and economically,
we have one of the greatest
resources on earth.

- *FRANK LLOYD
WRIGHT*

”

“

Every green tree is far more
glorious than if it were
made of gold and silver.

- *MARTIN
LUTHER*

”

“

Between every two
pines is a doorway to
a new world.

- *JOHN
MUIR*

”

“

The wonder is that we
can see these trees and
not wonder more.

- *RALPH WALDO
EMERSON*

”

”

“

Trees are
sanctuaries.

- *HERMANN
HESSE*

”

”

STATEMENT OF ELEGANCE

ORGANIZED LIVING WITH OUR

BESPOKE WARDROBE SOLUTIONS

Designed to maximize your
space while offering
unparalleled luxury
and functionality

SCAN TO CONNECT



100% Factory
Finished



German Quality
Construction



Value Engineering
& Transparency



Fully Functional &
Aesthetic Interiors

ART

THERE IS SO MUCH BEAUTY
IN THIS WORLD.



The Cat Cabinet: Amsterdam's Purrfectly Unique Museum

In the heart of Amsterdam, nestled among the city's iconic canals and historic buildings, lies a hidden gem that delights cat lovers and art enthusiasts alike. The Cat Cabinet, or KattenKabinet, is a charming museum dedicated entirely to feline-themed art. It's an offbeat and delightful destination that showcases the whimsical world of cats through a rich collection of paintings, sculptures, and other artworks.





ING

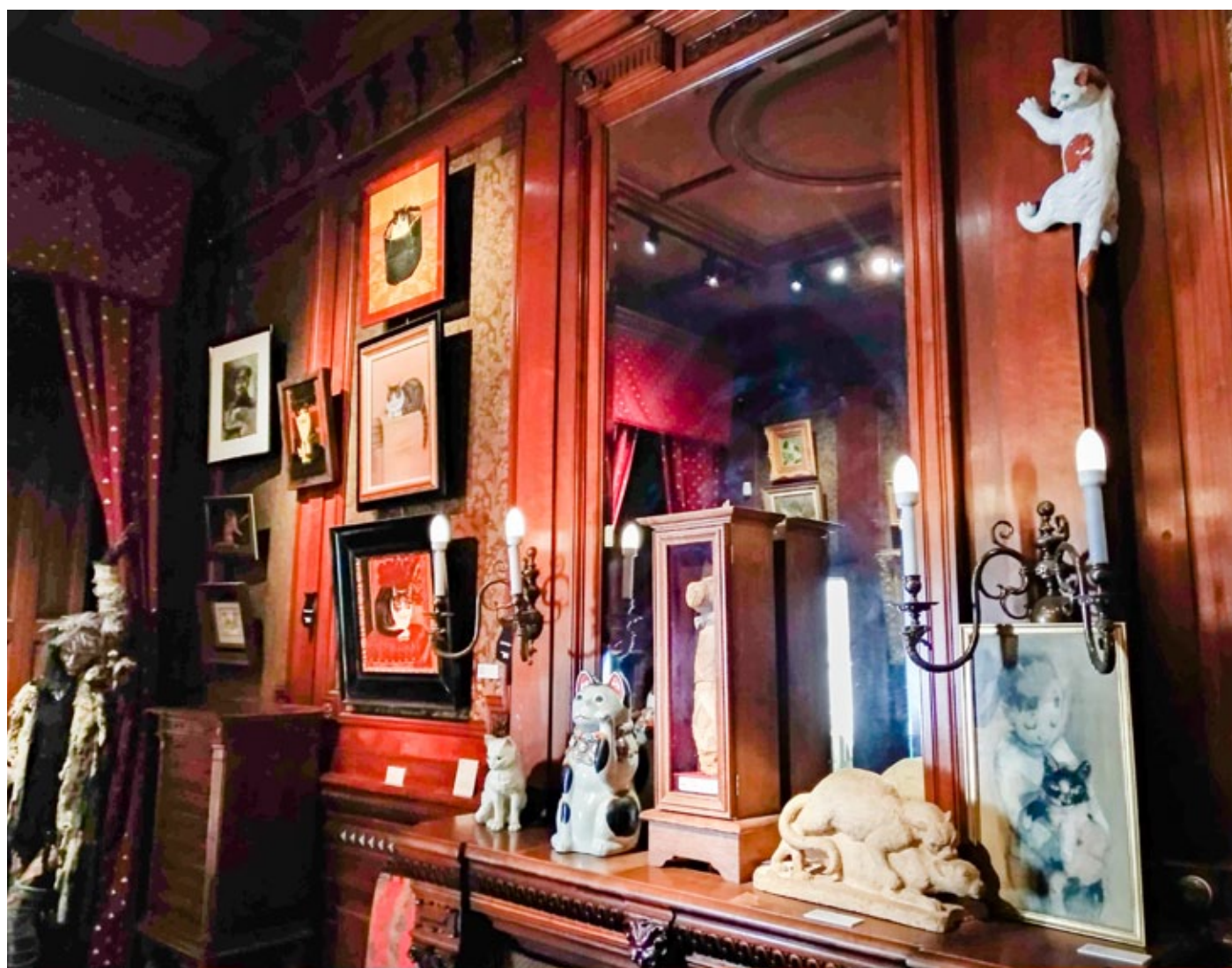
WILIEKAT

Founded in 1990 by Bob Meijer, The Cat Cabinet was established in memory of his beloved cat, John Pierpont Morgan (named after the American banker). Housed in a beautiful 17th-century townhouse on the Herengracht canal, the cosy museum perfectly complements the artistic celebration of cats.

FELINE-FOCUSED EXHIBITS

The Cat Cabinet's collection spans several centuries and includes works by renowned artists such as Rembrandt, Picasso, and Toulouse-Lautrec, all featuring cats in various forms and contexts. The museum offers a fascinating exploration of how cats have been perceived and portrayed in art over time, highlighting their enduring allure and mystique.

Among the notable pieces is a vibrant poster by Théophile Steinlen, famed for his iconic Le Chat Noir cabaret advertisements. Visitors can also admire contemporary artworks, such as playful sculptures and whimsical paintings that capture the charm and personality of our feline friends.





THEMATIC ROOMS

Each room in The Cat Cabinet is themed, providing a curated journey through different artistic styles and periods. From classic oil paintings to modern graphic designs, the museum's exhibits celebrate the diverse and multifaceted relationship between humans and cats. The rooms are adorned with cat-themed decor, creating an immersive experience that delights visitors at every turn.

A LIVING TRIBUTE

Adding to the museum's charm are its resident cats, who freely roam the premises. These friendly felines interact with visitors, offering an additional layer of enjoyment. Their presence makes The Cat Cabinet not just a museum but a living tribute to the love and companionship cats provide.

WHY VISIT?

The Cat Cabinet stands out as a quirky and delightful destination in Amsterdam, offering a unique blend of art and feline fascination. It's a must-visit for cat lovers, art aficionados, and anyone looking for an offbeat cultural experience. The museum's cozy ambiance and captivating exhibits provide a refreshing break from the city's more traditional attractions.

TIPS FOR VISITING

Location and Hours: The Cat Cabinet is located at Herengracht 497, Amsterdam. It's open Monday to Friday from 10:00 AM to 4:00 PM, and on weekends from 12:00 PM to 5:00 PM.

Admission: Tickets are reasonably priced, with discounts available for children and students. Check the museum's website for the latest pricing and special events.

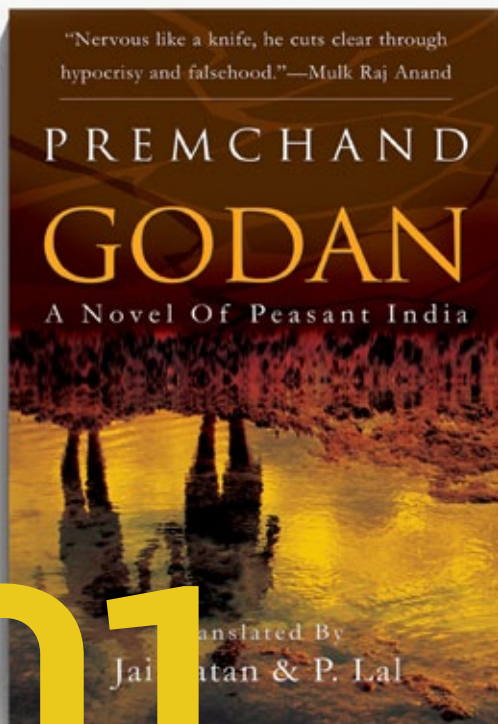
Nearby Attractions: While in the area, explore Amsterdam's picturesque canals, visit the nearby Museum Van Loon, or enjoy a leisurely stroll through the bustling Rembrandtplein.



TIMELESS TREASURES

6 MUST-READ INDIAN CLASSICS OF THE 20TH CENTURY

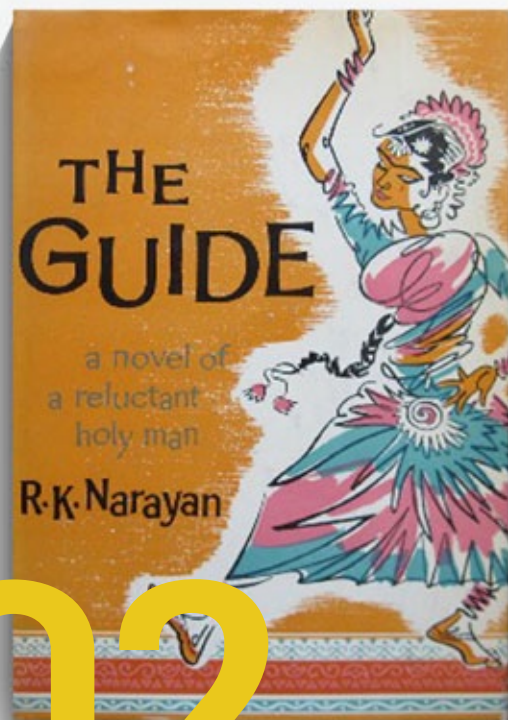
India's literary landscape is rich with timeless classics that have shaped its cultural identity and inspired generations of readers. Here's a curated list of six iconic Indian novels from the 20th century that everyone should delve into.



