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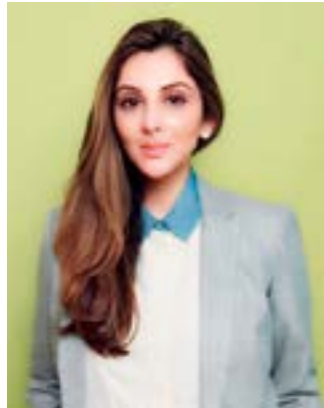
NAUGHTY BOY

EXCLUSIVE INTERVIEW

In his **FIRST EVER COVER SHOOT** Naughty Boy opens up to Kaniz and speaks about life, passion and future goals

GRAZIA

Editor's Note



We bring our latest issue with the ultimate music producer Shahid Khan, also known as Naughty Boy. The award winning star captivated many hearts with his super hit music tracks featuring Beyonce, Emeli Sande, Ed Sheeran and Sam Smith. Naughty Boy's track "La la la" won best song and best video at the Moba Awards followed by endless back to back achievements over the past decade.

This issue also has some fantastic editorials that take you through lifestyle, health, beauty and fashion.

@zahraasaifullah
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Zahraa

ZAHRAA SAIFULLAH



Page 22



Page 44



Page 52



Page 58



FEEL FIRED UP ABOUT SOMETHING YOU'VE READ IN GRAZIA? LET US KNOW...

FROM THE DEPUTY EDITOR'S DESK



We have a team of fashion visionaries who work passionately and tirelessly to bring you the best of all trends. We aim to strive higher and work harder to bring you the best of fashion, beauty, and lifestyle from around the globe, issue after issue.

Grazia aims to be your one-stop for everything fashion, beauty, and lifestyle-related. We hope you enjoy reading this issue as much as we enjoyed putting it together for you.

Happy reading!

Nashmia Amir

NASHMIA AMIR BUTT



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8 becomes infinity for a world without limits!
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Saif Publishing is a leading Pakistani publishing house, specializing in creating and circulating few of the major international lifestyle and fashion magazines. Saif Publishing launched HELLO! Pakistan in March 2012, setting the bar on local reporting on celebrity, lifestyle and fashion. HELLO! Pakistan is an aspirational lifestyle magazine, which has featured prominent personalities and celebrities over the period of five years since its inception. The newest addition to Saif Publishing's portfolio is with Grazia Pakistan, which is the first international fashion magazine in Pakistan and will break traditional publication norms for fashion and news in Pakistan, and venture into lucrative partnerships with international platforms. With HELLO! Pakistan catering to the high-end aspirational lifestyle target market, Grazia Pakistan is set to take over the inspirational fashion and news market, creating a style platform for the young, confident Pakistani women.

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NEWS

06 Fashion Charts
08 10 Hot Stories
 Read all about what is happening around the globe, all the celebrities' updates, and much more

FEATURES

18 Cover Story - Shahid Khan AKA Naughty Boy
24 Beauty Looks by Celebrity Makeup Artist - Kaniz Ali

FASHION

34 Grazia Man - Life In Monochrome

BEAUTY

28 Top Beauty Products
30 Favourite Skin Clinic - Dermaspa Milton Keynes

AND THE REST

40 Iron Deficiency In Women
44 Grazia Eats - Colonel Saab

FASHION CHARTS

Bringing you the trendiest 10 fashion items

4

COMME DES GARÇONS
Heart logo T-shirt
PLAY cotton short sleeve T-shirt with embroidered heart on chest and screenprint.
PKR 47,274
www.farfetch.com



5

CITIZENS OF HUMANITY
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PKR 120,258
www.harveynichols.com/brand/citizens-of-humanity



6

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www.*****.com



8

BALENCIAGA
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PKR 96,360
<https://www.net-a-porter.com/>



LOVE

ANASTASIA
Gold Choker Necklace
Shine bright in this stunning gold choker that you can easily style with your outfits. You can wear it out in the day for a girls lunch or at night for a more formal dinner.
PKR 69,000
www.*****.com



9

10

ULLA JOHNSON
Marta Large Basket Tote
Hand-woven in Colombia from iraca palm, the Marta Large Basket Tote is a beach-ready beauty in luxe chocolate brown. Suspended from two top handles, it opens to a spacious interior with plenty of room for your towel, coverup, and a change of shoes.
PKR 100,000
https://www.*****.com



7

CULT GAIA
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Dangle earrings with metal clips and polyester elements resemble poppies and are fun to style. Tie your hair back so they stand out!
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www.*****.com



1

PRADA
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This oversized puffy headband, a sophisticated and emblematic accessory of Prada collections, is made of Re-Nylon: regenerated nylon yarn (ECONYL®) produced from recycled, purified plastic trash collected in the ocean, fishing nets and textile waste fibers.
PKR 115,740
www.*****.com

2

TORY BURCH
Ines Slide in Tan
Chic and minimal, the Ines Slide is crafted in soft leather with a comfortable cushioned footbed. A double-stacked leather logo adds a subtle dimension to the effortless and elevated sandal.
PKR 89,440
www.toryburch.com



3

SAINT LAURENT
La 66 Buckle Belt In Lacquered Leather
BELT WITH SQUARE BUCKLE ADORNED WITH THE CASSANDRE ENGRAVED.
PKR 187,700
www.*****.com



10 HOT STORIES

EVERYONE'S BEEN TALKING ABOUT...



01

George Clooney says he married "up" with Amal

George Clooney knows he's a lucky guy. He married Amal Clooney in 2014, impressing the world with the fact that he married a beautiful woman who is also a lawyer and philanthropist.