01

GODAN BY MUNSHI PREMCHAND

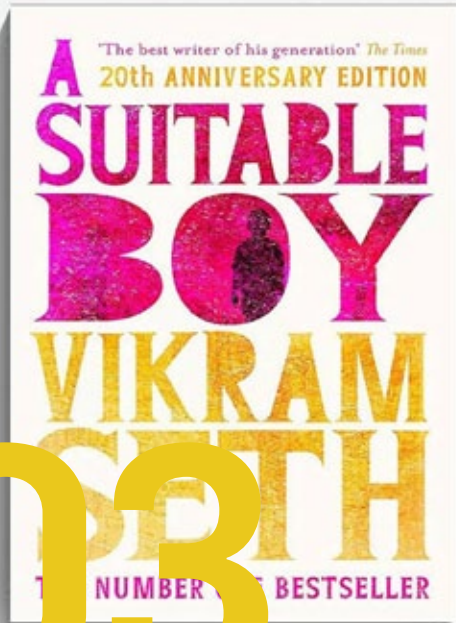
Godan (1936) stands as a monumental work in Hindi literature by Munshi Premchand, portraying the struggles of a poor peasant, Hori, and his aspiration to own a cow. Set against the backdrop of rural India during the British Raj, the novel vividly captures social inequalities, the complexities of rural life, and the human spirit's resilience.



02

THE GUIDE BY R.K. NARAYAN

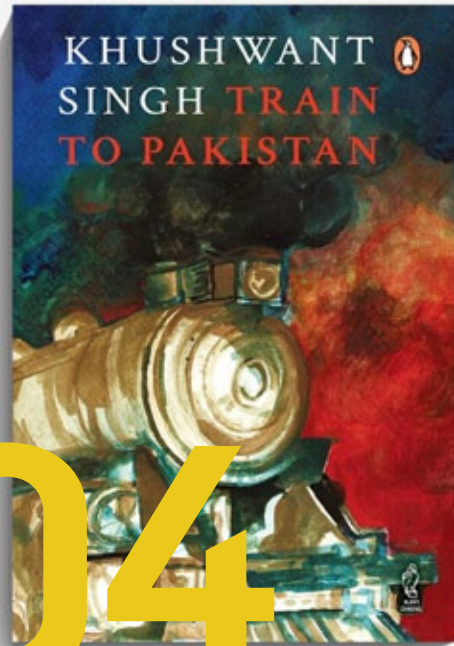
R.K. Narayan's The Guide (1958) is a captivating tale of Raju, a tour guide turned spiritual guide, whose journey from a small-town rogue to a revered holy man unfolds with humour and depth. Set in the fictional town of Malgudi, Narayan weaves a narrative that explores themes of identity, morality, and the pursuit of redemption.



03

A SUITABLE BOY BY VIKRAM SETH

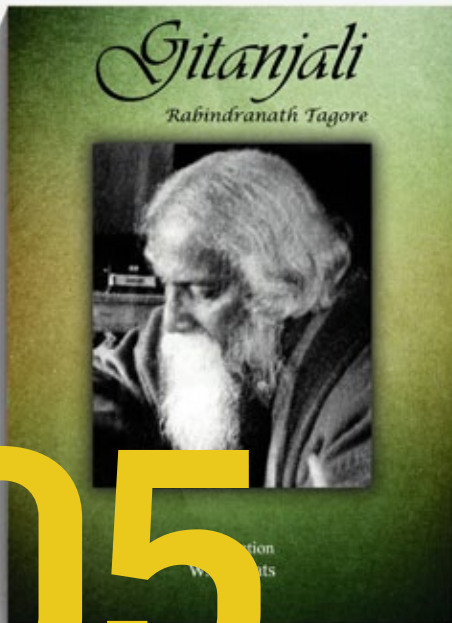
Published in 1993, *A Suitable Boy* is Vikram Seth's magnum opus, spanning post-independence India in the 1950s. The novel intricately weaves together the lives of four families, exploring themes of love, politics, tradition, and societal change. At its heart is Lata Mehra's quest for a suitable groom, reflecting the complexities of Indian society.



04

TRAIN TO PAKISTAN BY KHUSHWANT SINGH

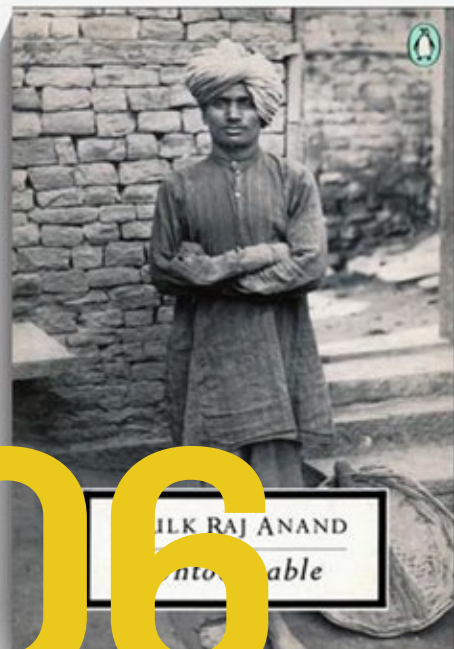
Khushwant Singh's *Train to Pakistan* (1956) is a poignant portrayal of India's partition in 1947. Set in a small village on the border, the novel explores the devastating impact of communal violence on ordinary lives. Through its vivid characters and stark realism, Singh confronts the horrors of partition while highlighting the enduring human spirit.



05

GITANJALI BY RABINDRANATH TAGORE

Gitanjali (1910), a collection of poems by Rabindranath Tagore, won him the Nobel Prize in Literature in 1913. These deeply spiritual and philosophical poems reflect Tagore's profound thoughts on life, nature, and the divine. The lyrical beauty and emotional depth of *Gitanjali* continue to resonate with readers worldwide, making it a timeless classic.



06

UNTOUCHABLE BY MULK RAJ ANAND (1935)

Mulk Raj Anand's *Untouchable* is a seminal work that vividly portrays the harsh realities of caste discrimination in pre-independence India. The novel focuses on a single day in the life of Bakha, a young sweeper and member of the lowest caste, as he navigates his duties and encounters various forms of prejudice and injustice.

Earthen Love

9 Eco-Friendly Gift Ideas for the Festive Season

As the festive season approaches, it's time to think about gifts that not only bring joy to our loved ones but also respect our planet. This year, let's celebrate with eco-friendly gifts that reflect our commitment to sustainability.

HANDCRAFTED TERRACOTTA DIYAS

Nothing says festival like the warm glow of diyas. Opt for beautifully handcrafted terracotta diyas that support local artisans. These eco-friendly lamps add a traditional touch to Diwali celebrations without harming the environment. Unlike plastic diyas, terracotta is biodegradable and reduces plastic waste.



02



REUSABLE COTTON BAGS

Ditch the plastic and embrace stylish, reusable cotton bags. Available in various designs, these bags are perfect for grocery shopping, carrying books, or even as trendy accessories. They're a practical gift that promotes sustainability. Reduces single-use plastic and supports local weavers.

03



HOMEMADE EDIBLES

Nothing beats the love that goes into homemade edibles. Bake some cookies, make ladoos, or prepare jars of pickles using organic ingredients. Pack them in reusable glass jars or eco-friendly packaging for a personal touch. Reduces packaging waste and supports local farmers.



04

ORGANIC SKINCARE SETS

Pamper your loved ones with organic skincare sets made from natural ingredients. Brands like Forest Essentials and Kama Ayurveda offer luxurious, eco-friendly products that nourish the skin without harmful chemicals. Free from synthetic chemicals, they help reduce water pollution and skin irritation.



05

ECO-FRIENDLY STATIONERY

For those who love to write, eco-friendly stationery made from recycled paper is an excellent gift. Choose from a range of beautifully designed notebooks, planners, and journals that are both stylish and sustainable. It is a gift that saves trees and reduces landfill waste compared to traditional paper products.



06

PLANTABLE SEED PAPER GREETING CARDS

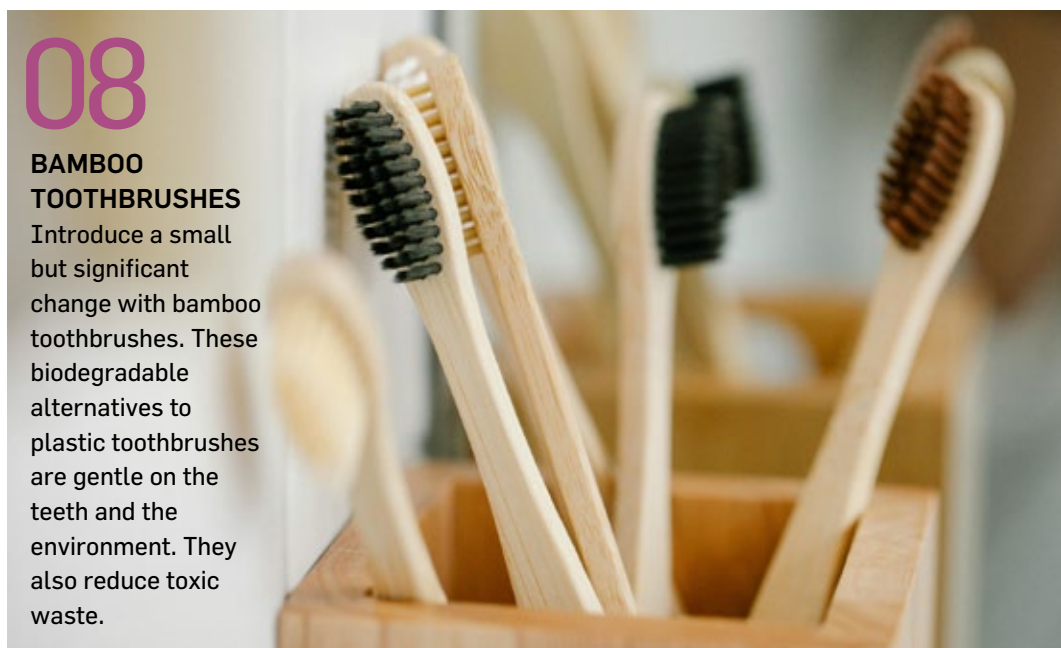
Send your festive wishes with a twist! Plantable seed paper greeting cards can be buried in soil to grow flowers, herbs, or vegetables. It's a gift that keeps on giving, bringing greenery to your loved one's home. Such a wonderful way to reduce paper waste and add green cover.



07

UPCYCLED HOME DÉCOR

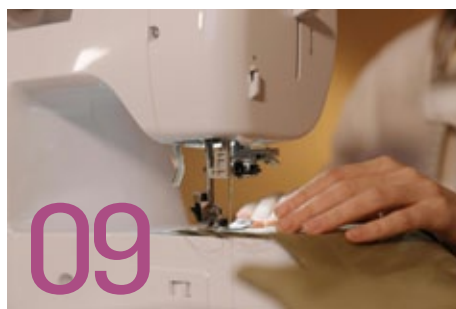
Gift unique home decor items made from upcycled materials. From vibrant bottle lamps to quirky wall hangings, these pieces add character to any home while promoting the art of recycling. This lovely gift idea reduces landfill waste and supports artisans who turn waste into art.



08

BAMBOO TOOTHBRUSHES

Introduce a small but significant change with bamboo toothbrushes. These biodegradable alternatives to plastic toothbrushes are gentle on the teeth and the environment. They also reduce toxic waste.



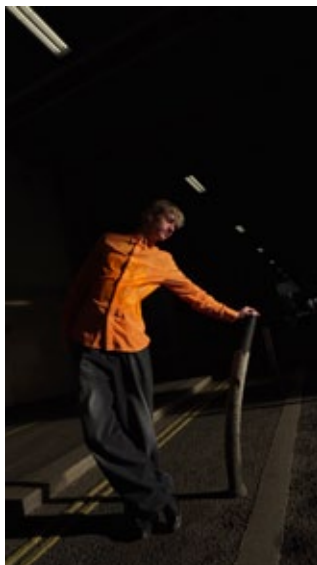
09

NATURAL FIBRE CLOTHING

Celebrate the festive season in style with clothing made from natural fibres like organic cotton, linen, or bamboo. These fabrics are not only comfortable but also have a lower environmental impact compared to synthetic fibres. They are biodegradable and use fewer chemicals in production.

Artful Fashion

Meet the designer duo who are putting a creative spin on sustainable fabrics in their signature style.



When Rishi, with a background in Fine Arts, and Victor, from a Fashion background, joined forces, their shared vision birthed the Vicri label—an innovative fusion of art and fashion. This collaboration revolves around sustainability, with a focus on upcycling clothes into wearable canvases. Each piece tells a unique story, and its concept is painted by the duo themselves.



Combining their creative strengths, Victor and Rishi co-design every garment. Rishi, with his adept execution skills, brings their artistic visions to life on fabric. UK-based socialite, model and influencer Reece Anthony King has embraced Vicri, showcasing multiple pieces on his influential platform.

Beyond mere clothing, Vicri redefines traditional painting as a daily wearable art form. It transcends gallery confines, inviting art enthusiasts to integrate expressive, hand-painted creations into their everyday lives.



Victor & Rishi

Victorson Pou belongs to Manipur. He graduated from Delhi University. His partner Rishi Khurana hails from Delhi. A fashion consultant and hotelier, Rishi holds a Masters in Fine Arts from UAL Camberwell College of Arts.

TASTE

A CORNUCOPIA OF LIGHT & LOVELY FLAVOURS,
CURATED TO SERENADE YOUR SENSES



6 ESSENTIAL JAPANESE COOKING TERMS YOU NEED TO KNOW

Japanese cuisine is renowned worldwide for its precision, technique, and unique flavours. Behind the delicious dishes are a variety of cooking terms that are essential to understanding the art of Japanese cooking.



1. SUSHI (寿司)

Sushi is perhaps one of the most famous Japanese dishes worldwide. It typically consists of vinegared rice combined with various ingredients such as raw or cooked seafood, vegetables, and sometimes tropical fruits. There are many types of sushi, including nigiri (hand-pressed sushi), maki (sushi rolls), and sashimi (sliced raw fish).

2. MISO (味噌)

Miso is a fermented paste made from soybeans, salt, and often grains like rice or barley. It's commonly used in soups, marinades, sauces, and dressings. The flavour of miso can range from sweet and mild to salty and robust, depending on the fermentation process and ingredients used.

3. TEMPURA (天ぷら)

Tempura is a popular Japanese dish consisting of lightly battered and deep-fried seafood, vegetables, or even some fruits. The batter is typically made from a mixture of flour, water, and sometimes egg. Tempura is known for its delicate, crispy texture and is often served with a dipping sauce called tentsuyu.



4. DONBURI (丼)

Donburi, often abbreviated as “don,” refers to a bowl of cooked rice topped with various ingredients. Common types of donburi include gyudon (beef bowl), katsudon (pork cutlet bowl), and oyakodon (chicken and egg bowl). These dishes typically feature a flavourful sauce and are served with pickles and miso soup.

5. TERIYAKI (照り焼き)

Teriyaki is a cooking technique in Japanese cuisine where ingredients are grilled or broiled with a glaze made from soy sauce, mirin (sweet rice wine), and sugar. This results in a shiny, caramelised coating on the food. Teriyaki sauce can be used on various meats, fish, or tofu, giving them a sweet and savoury flavour.



6. SASHIMI (刺身)

Sashimi refers to thinly sliced raw fish or seafood served without rice. It's often served as an appetizer or as part of a sushi platter. The quality of sashimi relies heavily on the freshness of the fish and the skill of the chef in slicing it into delicate, bite-sized pieces.



OODLES OF NOODLES

From street stalls in Bangkok to fine dining in Tokyo, noodles captivate taste buds worldwide. Let's take a flavourful journey through Asian noodle traditions.



Noodles symbolise longevity and prosperity in many cultures. During Lunar New Year celebrations, long noodles are savoured whole to ensure a long and prosperous life ahead.

NOODLE ETIQUETTE: 5 KEY POINTS

- **Slurp with Confidence:** In Japan, slurping noodles loudly is a sign of appreciation and enhances the flavor by aerating the broth.
- **Twirl, Don't Cut:** In Italy, use a fork to twirl pasta against the side of your bowl or plate rather than cutting it, preserving the noodle's length and texture.
- **Chopsticks Mastery:** In China and other East Asian countries, using chopsticks properly is essential. Avoid sticking them upright in your bowl, as this resembles incense sticks used in funerals.
- **Silent Enjoyment:** In Korea, eating noodles quietly is considered polite, especially in formal settings, to avoid drawing attention to oneself.
- **Mind Your Bowl:** In many cultures, lifting the bowl closer to your mouth can be seen as disrespectful. Instead, lean towards the bowl, especially when using chopsticks.

THE FIRST NOODLES

Noodles trace their origins back over 4,000 years to ancient China, where they were first made from millet. Today, China remains a powerhouse of noodle innovation, boasting over 1,000 noodle varieties!

CHINESE NOODLE CULTURE

Chinese noodles are a culinary cornerstone with over 4,000 years of history. Each region boasts unique varieties: hand-pulled la mian from the north, spicy Sichuan dan dan noodles, and delicate rice noodles from the south. These noodles can be stir-fried, served in broth, or enjoyed cold. Eaten with chopsticks, they are often paired with rich broths, savoury sauces, or vibrant stir-fries, reflecting the diverse and flavourful Chinese cuisine. Whether slurped from a steaming bowl of beef noodle soup or savoured in a spicy stir-fry, Chinese noodles offer a delicious journey through the country's rich culinary landscape.

THE JAPANESE ART

In Japan, slurping noodles is a sign of appreciation for the chef's skill and the meal's deliciousness.



Ramen, with its rich broth and chewy noodles, has evolved into a global sensation, with aficionados debating the merits of tonkotsu versus shoyu. Udon, thick and chewy wheat noodles, are enjoyed in hot broths during winter and served chilled with dipping sauces in summer. Soba, made from buckwheat, is a staple in Japanese cuisine, often served in a hot broth or cold with a dipping sauce called tsuyu.

THAI STREET FARE

Bangkok's bustling street markets offer pad Thai, a fiery stir-fry of rice noodles, shrimp, and peanuts, reflecting Thailand's vibrant culinary heritage. Each bite is a burst of sweet, sour, and spicy flavours—a true sensory adventure. Vendors

often cook pad Thai in giant woks over high heat, using ingredients like tamarind paste, fish sauce, and lime juice to create its distinctive taste. The dish is typically garnished with fresh bean sprouts, coriander, and a wedge of lime, and served with optional condiments such as chili flakes, sugar, and crushed peanuts, allowing diners to customize their flavour experience. Beyond pad Thai, Thai street fare includes a variety of noodle dishes like boat noodles, spicy tom yum noodle soup, and fragrant green curry noodles, showcasing the country's diverse culinary landscape. Whether enjoyed at a humble street stall or a bustling night market, Thai noodles offer an authentic and unforgettable taste of Thailand's rich food culture.

TASTY TABLES

Gourmet delights across Mumbai and Bengaluru

Luxury
Dining at

Opus

Four Seasons
Hotel Mumbai

BY SACHIN KRISHN

You hand over your car to the valet at the busy porch of the swanky Four Seasons. The hostess receives you with a practiced smile and ushers you into an over-lit hall that is very clearly en route to our destination for the evening...The Opus Lounge. It is when she leads you to what looks like a waiting table for anyone checking into the hotel by the nowhere-to-be-seen check in desks, that it suddenly sinks in.

This is nothing en route to Opus.

This IS Opus.

The name conjures up images of a Sanjay Leela Bhansali set, Opus is actually an all-day diner set in the middle of the hotel.

The menus boast of all varieties of cuisines, from Indian, to Chinese and Continental. We feel it best to leave all the ordering to our host. Then the food begins to arrive.

And with the first bite of the lobster salad that hits our palette, we begin to straighten up. For the salad drips with juice. The avocado salad for my vegetarian counterpart is no less. And the French Onion soup served immediately after, takes me right back to that inconspicuous food van parked somewhere in the lanes of Saint Germain where I had last had such a delectable soup all those years back.

What follows is a barrage of welcome assaults on the senses...with politely requested very small portions of a variety of almost all of their dishes so that we may sample them all...well...almost all...for the menu is so extensive,





that even a hard-boiled, and hence starved-for-years hosteller like me who still often drools at the sight of good food, cannot do justice to it all

The Prawns Tom Yum soup is yummy, to say the least.

The veg and non veg sliders, strictly OK.

The Chicken karage chilly prawn fish curry is so aromatic and succulent, we suddenly start cursing ourselves for having made the request to keep the portions small.

The crunchy avocados go really well with our drinks.

But then arrive the pieces de resistances...

The Dilli waala Butter Chicken, the Dal Makhani...and the chur chur naans....

And boy, suddenly, the soul is transported from this business like lobby of a swanky Mumbai five star, to that choc a block eatery in Pandara road where discerning

clients have been savouring some of the best Dilli fare the city has to offer, for years. And while it might be sacrilege to say this...I find the stuff here, a notch above the real Dilli waala khaana. The soft juicy chunks of boneless chicken wrapped in tangy tomato curry melt in your mouth as you close your eyes and chew on the sumptuous multi-grain chur chur naan. The kaali daal makhani is not a shade below the legendary dish prepared by Bukhara and Peshawari....and the sight of the oncoming platter of desserts...suddenly makes you wonder how in the blazes are you going to drive all the way back to the suburbs after such a satiating meal that has come as a total surprise at an uninspiring lounge that, only until a few minutes back we had been dismissing as a strict no no.