IN AN INTERVIEW, Clooney was asked if he still thought he was "punching above" his weight with Amal. "Yes, and I still do [think that]," he said. "Everyone would say the same thing."

Clooney and Amal were first linked together in 2013, after they first met in Lake Como. They married each other a year later. "Like any marriage, they've had their challenges and needed to adapt to certain situations and challenges," said a source. "It's taken compromise, establishing boundaries and a lot of patience to keep the relationship on track but they've done just that." They share 6-year-old twins, Elle and Alexander.

Following his marriage with Amal, George has often opened up about married life and being a father. "I didn't know how un-full [my life] was until I met Amal," he said. "And then everything changed. And I was like, 'Oh, actually, this has been a huge empty space.'" ■



ASP SYEDA SHEHRBANO NAQVI WINS ACCOLADE FOR STANDING TALL AGAINST MOB

ASP Syeda Shehrbano Naqvi has become a hero following her brave move to rescue a woman accused of blasphemy.

THE ASP is getting praise for not letting the woman be thrown at the whims of the radicalised lot that gathered at Lahore's Ichhra Bazaar.

The woman donned an Arabic calligraphy-adorned outfit and that was apparently enough for the mob to find a reason to have their own way.

Had ASP Naqvi failed to guard and protect the woman, things might have taken a dangerous turn.

Since the incident, several videos have appeared on social media showcasing Naqvi's resolve. Mob yells obscenities in the background as the policewoman saves the woman by taking her away from the market.

Another video shows her addressing the crowd and persuading them that no blasphemous act had been committed, all the while asking them to trust the authorities.

02

"During my service, I have handled three such incidents, and you should have trust in us [police]," she told the crowd.

Store owners stood up for the woman and gave her protection until the police arrived. The majority of those accusing the vulnerable woman were either clients, guests, or bystanders, and the clothing vendors who saved the woman knew that the print was also sold in the market.

In another video, the woman was seen cowering inside a store, trembling from fear of being attacked by the mob on the grounds of blasphemy, an accusation that has in the past led to numerous public lynchings. ■

10 HOT STORIES





03

RICHARD LEWIS, COMEDIAN AND 'CURB YOUR ENTHUSIASM' STAR, DIES AT 76

Lewis, who came to prominence in the 1980s and became a revered stand-up comedian, died after suffering a heart attack.

RICHARD LEWIS, an acclaimed comedian known for exploring his neuroses in frantic, stream-of-consciousness diatribes while dressed in all-black, leading to his nickname "The Prince of Pain," has died. He was 76.

Lewis, who revealed he had been diagnosed with Parkinson's disease in 2023, died at his home in Los Angeles after suffering a heart attack, according to his publicist Jeff Abraham.

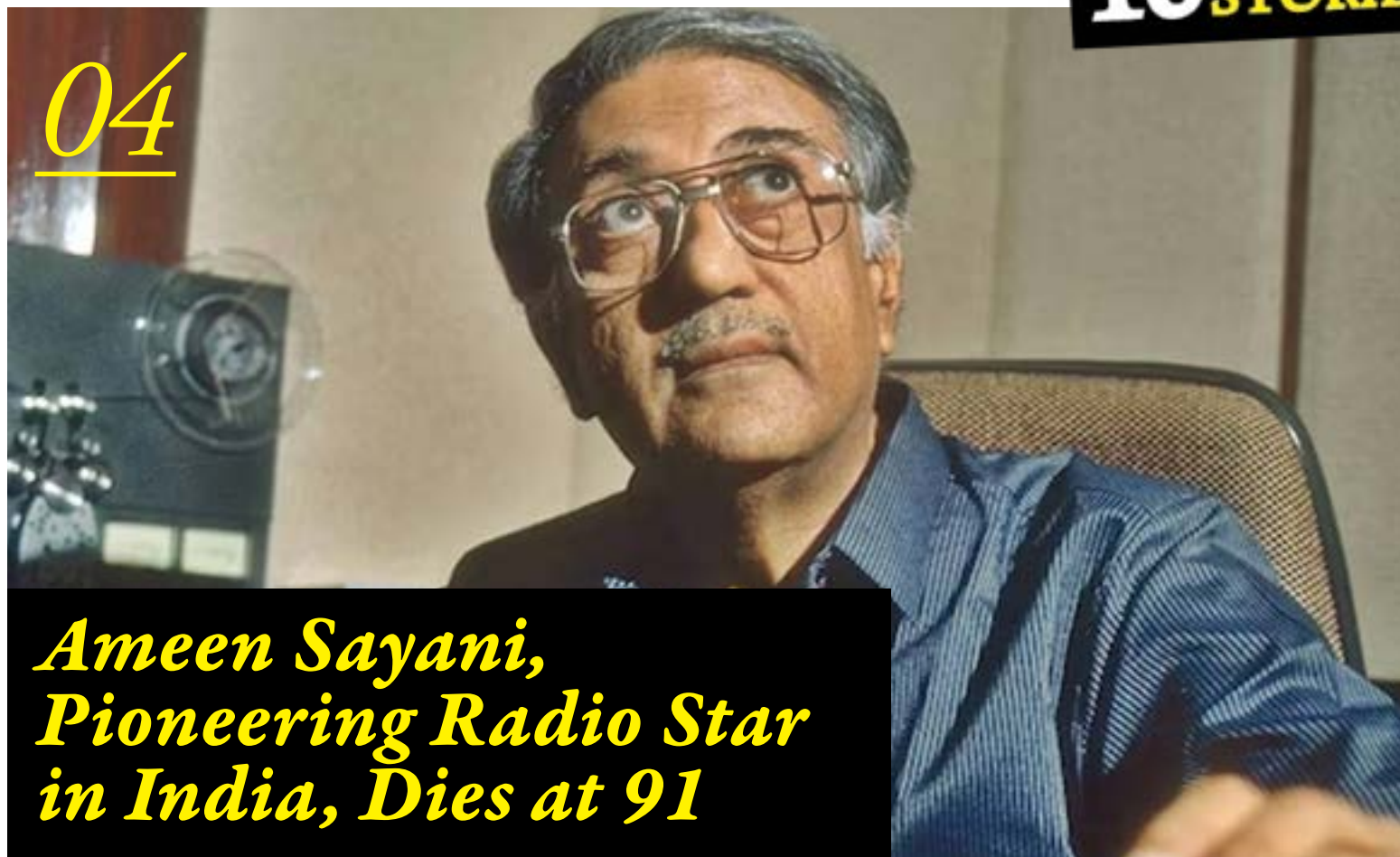
A regular performer in clubs and on late-night TV for decades, Lewis also played Marty Gold, the romantic co-lead opposite Jamie Lee Curtis, in the ABC series "Anything But Love" and the reliably neurotic Prince John in "Mel Brooks' Robin Hood: Men In Tights." He re-introduced himself to a new generation opposite Larry David in HBO's "Curb Your Enthusiasm," kvetching regularly.