By the time the warm, hospitable staff has finished serving us our Tiramisu, we are all converts...making passionate promises to each other to eat here again the moment we sense any excuse to celebrate any occasion/achievement in life.

And when we wake up the next morning, the taste of the previous evening still lingers on...calling us back to that over lit business lounge which probably serves one of the best prepared food in this Mega Metro brimming over with eateries claiming to be one up on the other.

But as far as I am concerned, if there is anything like tasting blood...I have...and it calls out to me again as I decide that a rain drenched Sunday should be an occasion/achievement enough to justify another visit to Opus....which I know, is going to see a lot more of me and my family in the days to come.

Just wish they dimmed the lights a bit, squeezed the seating a bit, and jazzed up the mood a bit more to make the experience even more heavenly.



TASTY TABLES

Whispers OF KASHMIR

at Ritz Carlton, Bengaluru

BY ANANYA VATS



Kashmiri cuisine has been influenced by Central Asia, Persia and Afghanistan and adopted styles and nuances from all. But the two prominent styles today are Kashmiri Pandit and Kashmiri Muslim. The basic difference between the two is that of the liberal use of asafoetida (hing) and yoghurt among the Hindus and onions and garlic among the Muslims – all of which impart a distinct flavor.

Perched on the 4th floor of the Ritz Carlton, Riwarz restaurant offers a culinary journey through the diverse flavours of Kashmir. I was invited here to savour an exclusive menu prepared by Chef Srinivasulu from Chor Bizarre, a restaurant renowned for its Kashmiri cuisine.

The evening was aptly christened Whispers of Kashmir. Our dinner began with Palak Patta Chaat, one of the softest I've ever tasted. A signature dish of Chor Bizarre, it captured the essence of Delhi Chaat with its delightful blend of flavors—tangy, flavourful, and irresistibly tasty. Then the delicious Kashmiri starter of Walnut and Lotus Stem patty was served, which are commonly found ingredients in the valley of Kashmir. It was followed by Tarami - the most awaited star of the show.

Instead of the large traditional tarami, which serves four people seated on the ground, Chor Bizarre offers a more practical copper tarami designed for individual diners at a table. This version provides a teaser of wazwan, traditionally a 36-course meal.

Our tarami included Guchhi Pulao, beautifully encircled with green Haaq (Kashmiri spinach), red tomato chutney, creamy Nadru Yakhni (lotus root in a yogurt sauce spiced with aniseed and cardamom), and Bhaderwah Rajmah (red kidney beans with Kashmiri spices). Each dish had its distinct flavour profile, but the Rajmah stood out the most for me.

Paneer Kaliya, featuring soft cottage cheese in a milk-based gravy, was unlike any paneer dish I had ever tried. It contrasted sharply with the next course, Chuk Wangun, a combination of eggplant, cooking apple, tamarind, and



Kashmiri spices. The first bite reminded me of the tamarind-lemon pickle I enjoyed as a child. This was followed by Dum Aloo, which was heavily spiced and flavourful.

The tarami was accompanied by some interesting condiments that I noticed late into the meal. Saffron yogurt, resembling a sugarless kulfi, was great for balancing the spiciness of some gravies. There was also Muje Chutney (radish, walnut, yogurt) and Gund Chutney (onion, red chili). After consuming generous portions of rice on a beautiful silver platter, we were served dessert.

Phirni, made of semolina instead of rice with milk and saffron, and Shoofta, a mix of dry fruits, dried coconut, and cottage cheese simmered in sugar syrup, provided a perfect sweet ending to a lovely meal, which concluded on a high note with a cup of steaming, delicious Kahwa.

Throughout, the chef visited our table at the start of each course to explain the story behind the ingredients and preparation. The most fascinating story was his own—a chef from Andhra Pradesh who fell in love with Kashmiri cuisine, founding Chor Bizarre in 1990 to share this passion.

Chor Bizarre itself is a story, with mismatched antiques reminiscent of a chor bazaar (thieves' market), featuring assorted paraphernalia displayed on the walls, lending a vintage atmosphere to the place. I can't wait to visit again!

For an evening, I was transported to Kashmir, sitting cross-legged on a beautiful carpet, eating from a silver plate as the host served dish after dish. I savoured every bite, appreciating the fine art of cooking and the stories each dish held.



Phurr.

Vegetarian Restaurant in Bengaluru

BY MEERA RAO

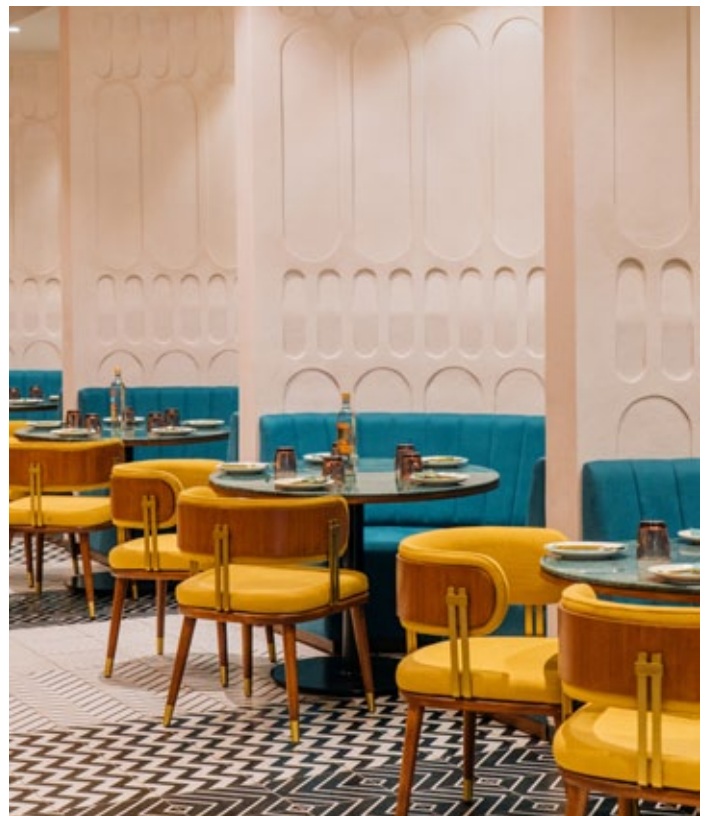
And they've named it right. Stepping out after dinner, the feeling is one of flying away chirpily into the world like a bird - in this case, a bird well fed on a variety of interesting vegetarian and vegan food. Throw in a spacious, vibrant decor and attentive service and you get the picture.

We had made reservations for dinner (strongly advised) and there was a crowd waiting for the doors to open.

Good sign of a good restaurant! At 7 PM sharp, we were ushered in to plush and comfortable seats. The interior is bright, colourful and spacious. And guess what? You hear a mechanical bird chirping on and off. Must say that helped to unwind.

The welcome drink was a unique, refreshing coconut and mango drink that looked like a broken egg. Great pick-me-up. It was even served in a mock bird nest. They take their theme seriously.

Phurr doesn't serve alcohol. We ordered three interesting looking mocktails - Harmony Hawk, that wasn't very exciting, Jack's Sparrow, a very interesting jackfruit-based





drink but high on sugar and Orange Owl, that was orange juice with activated charcoal. It had a single, generic taste that wasn't particularly appealing.

For starters, we chose spicy khakhra with chickpeas and hummus and palak patta chaat. What first impressed us was the presentation. The khakhra in itself was delicious with just the right amount of dry masala on it. It was even better with the hummus. We felt however that the quantity of hummus should have been more and the chickpeas, avoided. Palak patta chaat was tangy, crispy with the right amount of red and green chutneys.

We also ordered the classic watermelon feta salad that was well executed and fresh.

We next ordered the lemon pepper soup that was served with a deep fried snack called Summer Roll. The soup was appetising, filling and flavourful. We thoroughly enjoyed it. The snack would have been better if served hot. Actually we felt it was quite superfluous and, in fact, took away from the freshness of the soup.

The sous chef suggested we try naan with kofta and Cantonese noodles. Naan was crisp, hot and it went well with the well made and tasty kofta. The Cantonese noodles would appeal to those who prefer Indianised Chinese cuisine.

On the dessert menu was the North Indian winter delight malaiyo, also called daulat ki chaat. I was very curious to see how they made it in Bengaluru. What came to the table was a tasty, milk mousse garnished with caramel, rose petals and nuts. The characteristic airiness of the original was missing, though and the yellow colour could have been avoided.

All in all, a pleasant dining experience. The portions were good and the serving staff, polite and attentive. One of the owners was moving around talking to guests and asking for feedback. We also appreciated the fact that drinks were served in reusable metal straws.

BUTTER ME UP

DELICIOUS HERB AND SPICE BUTTERS TO ELEVATE YOUR MEALS

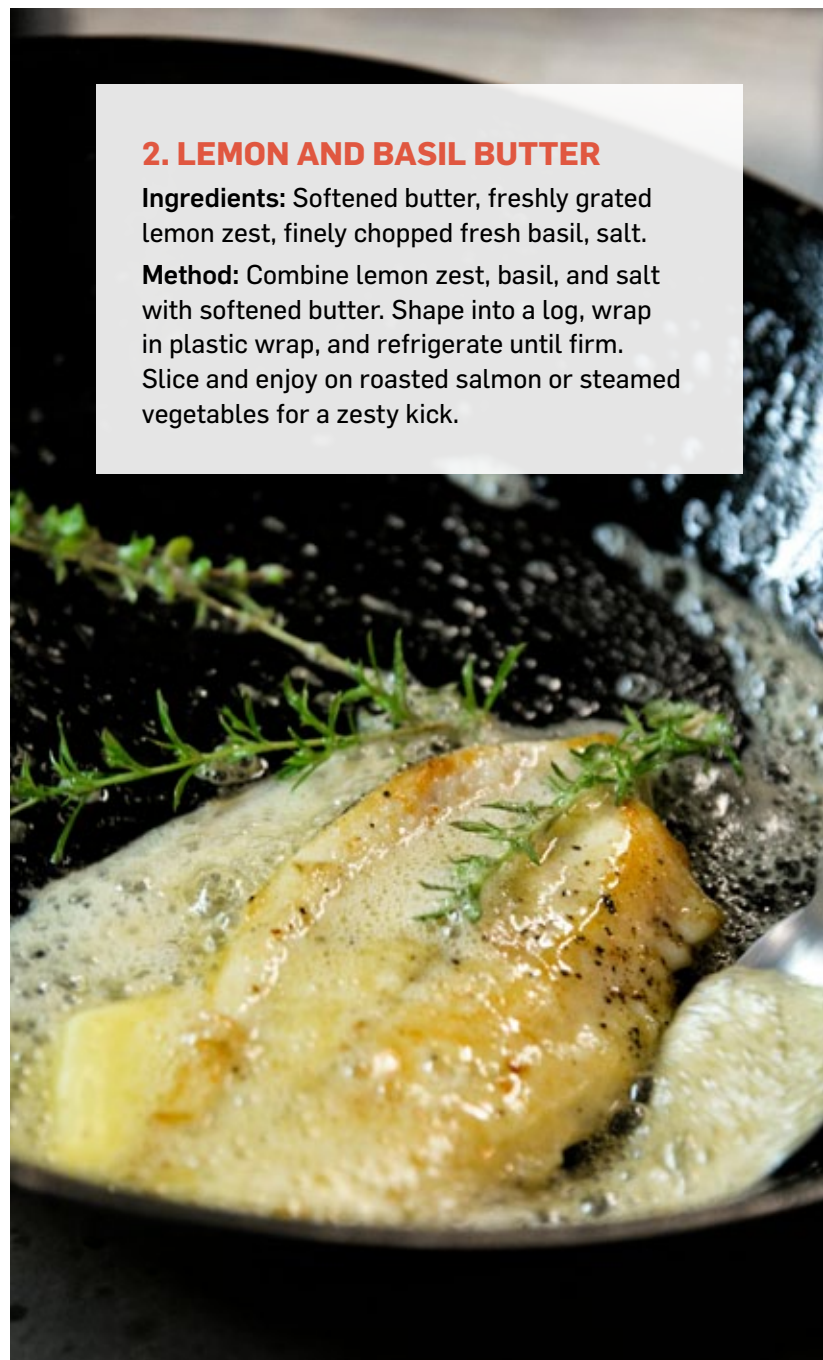
These versatile delights not only enhance the taste of bread but also elevate meats, vegetables, and even pasta. Here are five irresistible herb and spice butter recipes you can whip up at home.



1. GARLIC AND PARSLEY BUTTER

Ingredients: Softened butter, minced garlic, finely chopped fresh parsley, salt.

Method: Mix garlic, parsley, and salt into softened butter until well combined. Roll into a log using parchment paper and chill. Slice and serve with warm bread or grilled steak for a burst of garlicky goodness.



2. LEMON AND BASIL BUTTER

Ingredients: Softened butter, freshly grated lemon zest, finely chopped fresh basil, salt.

Method: Combine lemon zest, basil, and salt with softened butter. Shape into a log, wrap in plastic wrap, and refrigerate until firm. Slice and enjoy on roasted salmon or steamed vegetables for a zesty kick.



3. CHILLI AND LIME BUTTER

Ingredients: Softened butter, finely chopped red or green chilli (seeds removed for less heat), freshly squeezed lime juice, salt.

Method: Mix chilli, lime juice, and salt into softened butter. Roll into a log and refrigerate until set. Slice and serve on corn on the cob or grilled chicken for a tangy, spicy twist.



4. CORIANDER AND MINT BUTTER

Ingredients: Softened butter, finely chopped fresh coriander, finely chopped fresh mint, salt.

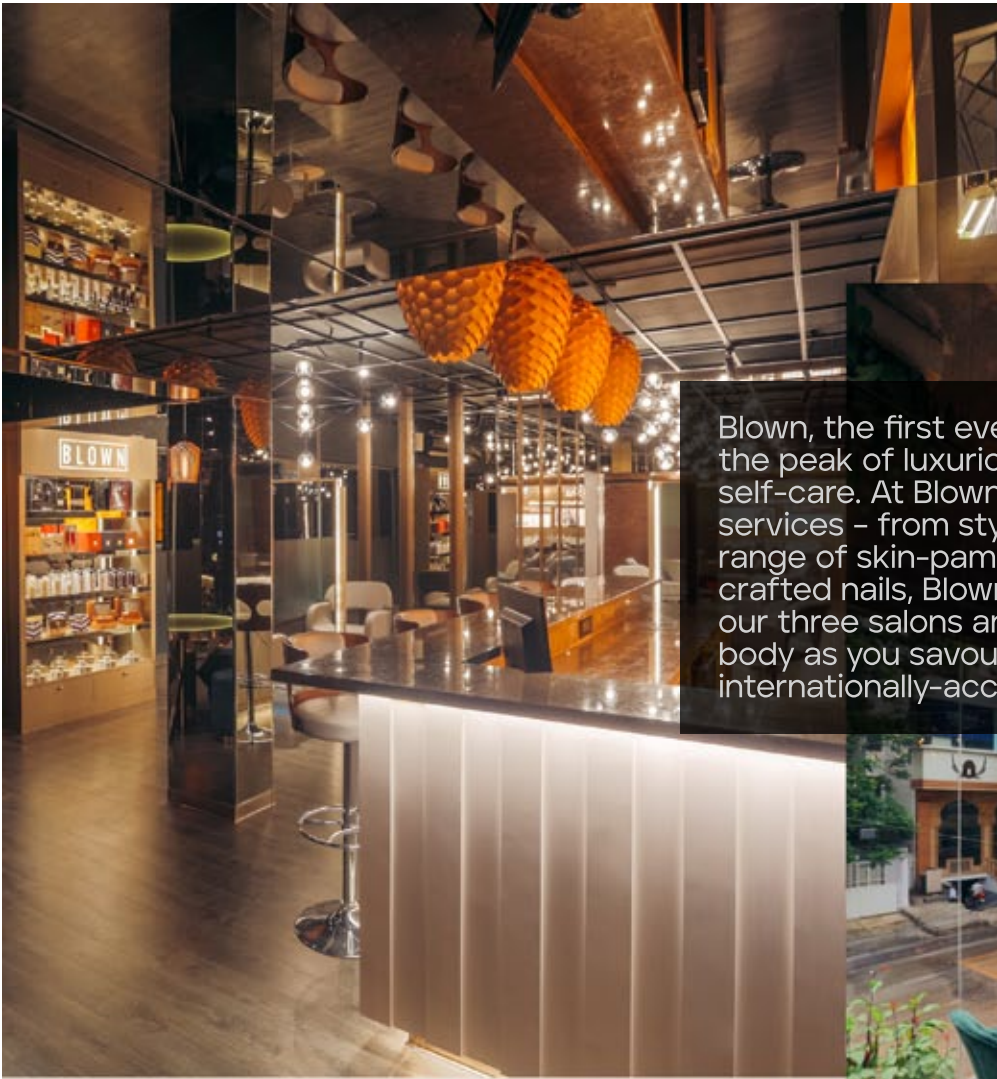
Method: Combine coriander, mint, and salt with softened butter until evenly distributed. Shape into a log, wrap tightly, and chill. Perfect with roasted potatoes or spread over warm crusty bread.



5. CINNAMON AND HONEY BUTTER

Ingredients: Softened butter, ground cinnamon, honey.

Method: Mix cinnamon and honey into softened butter until smooth. Transfer to a serving dish and refrigerate until ready to use. Serve with pancakes, waffles, or freshly baked scones for a sweet and comforting treat.



BLOWN

Blown, the first ever wine bar and salon in India, is the peak of luxurious beauty and indulgent self-care. At Blown, you can expect a full array of services – from stylish haircuts and colouring, to a range of skin-pampering options, to expertly crafted nails, Blown has it all. Step into our any of our three salons and feel your stress leave your body as you savour one of our delectable, internationally-acclaimed boutique wines.



INDIRANAGAR | VITTAL MALLYA ROAD | BEL ROAD

GET BLOWN AWAY

Blown is not just a salon, rather, it's like walking into a sleek, classy lounge, making it the perfect place for any sort of gathering, be it a girls' day pampering session, a pre-game party before a stylish night out, or a rejuvenating bachelor or hen party. Blown is not merely a salon, but an experience: you can indulge in self-care, express your unique style, and embrace your true self.

TRAVEL

WHERE ARE YOUR DREAMS
TAKING YOU THIS SEASON?



8 Exciting Road Trips to Take with Your Travel Buddies in

Thailand

Many travellers know Thailand for its coastal attractions, street food and popular temples but if you want to truly discover its hidden attractions with your friends, a road trip is the most ideal choice. From traversing amidst breathtaking Thai countryside to exploring pristine caves, rivers and monuments, these roads will take you on the adventure of a lifetime:

MAI HONG SON LOOP

The Mae Hong Son Loop is one of Thailand's most famous and longest motorbike routes, spanning 600 kilometres. Commencing in Chiang Mai, these roads will take you and your travel buddies across the green paddy fields, hidden waterfalls, and breathtaking mountain scenery in the northwest. As you ride past the quaint towns of Mae Sariang, Mae Hong Son, and Pai, don't forget to witness the unique culture of Northern Thai tribes and taste the delicious Lanna cuisine. Note that these hilly roads have plenty of hairpin bends and steep climbs so make sure you are well prepared.

 **Best time to visit:** October to February

• **HIGHLIGHT OF THE TRIP:** Mae La Na Cave in the Mae Hong Son Province is Asia's longest cave, where the Mae Lana stream flows 12 km deep.





BANGKOK-KANCHANABURI

If you are deeply fascinated by historical monuments and natural attractions, a day trip from bustling Bangkok to serene Kanchanaburi should be on your bucket list. The City of Waterfalls, Kanchanaburi sits at the confluence of the Khwae Noi and Khwae Yai Rivers, forming the Mae Klong River. During the journey, you will witness spectacular waterbodies, lush forests, and three of Thailand's largest reservoirs. Park your vehicles and enjoy white water rafting, golfing or explore mind-blowing attractions like Srinakharin Dam, Sai Yok Noi Waterfall, Sai Yok Yai Waterfall, Erawan Waterfall, Mueang Sing Historical Park, Three Pagodas Pass, Wat Wang Wiwekaram, Underwater City, the Bridge of the River Kwae, Kanchanaburi War Cemetery, World War II Museum and Art Gallery.

Best time to visit: October to December

Highlight of the trip: The Erawan waterfall hidden in the Erawan National Park is considered the most beautiful waterfall in Thailand.