"I'm paranoid about everything in my life. Even at home. On my stationary bike, I have a rear-view mirror, which I'm not thrilled about," he once joked onstage. To Jimmy Kimmel he said: "This morning, I tried to go to bed. I couldn't sleep. I counted sheep but I only had six of them and they all had hip replacements."

Comedy Central named Lewis one of the top 50 stand-up comedians of all time and he earned a berth in GQ magazine's list of the "20th Century's Most Influential Humorists." He lent his humor for charity causes, including Comic Relief and Comedy Gives Back. ■



04



Ameen Sayani, Pioneering Radio Star in India, Dies at 91

Ameen Sayani, a pioneering radio presenter who drew in generations of listeners in India with his melodic voice on a radio show that became a national phenomenon, died in Mumbai. He was 91.



AMEEN SAYANI, known for his iconic greeting "Namaskar bhaiyon aur behno, main aapka dost Ameen Sayani bol raha hoon" on Radio Ceylon, continues to evoke a sense of nostalgia.

Ameen gained fame for his program Binaca Geetmala, which aired from 1952 on Radio Ceylon and later on Vividh Bharati (AIR), spanning a total of more than 42 years.

Mr. Sayani was one of the most recognizable voices in Indian radio as the host of one of the first radio shows in the country. He showcased songs featured in Hindi movies for more than 42 years, helping to establish a place for film music in India's popular culture.

Ameen Sayani was born on Dec. 21, 1932, in Mumbai. From a young age, he showed an interest in the humanities, helping his



mother, Kulsum Sayani, with her literary journal as a teenager and becoming fluent in Hindi, English, Gujarati and Marathi, his son said. Ameen's father, Janmohammed Sayani, was a medical doctor.

Mr. Sayani was involved in radio as early as age 7, becoming one of the first voices to be heard on the airwaves in Asia after his elder brother, an English-language presenter, introduced him to the medium. Ameen graduated from Mumbai University ■

Saudi Arabia formally launches bid to host 2034 World Cup

Saudi Arabia launched its campaign to host the 2034 FIFA World Cup, a bid that is all but certain to succeed due to the absence of any other expressions of interest before the global governing body's deadline late last year.



WITH MOROCCO, Portugal and Spain set to share the hosting of the 2030 tournament, FIFA limited the 2034 contest to bidders from the Asian and Oceania confederations.

Saudi Arabia would be the second country from the Gulf region to host the showpiece event, after neighbouring Qatar staged the 2022 finals.

The campaign is under the slogan "Growing Together", the Saudi Arabian Football Federation (SAFF) revealed its bid logo, website, as well as a short bid film that celebrates "the passion, spirit and diversity of football in Saudi Arabia".

Under Crown Prince Mohammed bin Salman's Vision 2030 reform agenda, which aims to position Saudi Arabia as a tourism, business and sports hub, the kingdom has invested heavily in sport.

Since 2021, PIF has invested heavily in a number of major sports, including setting up the LIV golf tour, a rival to the PGA, and purchasing English Premier League club Newcastle United.

It also owns four clubs in the Saudi Pro League and has lured global stars including Cristiano Ronaldo and Neymar with huge salaries.

Saudi Arabia was initially interested in bidding for the 2030 World Cup alongside Egypt and Greece but that idea was abandoned in June, leaving the path open for a tri-continental bid of Spain, Portugal and Morocco, with three matches in South America.

Saudi Arabia announced its intention to bid for the 2034 event on October 4, as soon as the procedure had been launched.



At one stage, Indonesia had considered a joint bid with Australia, or even other countries such as New Zealand, Malaysia and Singapore, but on October 19 it agreed to support Saudi Arabia's bid.

The next step in the process is the submission of the full bid documents to FIFA in July, with the appointment of hosts for both the 2030 and 2034 World Cups set to be rubber stamped at a FIFA Congress towards the end of the year.

The next World Cup will take place in the United States, Mexico and Canada in 2026. ■



AMID X OUTAGE, SPECULATIONS TO BAN ALL SOCIAL MEDIA

While there are serious concerns among users over the continued disruption of the social media platform X (formerly Twitter) for over a fortnight now, a member of the upper house of parliament has called for a permanent ban on all social media.