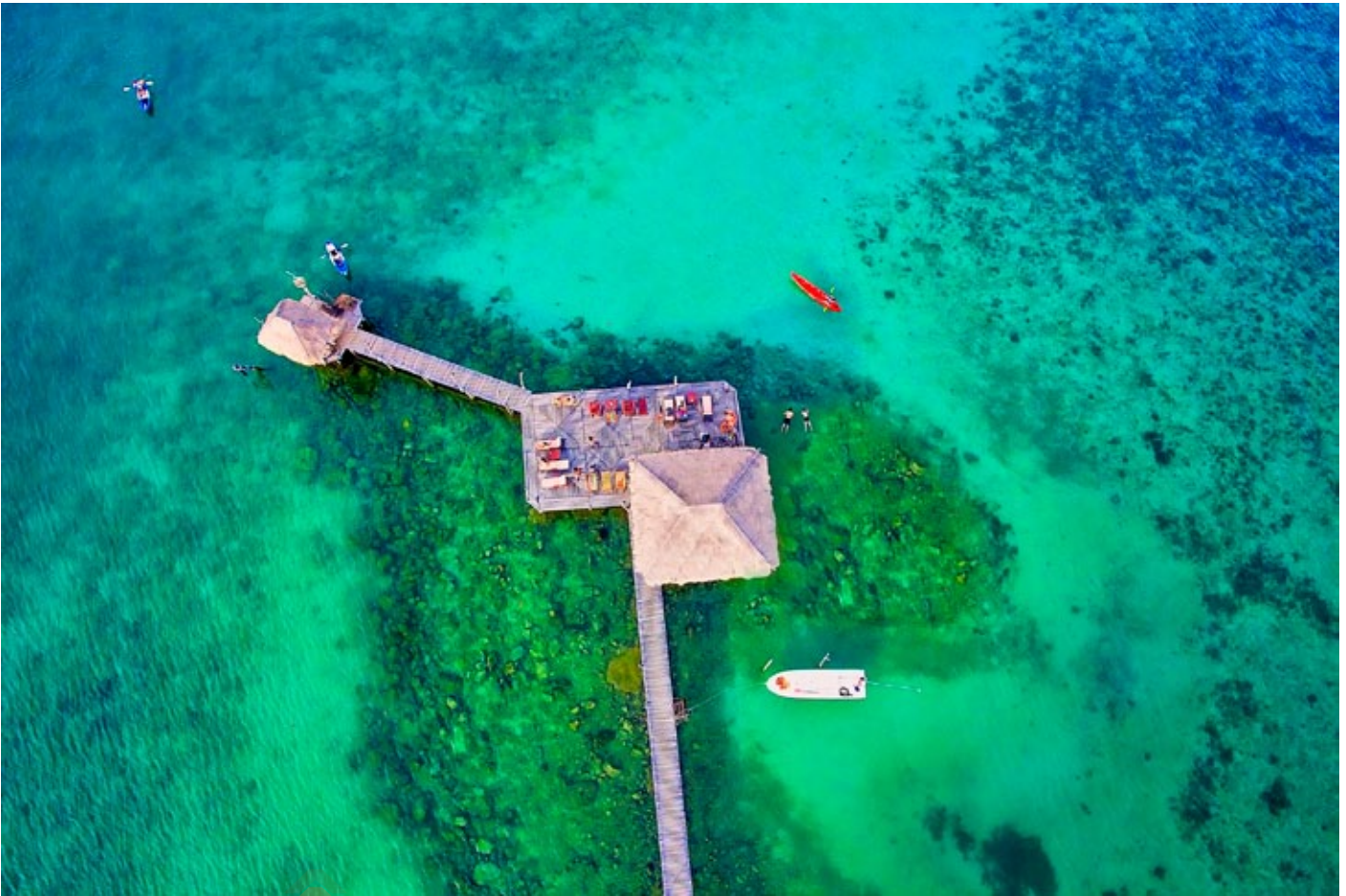
KRABI-PHUKET-PHANG NGA

Owing to its breathtaking routes along the Andaman Sea, the Krabi-Phuket-Phang Nga route is a dream for many road trip enthusiasts. As you begin the ride from Krabi, you and your fellow riders will be greeted by towering limestone cliffs, pristine beaches and vibrant towns lining the picturesque coastal roads. En route to Phuket, there are plenty of opportunities for island hopping, snorkelling, and diving in mesmerising turquoise waters. The journey culminates in Phang Nga, where the famous limestone karsts and hidden caves provide a breathtaking backdrop for exploration with legendary locations like James Bond Island and Hong Island just a boat ride away.

Best time to visit: November to April

Highlight of the trip: The coastal roads with stunning sea views and the chance to explore the beautiful Phang Nga Bay.





CHANTHABURI-TRAT

The Chanthaburi-Trat route is a hidden gem on Thailand’s eastern coast. Starting in Chanthaburi, you will be led through lush landscapes filled with tropical fruit orchards and historic gem markets. Heading South, the serene beaches of Chao Lao and the untouched beauty of the Koh Chang Archipelago in Trat await. It is an excellent place to rest up after a long ride and you will find plenty of stops to explore local culture and pristine coastal spots. Don’t forget to try the local seafood and island-hopping adventures before moving on.

 **Best time to visit:** October to May

• **Highlight of the trip:** The tranquil beaches of Koh Chang and the vibrant local markets in Chanthaburi.



NONG KHAI

The road trip to Nong Khai offers a peaceful journey along the Mekong River where tranquillity and cultural immersion take centre stage. The route takes you through lush rice paddies and quaint villages, with numerous opportunities to visit ancient temples and local markets. Nong Khai, known for its serene riverside atmosphere and the unique sculptures of Sala Kaew Ku, is an ideal travel destination if you seek a laid-back experience and a chance to explore quaint rural regions.

 **Best time to visit:** All-year-round

• **Highlight of the trip:** The riverside views along the Mekong and the surreal sculptures at Sala Kaew Ku.



PHAYAO

Phayao will take you on a journey through rolling hills and ancient ruins of Northern Thailand where plenty of adventures lie in store. The scenic Kwan Phayao Lake provides a peaceful retreat and natural attractions like Phu Sang National Park offer glimpses of rare flora and fauna like the Siamese big-headed turtle. Lead your friends or family to witness the last light of the day while sailing to worship the temple in the middle of the lake. Then, drive up the mountain to embrace the thick mist on Phu Langka.

- 🗓️ **Best time to visit:** October to February
- 🌟 **Highlight of the trip:** The tranquil Kwan Phayao Lake and the historic sites along the way.

NAKHON SI THAMMARAT-PHATTHALUNG-SONGKHLA

The route around Songkhla Lake, spanning Nakhon Si Thammarat, Phatthalung, and Songkhla, is a captivating journey through southern Thailand's diverse landscapes. Starting from the coastal town of Songkhla, explore long, serene beaches and picturesque islands with your travel buddies. The route offers stunning views of Songkhla Lake and the Gulf of Thailand, with plenty of opportunities to experience local culture and cuisine. Head to the deep caves and find the hidden beauty of nature; enjoy the sight of crystal-clear bays; take a boat trip to the exotic Red Lotus Sea; or cross the longest bridge over a lake in Thailand. This road trip would be perfect for you if you enjoy a mix of coastal scenery and cultural exploration.

🗓️ **Best time to visit:** November to April

- 🌟 **Highlight of the trip:** The long stretches of beach and the scenic views from Tinsulanonda Bridge.



NAKHON RATCHASIMA-NAKHON NAYOK

The road trip from Nakhon Ratchasima to Nakhon Nayok is a journey through Thailand's rich historical sites and lush landscapes. Ride with your companions to ancient Khmer ruins and the dense forests of Khao Yai National Park. The route offers a mix of cultural and natural attractions, making it a great choice for those who enjoy diverse experiences. Don't forget to take advantage of the park's protracted hiking and biking trails and check out its tall waterfalls including the Haew Narok and Haew Suwat, featured in Danny Boyle's movie 'The Beach' which starred Leonardo DiCaprio.

🗓️ **Best time to visit:** November to April

- 🌟 **Highlight of the trip:** The ancient ruins of Prasat Hin Phimai and the lush trails in Khao Yai National Park.



Information Courtesy: Tourism Authority of Thailand (TAT)

MAGICAL MALDIVES

Where clear blue waters, powdery beaches, and unmatched luxury make every moment feel like a dream.

By Shubhra Krishan

For the longest time, I thought of Maldives as a destination almost solely for celebrities and honeymooners. I suppose those visuals splashed liberally across Instagram were responsible. Goa and Sri Lanka for me, thank you: Less fancy, less expensive, more fun.

Having freshly returned from the Maldives, I can tell you this: it's unmissable. Here's the story:

My plane starts to descend, and the picture postcard views I saw in reels start to float into view. There's every hue of green and blue, between the ocean below and the sky above.

For the next seven days, these are all mine. Gone are the doorbells, ringtones and honks of my city life. I am free to drink up the sky, become a fish, talk to the stars. Real stars, studded in the night sky, sprawled across a bean bag on a slow-moving boat.

There are no monuments to inspect, no heritage tours to plan, no day trips to consider. All there is is an egg-shaped stretch of land and sand, ringed by endless waters. I am here, morning, noon and night.



VARU

I'm staying at two Atmosphere Core resorts: Varu and Kanifushi. For Varu, we take the speedboat from Male airport, and arrive in about 40 minutes. From Varu to Kanifushi, it's a thrilling 30-minute seaplane ride.

Both properties have their distinct personalities. Varu is smaller, more compact, more personalised. Kanifushi is larger, wilder and lets you explore at your own pace.

VARU BY ATMOSPHERE, MALDIVES

Stepping off the speedboat, the vibrant hues of turquoise water and lush greenery that greet me are nothing short of a dreamscape. Nestled in the enchanting North Malé Atoll, Varu extends me a warm Maldivian welcome, complete with traditional bodu beru drumming that immediately sets the tone for a stay steeped in local culture and hospitality. The resort's name, "Varu," translates to "life" in Dhivehi, and it truly embodies the essence of lively, exuberant relaxation.

VARU by Atmosphere offers the VARU Plan™ designed to give it a second-home feel to guests, without worrying about add-ons and hidden costs. Dining at the speciality restaurants - in the Nü, in Charcoal, or the Maldivian restaurant Kaagé - are also included. The minibar is refilled twice a day. Snorkelling equipment and non-motorized water sports equipment is available for free.





THE VILLAS

VARU by Atmosphere has 69 villas above water, which offer direct access to the sea. There are 38 Beach Villas, including three exquisite Majlis Suites, on the white sandy beach.

My water villa is a haven of modern elegance, featuring minimalist décor that highlights the stunning natural surroundings. It is a slice of paradise suspended above the lagoon. Imagine waking up to panoramic views of the Indian Ocean and ending your day with a dip in your private pool as the sun sets in a blaze of colour.

CULINARY DELIGHTS

Dining at Varu is an adventure in itself. The resort boasts a diverse array of restaurants, each offering a distinct culinary journey. At Lime & Chili, the all-day dining restaurant, I indulge in a sumptuous buffet brimming with international flavours and fresh, local seafood. The highlight, however, is the Maldivian night, where I savor traditional dishes like mas huni and garudhiya, bursting with authentic island flavours.

For a romantic evening, I highly recommend Charcoal, the signature grill restaurant. Here, you can dine under a canopy of stars, relishing perfectly grilled meats and





seafood paired with fine wines. Nu, the overwater restaurant, offers an exquisite à la carte menu, and the sunset views from its deck are simply breathtaking.

Bay Rouge, the pool bar serves spirits, beer and wine, cocktails, mocktails, tea, coffee, juices, and much more from morning to night.

Located in a traditional Maldivian house, with accented wood tones and bright colours, the resort's Kaagé restaurant creates an authentic setting perfected by warm hospitality, heritage photographs, and video storytelling. I am invited to take a cooking class here, which concludes with a delicious meal and a cool certificate.

ADVENTURE AND RELAXATION

The resort's dive centre is a gateway to some of the world's most pristine coral reefs. As a snorkelling newbie, I am thrilled by the vibrant marine life just a few meters from the shore, with schools of colourful fish, graceful manta rays, and even the occasional turtle.

To round off a perfect day, VARU Spa pampers me with an Ayurvedic massage, administered by skilled therapists.



A COMMITMENT TO PRESERVATION

What impresses me most about Varu by Atmosphere is its commitment to sustainability. The resort employs eco-friendly practices, such as using solar energy, desalinating seawater, and promoting coral reef conservation. It's heartening to see such initiatives ensuring that this slice of paradise can be enjoyed by future generations.

A SLICE OF PARADISE

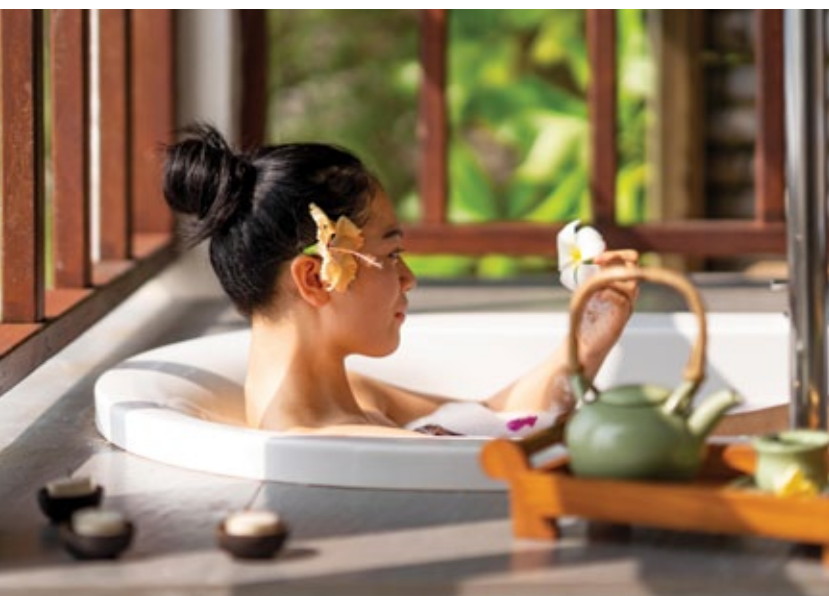
My stay at Varu by Atmosphere is nothing short of magical. From the moment I arrive until my departure, I am enveloped in luxury, natural beauty, and genuine hospitality.

ATMOSPHERE KANIFUSHI MALDIVES

Off the beaten track at a secluded edge of the Lhaviyani Atoll, lies this pristine tropical getaway. The island is about 2 kilometres in length and 90 meters wide with lush green palm trees and dense tropical vegetation. Stand-alone villas spread idyllically along a mesmeric turquoise lagoon. Airy living spaces and sophisticated interiors highlight the raw natural beauty of the island.

As I step onto the island, I'm once again captivated by the endless blue of the Indian Ocean, the soft white sand beneath my feet, and the sense that I've just entered a slice of paradise.





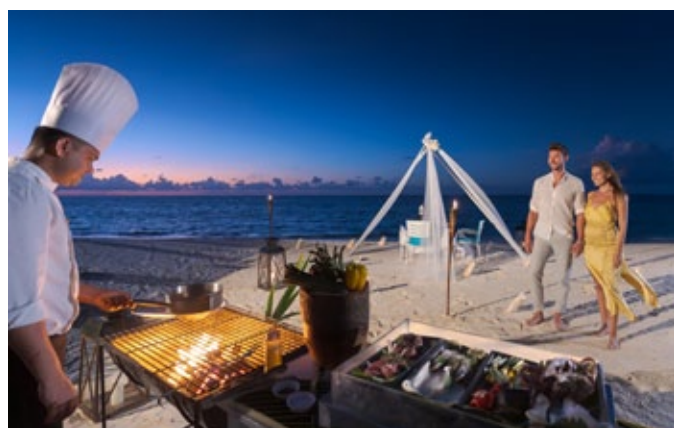
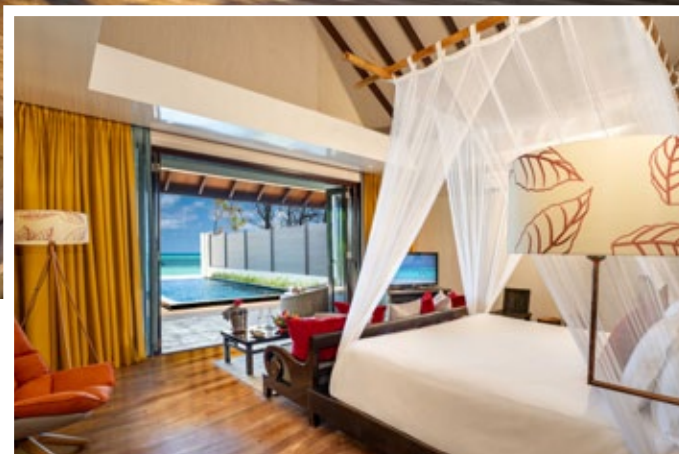


OVERWATER VILLA

My overwater villa feels as though I'm floating above the turquoise lagoon, with nothing but the sea stretching out in front of me. The villa itself is a perfect mix of modern comfort and Maldivian charm—spacious, airy, and with just the right touch of elegance. My favourite part? The private sundeck where I can soak in the sun, dip into the water whenever I please, and watch the sun set in a blaze of colours. It's pure magic.

HEAVENLY CUISINE

I start my days at The Spice, where the buffet is a feast for the senses. There are live cooking stations, and the aroma of freshly prepared dishes fills the air.



Ceylon Bliss is a snack hut that offers authentic Sri Lankan street food style light meals and beverages. The fragrant dishes are freshly prepared in a rustic wooden cabin. Enjoying them while sitting under the shade of a massive tree by the ocean is the closest thing to nirvana.

Designed in the shape of a manta ray, Pier Six is an overwater restaurant located close to the water villas. I enjoy a terrific Japanese teppanyaki show here, followed by a delicious dinner of grilled and steamed dishes.



But it's at Just Veg where I find something truly special—a vegetarian menu that's inventive and flavourful, served in a setting that's as beautiful as the food. Every bite, every meal, is a celebration of flavours from around the world, with a distinct Maldivian touch that makes it all the more memorable.



ADVENTURE GALORE

There's never a dull moment at Atmosphere Kanifushi, unless I want one, and then the quiet beaches are perfect for that. But when I'm in the mood for adventure, the options are endless. I am more of a laid-back-life lover, but you could spend your days snorkelling in the vibrant coral reefs, jet-skiing across the clear waters, and even diving into the deeper blue to discover the wonders below.

On land, the spa becomes my sanctuary, where I indulge in treatments that leave me feeling utterly rejuvenated. And when I want to explore, the cultural excursions take me into the heart of Maldivian life, offering glimpses of a world that's both ancient and enduring.



VOYAGE OF VITALITY

RESTORATIVE EXPERIENCES AROUND THE WORLD





WORLD'S FIRST BLOOD-TYPE BASED MASSAGE AT THE SPA AT PHULAY BAY, A RITZ-CARLTON RESERVE, KRABI

Krabi's most opulent resort Phulay Bay, a Ritz-Carlton Reserve is known for bespoke hospitality, prolific services, and a breathtaking natural ambience. Amidst the impressive backdrop of tropical jungle and the tranquillity of limestone hills lies a peaceful haven in The SPA at Phulay Bay. This sanctum of restoration offers traditionally inspired Thai, Asian and European treatments fusing exotic substances like chocolate, coffee, Himalayan salt, volcanic stones, and mud from the Dead Sea. Further emphasising its exclusivity, The SPA's Luxury Signature Body Massage is the world's first wellness journey that is adapted based on an individual's blood type. The resort's highly trained therapists use this information to suggest personalised natural spa treatments and dietary options to achieve the best results. Apart from therapies, the treatment rooms comprise an aromatherapy steam room, outdoor vitality pool and terrace sauna for optimum enrichment.

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SENSORY REVITALISATION IN SHANGRI-LA MUSCAT'S EXOTIC SPAS

Home to pristine beaches and fascinating culture, Muscat crafts a unique and memorable wellness journey. This can be witnessed in full glory at the city's grandest resort, Shangri-La Muscat where opulent hospitality and elemental treatments coincide in a haven of sensory satisfaction. In Shangri-La Barr Al Jissah, Chi, The Spa provides an elaborate menu of



wellness services designed to soothe the senses, such as deep tissue therapeutic massage and Himalayan salt stone massage. Likewise, Oman's maiden Luban Spa at the adults-only Shangri-La Al Husn contains treatments inspired by the region's age-old traditions. It incorporates exotic ingredients such as frankincense, rose wrap, and Omani honeyscrub to cleanse the body and make you feel reborn. The expansive treatments also include wellness programmes that aim to boost immunity and induce sound sleep.