MEANWHILE, there are reports that the authorities are considering a blanket ban on all Virtual Private Networks (VPNs), prompting the IT and services sector to express concerns that such action could severely harm the country's economy.

Senator Bahramand Khan Tangi, who was recently expelled by the PPP after he moved a resolution seeking the delaying of the Feb 8 polls, has submitted another resolution, this time calling for a complete ban on all social media platforms, deeming them detrimental to the future of the young generation.

The resolution notes with concern "the use of such platforms against the interests of the country through negative and malicious propaganda against the armed forces of Pakistan" and calls upon the Senate to recommend to the government to put a ban on Facebook, TikTok, Instagram, X, and YouTube to save the young generation from their negative and devastating effects.

The X website has been largely offline since February 17, with occasional service restorations, mainly after former commissioner Rawalpindi Liaquat Ali Chatta made a statement in front of the media claiming that the "elections were rigged".

On the other hand, a majority of users are using VPNs to access

the platform. There are numerous posts mocking the authorities, even caretaker IT Minister Umar Saif for using a VPN, as his current location in recent tweets is showing as Hong Kong.

But so far, no authority has taken responsibility for restricting the services of X, which activists see as a dangerous trend.

"This way, those in power are telling that they can ban any platform without any reason or being answerable to anyone," said Nighat Dad, a digital rights activist and member of the UN Secretary General's advisory board on AI.

She added that such a blanket ban on any platform is a violation of fundamental rights, and those in power are not considering the reputation of the country worldwide, especially concerning those who are being invited to invest in Pakistan. ■





07

Russia says it is considering putting a nuclear power plant on the moon with China

Russia and China are considering putting a nuclear power plant on the moon from 2033-35, Yuri Borisov, the head of Russia's space agency Roscosmos said. He also said it could one day allow lunar settlements to be built.

BORISOV, a former deputy defence minister, said that Russia and China had been jointly working on a lunar programme and that Moscow was able to contribute with its expertise on "nuclear space energy".

Solar panels would not be able to provide enough electricity to power future lunar settlements, he said, while nuclear power could. "This is a very serious challenge... it should be done in automatic mode, without the presence of humans," he said of the possible plan.

Borisov also spoke of Russian plans to build a nuclear-powered cargo spaceship. He said all the technical questions concerning the project had been solved apart from finding a solution on how to cool the nuclear reactor. Russian officials have spoken

before of ambitious plans to one day mine on the Moon, but the Russian space programme has suffered a series of setbacks in recent years.

Its first moon mission in 47 years failed last year after Russia's Luna-25 spacecraft spun out of control and crashed.

Moscow has said it will launch further lunar missions and then explore the possibility of a joint Russian-China crewed mission and even a lunar base.

China said last month it aimed to put the first Chinese astronaut on the moon before 2030.

Russian President Vladimir Putin last month dismissed a warning by the United States that Moscow planned to put nuclear weapons in space as false, saying it was a ploy to draw Russia into arms negotiations on the West's terms. ■



Hania Aamir opens up about her struggles with mental health and encourages fans to remove the stigma around it.



08

"Absolutely no shame in talking about mental health or asking for help"

EVERYONE, at some point in their lives, struggles with their mental health but unfortunately, our society has stigmatized the matter so much that barely anyone dares to speak up about it. Hania Aamir broke away from this silent battle and wrote a very open and bold post recently.

However, actor Hania Aamir is here to change the status quo. In a lengthy Instagram post, she opened up about her struggles with mental health.

"Having an honest moment here. Not doing too well these days tbh [to be honest]. Haven't been feeling good for some time now. Some days I get distracted and have an okay day and some days there's a grey cloud following me," Aamir wrote, garnering over 300,000 likes for her candour.

She detailed that while she was aware the matter could have been dealt with privately, she felt as though she grew up with her audience on Instagram sharing both the "reel and real".

Amir maintained that while she tried to be as honest with her followers as possible, recently she felt as though she was not "being honest". She reassured her fans that her current state was not cause for concern and that she was doing everything she could "to get back to health".

"I just wanted to come here and tell you that it is alright to have dark days. It does

get better. I know sometimes it feels like there's only darkness at the end of the tunnel. I get it. You just need to tell yourself that you deserve happiness and you need to take charge, ask for help from the people around you and seek a professional," Aamir continued, encouraging her followers to have discussions on mental health.

She emphasized that there was "absolutely no shame in talking about mental health or asking for help".

Talking about her previous experiences with mental health struggles, she highlighted that the situation "gets better when you give yourself love and care and a break".

Although she prayed for her recovery, she

maintained that she did not want to "put up a facade of being okay" and discouraged her fans from doing that as well because "it's too exhausting".

"Mental health is an essential aspect of our overall well-being, and discussing it can help reduce stigma, promote understanding, and encourage people to seek support when needed," she wrote, adding that mental health was just as important as physical health and seeking help was a sign of strength.

"You're not in this alone," the actor reminded her followers, urging them to share any advice for people going through depression as the "smallest beam of hope and warmth can help". ■

Two gang members arrested for firing at Salman Khan's house

09



Two members of a notorious criminal gang were arrested recently by the Indian police for firing at the home of Bollywood actor Salman Khan in retaliation for the superstar's killing of two antelopes.

SO HERE ARE 5 lovelyThe Bishnoi gang, accused of several murders and extortion rackets, hails from a wider desert-based religious sect that considers the species to be the reincarnation of their guru.