HERB AND TEA INFUSED-TREATMENTS IN Z SPA AT WALLAWWA COLOMBO BY TEARDROP HOTELS

Just a 20-minute drive away from Bandaranaike International Airport is Wallawwa Colombo by Teardrop Hotels, an award-winning country house property that promises tranquillity and replenishment. Through an exemplary wellness facility at its 'Z Spa', the hotel pampers guests with luxurious and restful treatments designed to aid in pre- and post-flight rest. Set in 200-year-old tropical gardens, the Z Spa has treatment rooms with open-air bathrooms resembling a Zen-like central courtyard. It blends Asian techniques with a hint of Ayurveda to craft deeply relaxing body treatments, along with shiatsu sessions, cleansing facials and herbal compresses. The treatments incorporate all-natural ingredients like green, pink, and black tea made in Sri Lanka by Ophir. To leave no stone unturned, the spa also features an exclusive massage service for children.

FAMILY-FRIENDLY THERAPIES IN MÖVENPICK RESORT AL MARJAN ISLAND'S THE CITRINE SPA

In the glamorous city of Ras Al Khaimah is a dwelling of adventure, wonder and blissful unwinding - The Mövenpick Resort Al Marjan Island is a comprehensive five-star retreat that not only guarantees a lavish stay and coastal thrills but also prioritises health and cleansing through The Citrine Spa. A family-friendly establishment, it combines ancient healing traditions with modern techniques and uses special elements to restore the body to its peak. The treatments involve different forms of massages that ease tension and provide detoxification and vitality. The spa also promotes family bonding through special therapies like the Father and Son Chill Out Massage, and a Mother and Daughter Paradise Massage.





HOLISTIC HEALING AT THE ANAM SPA IN VIETNAM

In Vietnam's coastal towns of Mui Ne and Cam Ranh hides an epitome of luxury and rejuvenation. The five-star beachside resorts of The Anam Vietnam renowned for their Indochine-inspired architecture, supreme hospitality, and idyllic charm, offer stimulating wellness services to relax and recalibrate your mind, body, and soul. Both The Anam Mui Ne and Cam Ranh are facilitated with a special wellness sanctuary The Anam Spa. Here you can experience special therapies that interweave Asian healing traditions into the wellness journey. The spa hosts a three-day detox wellness programme that fosters healthy life practices through movement and awareness sessions, spa treatments, and wholefood vegetarian cuisine tips. The therapies often infuse locally sourced organic ingredients and sensual scents, ensuring optimum invigoration.

Perfume Paradise

TAKE A FLORAL FIELD TRIP TO GRASSE, FRANCE

“Nestled in the hills of the French Riviera, Grasse town is known as the “Perfume Capital of the World.”

Grasse has been cultivating flowers and creating exquisite fragrances for over three centuries. Whether you're a connoisseur of scents or simply enchanted by the world of flowers, a visit to Grasse offers an unforgettable sensory experience.

A LEGACY OF SCENT

In the 16th century, Grasse transitioned from tanning leather to producing fragrances. Initially, perfumes were used to mask the odour of the local leather goods. Slowly, this led to the development of perfumery skills. By the 18th century, Grasse had established itself as a centre of excellence in fragrance production.

CRAFTING THE ELIXIR

The process of creating perfume in Grasse involves meticulous attention to detail. Flowers are hand-picked at the peak of their fragrance and quickly processed to capture their essence. Techniques such as enfleurage, distillation, and extraction are employed to produce high-quality essential oils and absolutes.



The perfumes crafted in Grasse have captivated the world, influencing major fragrance houses and luxury brands. Many iconic perfumes, including Chanel No. 5 and Dior's J'adore, feature ingredients sourced from Grasse. The town's perfumeries, such as Fragonard, Molinard, and Galimard, offer visitors a chance to explore the art of fragrance-making firsthand.



THE BLOOMING FIELDS

The unique climate and fertile soil of Grasse create the perfect conditions for cultivating a variety of fragrant flowers. Some of the most iconic blooms grown in Grasse include:

- **Rosa Centifolia:**

Also known as the “hundred-petaled rose,” this delicate flower is celebrated for its rich and complex scent.



- **Lavender:** Grown in the surrounding Provence region, lavender adds a fresh and soothing note to many perfumes.



- **Jasmine:** Harvested before sunrise to preserve its fragrance, jasmine from Grasse is prized for its sweet and exotic aroma.

- **Tuberose:** Known for its creamy and heady scent, tuberose is another floral gem cultivated in Grasse.



WHEN TO GO TO GRASSE

The ideal time to visit Grasse is from May to September when the flowers are in full bloom. May and June are particularly special, as the Rosa Centifolia harvest takes place, filling the air with a heady fragrance. The annual Jasmine Festival in August is another highlight, celebrating

the town's floral heritage with parades, music, and cultural events.

Grasse is just about 20 kilometres from the lovely seaside town of Nice. Visitors can take a scenic train ride or drive through the beautiful Provençal landscape to reach this fragrant haven.

FIRST-EVER TRIP TO NAGALAND

By Neha Kirpal

Recently, I had the rare chance to visit one of India's seven north eastern states - Nagaland. I was excited to venture into this remote state that I was going to for the very first time. We landed in its largest city, Dimapur, which had a small airport that is currently under renovation. The air was warm and humid, but once on the road, the first thing I noticed was the greenery, pure air and cleanliness all around.

Our cab took us straight to the Heirloom Naga Centre, the cozy guesthouse where we were booked to stay. With eight rooms, the space having tasteful and aesthetic interiors is also home to a restaurant, museum gallery, workshop, design



Heirloom Naga Centre



Traditional Naga meal

studio, and retail shop. Founded in 1993 by Jesmina Zeliang, the Centre has been dedicated to empowering skilled artisans, especially women and homeworkers.

After a hearty Naga meal consisting of local rice, boiled vegetables, mushroom curry and bamboo shoot pork, we headed to Radiant Manufacturers' distillery located in the serene region of Khat Khati in Assam. Crafting excellence in the alco-beverage space in the north east, the company crafts various spirits including distinctive brands such as Lost Treasure Coffee Rum, Castle Hill Dark Knight Whiskey, Vinho Porto Wines and White Magic Tango Gin & Orange. Embracing family, tradition and innovation, Radiant aims to elevate excellence in the alcobev industry. The evening was spent sampling delectable beverages and more of the delicious local food, while listening to some locals playing country songs on the guitar. It was surprising to note that the concept of desserts is something alien to the Nagas.

Being on the extreme east of the country, the next morning we woke up to bright daylight at around 4:30 am. We learnt that it is due to this reason that the Nagas usually rise and begin their day early as well as retire for the day earlier too.



Lost Treasure Coffee Rum



Kohima Cathedral Church



Kohima War Cemetery



Angami Tribal Hut



Open air supermarket in Dimapur

We left for the state's capital city, Kohima, after breakfast, located at a distance of about 70 kilometres away. On the way, we stopped briefly at Unity Gate, consisting of what looked like totem poles carved out of stone and wood. Verdant rocky terrain on the either side of the road accompanied us through the rest of the scenic, two-hour drive to our destination. The air kept getting progressively cooler, and the hint of a misty rain beckoned us.

On reaching Kohima, we first went to the war cemetery, which has graves of more than 2,000 soldiers who lost their lives during the Second World War. Till date, family members come to pay respects to their ancestors at the cemetery, which was built by the Commonwealth War Graves Commission. After that, we headed to the imposing Kohima Cathedral Church, which was built by the Japanese in the memory of the World War II soldiers. Sundays are strict holidays in Nagaland, where 99.9% of the population is Christian. With shutters down on all the shops, most people attend church service on Sundays.

Our next stop in Kohima was the Kisama Heritage Village, which is also the venue of the annual Hornbill Festival. The site consists of little huts that have been created showcasing the lifestyles of the state's 16 main tribes. Here, we also tasted some ethnic rice beer that was prepared in a traditional Naga kitchen. The drive back to Dimapur was equally delightful, with breezy winds gushing by, and even the orange tint of a stunning sunset in the sky.

The next morning, we headed to a local open-air supermarket in Dimapur, which housed everything from fresh fruits and vegetables to meats, souvenirs, live frogs, snails, hens and even dogs (considered a Naga delicacy!) on display. After taking in the sights around us, we headed to a local bakery called Dough Re Me, which had some of the finest cream rolls, puffs and coffees. In no time, we were leaving for the airport, homeward bound. A short trip, nonetheless, it was a sweet one indeed.

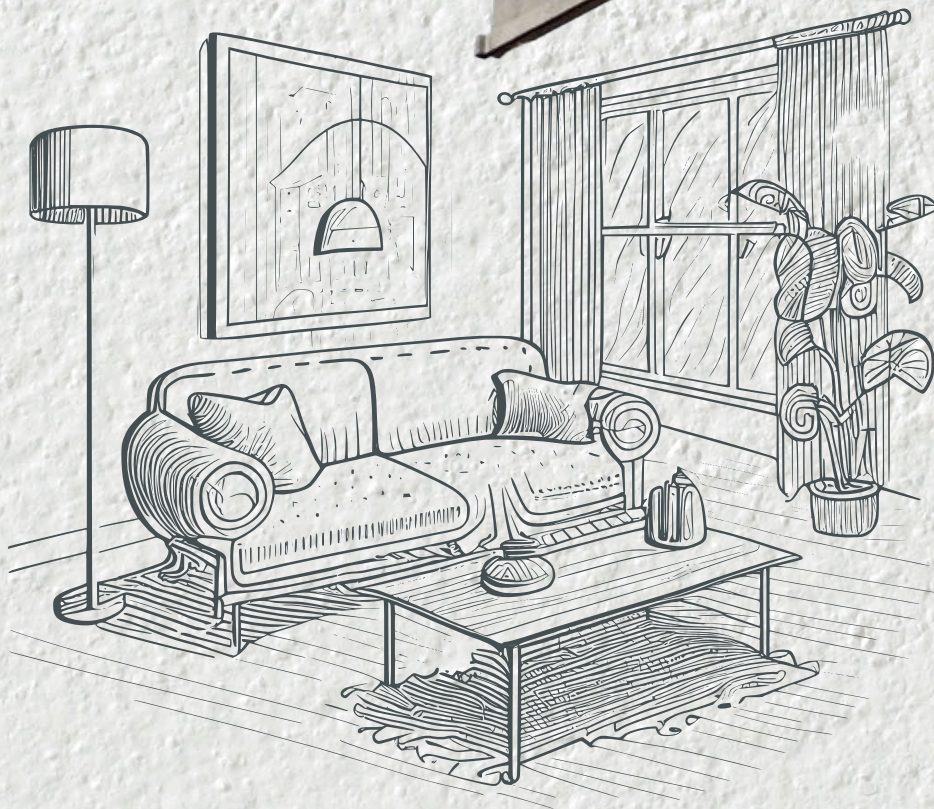
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