Khan, 58, has been in the crosshairs of the group since 1998 for shooting two blackbucks on a recreational hunting trip. The gang's jailed leader Lawrence Bishnoi has threatened Khan with assassination in the past.

Two men on a motorbike shot at Khan's first-floor apartment during the early hours of Sunday in the upscale Mumbai neighbourhood of Bandra, also firing several rounds in the air before fleeing.

Khan, who is always guarded by armed policemen owing to threats to his life, was home when the gunshots were fired. The two men aged 24 and 21 were arrested in the western state of Gujarat, police said.

"We were able to locate the two accused near a temple," Kutch district police officer Mahendra Bagaria said. "One of our teams reached the temple and nabbed

the accused."

Members of the Bishnoi community pursued a criminal case against Khan for the blackbuck shooting for 20 years. Khan was sentenced to five years in jail by a local court for violating the Wildlife Protection Act in 2018.

But the penalty was suspended on appeal just days after Khan was sent to prison, prompting Lawrence Bishnoi to warn soon afterwards that his gang would take the law into their own hands.

The gang leader has been accused of orchestrating several murders including the killing of popular Indian rapper Sidhu Moose Wala in 2022.

Khan has starred in nearly 150 films and television shows since his first hit in the 1980s, and remains one of Bollywood's most bankable figures. ■



IN 2022, Donny was injured while shooting a fitness video with friends. He was run over by a Hummer. He ended up in hospital with five broken ribs and a collapsed lung. Then, he had to recover for weeks.

That same year, he was told he has testicular cancer. Because of those two incidents, he started to deepen his faith, finding Islam at last. Over the past weeks, Donny has been visiting the mosque, observed Ramadan, and has been diving deep into reading and understanding the Quran. ■

10



Donnie Roelvink, the renowned Dutch actor, has publicly embraced Islam

Known as an influencer, public figure, and model, Donny was seen in a viral video on Instagram taking the Shahadah inside a mosque.

NAUGHTY BOY

In our sizzling new issue, Grazia's Front Cover Creative Director – Kaniz Ali had the pleasure of creatively styling and catching up with world renowned music producer Shahid Khan, also known as Naughty Boy. The award winning star captivated many hearts with his super hit music tracks featuring Beyonce, Emeli Sande, Ed Sheeran and Sam Smith. Naughty Boy's track La la la won best song and best video at the Mobo Awards followed by endless back to back achievements over the past decade.

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Grazia: *What inspired you to head into the world of music?*

Shahid Khan: My passion for music was always there from a young age. Listening to Pakistani/ Bollywood music growing up opened my ears to so much. I taught myself how to play the piano in school. My mother always felt I had a natural gift which

in fact grew to be my greatest talent.

Grazia: *Tell me a little bit about your background?*

Shahid Khan: I was born and grew up in Watford, Hertfordshire (UK). My family are originally from Rawalpindi, Pakistan. I consider myself a British Pakistani Muslim.





Grazia: Coming from a south Asian background did you face any challenges entering the world of music?

Shahid Khan: I am grateful to say that I've never faced any major challenges due to my background. I didn't push for my race to be the face of my music. I wanted my music to speak to people worldwide. It belongs to everyone, it belongs everywhere. I enjoy embracing my culture & identity but I always wanted my music to talk first.

Grazia: What do you think makes a good song?

Shahid Khan: When writing lyrics, I would say to be honest. People resonate with honesty & being able to pull on the listener's heart strings musically helps me connect with the audience on a deeper level. I enjoy writing with simple ideas, then building the beat around the song. Telling your truth along with a great melody/beat to keep it fresh and exciting. It's okay to be vulnerable in your lyrics. We all have a story to tell and the world needs to hear it

Grazia: What are the essential qualities that make a good musician?

Shahid Khan: An essential quality that makes a good musician is the willingness to learn and adapt. When I embraced the piano it changed everything for me. I love collaborating with other musicians too there is always so much to learn. You should treat your work like a hobby. Getting to do what I love every day is a blessing but I would say its 30% talent, 30% how dedicated you are to learning your craft 30% the people that surround yourself with and 10% magic. Never forget about the magic a higher source of power

Grazia: How does Naughty boy manage home life and work life?

Shahid Khan: Balancing both home life & work life is definitely not easy and I'm yet to fully master it. But I am grateful to Allah for my family & career. My mum is recovering from a stroke, I live with her and a carer which has helped me greatly in my work/home life balance. We are able to support each other a lot better this way and I am able to finish my next album and continue this musical journey of naughty boy, I recently did the wedding song for

Jemima Khans new film "What's love got to with it" (Mahi Sohna) with Nitin Sawhney & Rahat Fateh Ali Khan it's my mums new favourite song, there's always a way to find the right balance.

Grazia: What is your greatest strength?

Shahid Khan: I would have to say my greatest strength is being able to connect and communicate with people. I enjoy speaking with people and getting to know their story. I would say I have a comfortable presence in the studio enough for artists & songwriters to open up to me. A great conversation always help make for a great song

Grazia: What has been your favourite tour so far?

Shahid Khan: My favourite tour was going to Australia, New Zealand and Malaysia with American artist Pharrell Williams, British band Rudimental & Tinie Tempah. It was an amazing experience and very inspiring. It was great working with new people in a new environment. Additionally, it warmed my heart to know my music was travelling and being listened to on the other side of the world.

Grazia: What are your main highlights of your career?

Shahid Khan: A main highlight of my career was bringing both my parents to a dinner at which I performed in front of the then Prince Charles & Camilla for the British Asian Trust. My dad spoke with a member of the band afterwards and expressed how proud he was of me. It was such an honour and a very special day for me. My main goal in life is to continue to make both my parents proud.

Grazia: What are your favourite moments of your career?

Shahid Khan: My favourite moment of my career was when my song La La La ft Sam Smith became the no.1 single on the charts. I remember being in my friend's car which had broken down and hearing the news on the radio for the first time. That was an incredible and exciting moment which I luckily got to share with my friend Shakil, the car breaking down was just part of the balance, we were still number 1!!





Grazia: Who has been your favourite person you've created a track with?

Shahid Khan: I've collaborated with such amazing artists over the years so this is quite a difficult question. However, I would have to say Emeli Sandé was my favourite person to create a track with because she was there from the start when I was growing as a producer and becoming known. I learnt a lot working alongside Emeli such as chord structures and how to write powerful songs like "heaven" then working with Beyoncé, Mary J Blige & Rhianna felt like a natural evolution, I love working with female artists with powerful voices

Grazia: What are 5 things a music producer must do?

Shahid Khan: As a music producer it's your job to ensure that the artist that you're working and creating music with is comfortable with the environment they are in. It's important to build a rapport with them by having honest conversations and getting to know them on a personal level. This allows for the creative process to flow better and be more organic. Also having snacks and drinks in the studio helps everyone stay hydrated!

Grazia: If Naughty Boy was not a music producer what would he be?

Shahid Khan: If I was not a music producer I would have delved into the world of psychology. I'm particularly interested in the way people think and why. This translates in my work ethic currently as I like to think of the psychology of music and how our moods can affect the genre of music we listen to.

Grazia: What and Who inspires you?

Shahid Khan: My biggest inspiration would have to be my mum. Although she doesn't know much about the music industry, she's always been my biggest supporter throughout my career and kept me going. From a young age she's always told me I can do anything I put my mind to, her words of encouragement mean everything to me. She understands my purpose

Grazia: What do you love doing in your spare time?

Shahid Khan: In my spare time I love cooking.

My mum wasn't able to cook after her stroke and when she moved in with me, I made it my mission to learn how to cook all the dishes that she cooked for me as a young child. I started to really enjoy it as it not only made my mum really happy, but I discovered I have a natural passion for it. Her favourite dish is "Shaljam Gosht" and I have finally mastered it

Grazia: What is your favourite food/dish and why?

Shahid Khan: One of my favourite dishes is 'keema aloo'. It was definitely a childhood favourite. This dish brings great nostalgia and reminds me of home when eating it. It brings joyful memories from when I was a little boy, young and carefree waiting for his paratha. I also love my sisters Chicken Yakhni Pilau

Grazia: Naughty boy is single!!! Very exciting for the readers - What do you look for in your future partner? Is marriage something that you are interested in?

Shahid Khan: Yes - I am currently single and happy lol however I'm at a time in my life where I would love to settle down and have my own family. It would make my family happy & yes I would love to get married one day but it has to be the right person. I would want my mother's approval obviously but I would enjoy falling in love with the right girl.

Grazia: If Naughty Boy was to disappear for 4 days where would he go?

Shahid Khan: If I was to disappear for 4 days I would head to Dubai for some good food and good vibes. Being abroad brings me a different level of peace and inspiration. If I was to disappear although being abroad, my work would continue whilst away. I would book a studio session and start thinking creatively

Grazia: What are your upcoming plans for 2023 & 2024?

Shahid Khan: My upcoming plans for this year are to keep progressing in my music and producing. The release of my second album drops this year which is very exciting. I have plans to tour the world. I would like to show my face more and meet new people. I'm enjoying getting involved in more things allowing people to get to know who Naughty Boy really is.

Grazia: What is the best advice you would give to the younger generation who would like to head into music?

Shahid Khan: The one piece of advice I want to leave with the younger generation is to be yourself, stay humble and keep pushing your goals. Never let others tell you your dreams are too big and remember to follow your heart. Take criticism because that will help your growth, don't stop and be you. ■



Celebrity Make Up Artist

KANIZ ALI

*creates beauty looks on BBC Presenter
Noreen Khan*

CEO / Publisher: **Zahraa Saifullah**

Managing Editor: **Nashmia Amir Butt**

Creatively Directed & Managed by: **Kaniz Ali**

Photography: **Sanae Rasul**

Hair/MakeUp/Styling: **Kaniz Ali**

Wardrobe: **Aimee Joyce London**

Assistant: **Mehreen Khan**

Celebrity Make Up Artist, Kaniz Ali mentions "Having glammed Noreen many times over the years I know she loves simplicity. The easiest and simplest way to figure what a person loves is to find out what a person avoids. I usually enhance Noreen's natural features and use minimal products keeping the base flawless. Noreen is not a fan of false eyelashes so I always use Bella's Wonderlash which is excellent at enhancing natural lashes. I usually opt for a pop of colour on the lips and cheeks and I love using Clin-

ique's chubby contour stick to chiselle Noreen's face.

PRODUCTS USED TO CREATE THE LOOK:-

Bobbi Brown's Vitamin Enriched Face Base Moisturiser, Huda Beauty's Faux Filter Foundation, Huda Beauty Faux Filter Concealer, Huda Beauty Easy Bake Loose Powder, Benefit Dallas Blusher / Bronzer, Bella Wanderlash Mascara, Huda Beauty Powder Bullet Matt Lipstick (Girl's Trip), Charlotte Tilbury's Setting Spray.





Celebrity Make Up Artist, Kaniz Ali says "Noreen has naturally thick hair which she maintains and takes good care of. It's simple to work on good hair. I tend to tame the hair with Aveda smoothing hair products and use BaByliss curling tongs to create effortless curls which I then tend to softly brush out. This is one of my signature looks Noreen adores and usually opts for. ■

INTERNATIONAL BEAUTY EDITOR

KANIZ ALI'S TOP FAVOURITE PRODUCTS OF THE SEASON



KANIZ ALI

EYEBROW QUEEN

Eyebrow Queen Products are complete must-haves for every person who loves eyebrows. My favourite from their range is the brow soap fix. It firmly holds the brows in place all day whilst keeping them soft and natural.

www.eyebrowqueenpro.com



HUDA BEAUTY

Loose Easy Bake powder

Huda Beauty's Loose Easy Bake powder is very simple to use. It's weightless texture locks the make-up in place giving the skin an airbrushed finish which lasts the whole day.

www.hudabeauty.com

BOBBI BROWN

Vitamin Enriched Face Base

Bobbi Brown Vitamin Enriched Face Base is one of my favourite moisturizers of all time! It is a 2 in 1 primer and moisturizer. This product feels rich on the face. It instantly hydrates and softens the skin and the bonus on top - it smells great!

www.bobbibrown.co.uk



BOBBI BROWN

Lipstick

Bobbi Brown's lipstick in the shade Bare Pink is one of my favourite lipsticks and colours. It's smooth soft texture is less drying than the original lipsticks and does a fabulous job of making the lips look full. This colour compliments most lipliners and most occasions.

www.bobbibrown.co.uk



SUNNA MUSK

Night Illusion Perfume

Sunna Musk Night Illusion Perfume has become one of my favourites. It's a fruity fragrance combined with a mixture of red fruits, apples and citruses. It has a very unique sweet, floral smell to represent femininity.

www.sunnamusks.com



GRAZIA CONFESSIONS

WE, AT GRAZIA PAKISTAN, SHARE SOME OF OUR MAKEUP RELATED TRUTHS!



GRAZIA'S FAVOURITE SKIN CLINIC OF THE SEASON

DERMASPA MILTON KEYNES

“Nilam’s treatments are not only known for having remarkable results but she has something for everyone! My favourite has to be the collagen wave, it’s a phenomenal treatment, which is non-injectable, non-invasive and produces instant glowing skin.

Definitely one I recommend to all my brides and celebrity clients before an event.”

- Kaniz Ali

Nilam Holmes is an internationally renowned skin specialist. Her expertise in beauty spans over 30 years having worked with leading professionals in the beauty and aesthetic industry. Nilam officially launched her clinic in 2008 and became one of the fastest leading beauty, skin, aesthetic and wellness clinics outside of London, UK.

Nilam’s list of clients are jaw dropping! She is one of the most sought after skin specialists in the world and is an absolute must for the likes of Amanda Holden, Michelle Keegan, Eva Longoria, Nicole Scherzinger, David Beckham, Eva Mendes, Mel C, Victoria Beckham, Rosie Huntington and the list goes on.

Nilam’s clinic Dermaspa Milton Keynes is situated in a private gated development offering an extensive range of skin, beauty, aesthetic and body sculpting treatments all under one roof. Her expertise lies primarily in skin, supported by a diverse range of cutting-edge devices and technologies designed to address various skin concerns, including acne, pigmentation, anti-aging, and body tightening, to name a few. More and more, Nilam mentioned she is seeing a rise in demand for “results” driven treatments, powered by science and technology, as opposed to a more pampering experience. Her most sought-after treatment is the non-invasive Collagenwave which uses radiofrequency to effectively tighten and lift the skin. It serves as an excellent complement to other treatments, as well as a standalone treatment. At Dermaspa, we

believe in the synergy of treatment combinations to optimize results for our clients. For example, our Dermaspa Lux facial incorporates both the Collagenwave and the Hydrafacial. This facial is my preferred choice for achieving a red carpet-ready look. The Hydrafacial performs exfoliation, hydration, and deep cleansing of the skin. The Dermaspa Lux facial requires 90 minutes and is priced at £220 at our clinic. Additionally, they offer the Dermaspa Superlux Facial, which extends to 120 minutes and combines the Collagenwave, Hydrafacial, and SkinPen Precision Microneedling. Microneedling which is particularly effective for enhancing skin texture, addressing fine lines and wrinkles, and stimulating the formation and remodelling of collagen. They can also incorporate Dermalux LED Phototherapy into both of these combination facials. Priced at £465 in the clinic, the Superlux facial is ideal for those who can afford some downtime for recovery. The Hydrafacial (£120 per treatment), SkinPen Precision (£275 per treatment) and Dermalux LED Phototherapy (£30) is also very popular as standalone treatments.

Nilam mentions “I’m a strong advocate for using laser technology to address a variety of skin concerns, and therefore we use a few different laser devices in the clinic. The Alma Harmony XL Laser is a versatile powerhouse capable of targeting numerous indications including pigmentation issues, sun damage, acne, uneven skin texture, dull complexion, fine lines and wrinkles, spider veins, signs of aging, and skin resurfacing.

Treatments on the Harmony XL platform range from £100 all the way up to £700 depending on the treatment and area being treated. Additionally, we offer tattoo removal treatments utilizing the Harmony XL platform where prices start at £75 depending on the size of the tattoo being treated. As with all our treatments at Dermaspa, price per treatment is reduced when you purchase a course. For most treatments we do recommend a course for the most effective results’.

Our clients also greatly appreciate our Soprano Ice laser hair removal machines from Alma, with such high demand that we’ve expanded to having two machines in our clinic. We offer both the Soprano Ice Titanium and the Soprano Ice Platinum models, renowned for their virtually pain-free treatment experience and their ability to treat all skin types safely and effectively. Prices start at £49 depending on the area being treated, and a course of treatments is always recommended with laser hair removal.

The InMode Lumecca laser device, which harnesses intense pulsed light (IPL) is a popular option to effectively treat pigmented and vascular lesions. This treatment targets and diminishes the appearance of vascular lesions, sun damage, rosacea, age spots, and freckles. Pricing for Lumecca treatments begins at £150, varying based on the specific area being treated. Morpheus8 is another great treatment from InMode, utilising radiofrequency and needling technologies to stimulate collagen production of the



*Creatively directed by Kaniz Ali
Photography by Danny Singh
Hair / Make Up / Styling by Kaniz Ali
Assisted by Emma & Michelle
Location: Derma Spa London*



Photography by Photoscore

“I’ve been indulging in Collagen Wave & Hydra facials for skin lifting and hydration ever since Nilam introduced me to this wonderful combination. It has become my preferred treatment, consistently delivering glow to my skin. The best 2 hour investment for looking at least 5 years younger”. - Amanda Holden

underlying layers of the dermis, resurface the skin, tighten skin and reduce fat (for example in areas such as under the chin). Morpheus 8 can be used on the face, neck, décolletage and the body. The practitioner will adjust the needle tips and settings according to your main concerns and desired outcome. Morpheus8 treatments start from £850.

Advance Plasma Skin Therapy is recent new addition to the Dermaspa treatment list. The AgeJET treatment can uniquely treat the peri-orbital region (lash to brow area) and can be used on the whole face including the eyes and lips, neck, décolletage and body areas. This treatment is great for addressing skin concerns such as wrinkles, sagging skin, dermatological conditions, acne and scarring. Pricing for AgeJET treatments starts at £300, with costs varying based on the specific area being treated.

Dermaspa has invested in a range of BTL devices for both the face and body. The EMFace is a quick, non-invasive treatment with no downtime, and is a great alternative for clients wanting to steer away from injectables. It combines Radiofrequency and HIFES energies to improve facial muscle density and stimulate collagen and elastin production. This results in skin lifting, increased muscle density

for restored volume, and reduction of fine lines. We recommend a course of 4 treatments at £2,400, with additional treatments advised for maintenance.

When it comes to body treatments, our approach at Dermaspa involves combining the EMSculpt Neo, Exion, and EMTone devices from BTL. This comprehensive approach allows us to address client concerns using a multi-faceted strategy. EMSculpt Neo uses Radiofrequency and HIFEM technology to reduce fat and tone muscle simultaneously. EMTone uses radiofrequency energy to stimulate collagen production and improve the appearance of cellulite and uneven skin tone. And finally, Exion uses radiofrequency and targeted ultrasound to tighten skin and reduce fat. Body treatments start as low as £200 (Exion and EMTone) and £500 (EMSculpt Neo), again depending on the area of the body being treated. Clients can opt to have these treatments separately rather than combined, but for the best results we do recommend a combination of the above treatments, and offer package deals if clients go for this option.

In addition to our comprehensive range of skin treatments, we also provide beauty services such as lash and brow treatments, as well as hair removal through waxing

and dermaplaning. We also have monthly Doctor Clinics with Dr Saleh, who has been affiliated with the clinic for over 15 years and has a long-standing client base due to his expertise and experience in injectable procedures including Botox, Dermal Fillers, and Skin Boosters. To enhance our clients' results, we frequently incorporate a range of peels and stem cell treatments into their treatment plans. Additionally, we provide services such as Semi-Permanent Cosmetics and the treatment of various skin lesions including Skin Tags, Milia, Cherry Angiomas, Age Spots, Warts, and Verrucas. Our goal is to offer a diverse array of services to address the varying needs and preferences of our clientele. At Dermaspa, we prioritise regular skin consultations for all clients, both existing and new, to ensure we maintain a realistic treatment plan tailored to their specific needs and desired outcomes. We recognise that as clients progress with us, their skin evolves, and their concerns may shift. Therefore, we understand the importance of adapting treatment plans and continually investing in new technologies to ensure that we consistently deliver the highest level of service to our clients.

NILAM HOLMES – DERMASPA,
MILTON KEYNES, UK
www.nilamholmes.com ■

LIFE IN MONOCHROME

*The ultimate Grazia Man is confident, fit, and knows
his way around fashion!*

CREATIVE DIRECTION: Rao Ali Khan
PHOTOGRAPHY: Shahbaz Shazi
GROOMING: Tony & Guy Lahore









IRON DEFICIENCY IN WOMEN

The Causes, Symptoms, and Treatment

In this issue of Grazia International Dr. William MBBS FRCA & CEO of Effect Doctors educates our readers on iron deficiency.



Are you a woman? Are you constantly exhausted, lethargic, and feeling grey? Many chalk it up to living a busy work and home life, but very often it is due to iron deficiency. You may be a potential candidate for a private or NHS iron infusion. You can book privately in London using Effect Doctors, a Consultant-led boutique medical practice based in the heart of Soho. First, your blood sample will be taken at your home, office, or our clinic and we will turn around results as fast as within 24 hours then if you are suffering from ferritin under 30, we can design a bespoke iron infusion to correct the deficiency alongside any other areas of deficiency identified (such as Vitamin D or B12). Iron deficiency which can lead to iron deficiency anaemia (IDA) is sadly a very common condition affecting millions of people (predominantly women) worldwide. Some studies have demonstrated up to 30% of the world population is affected by it. In the UK, 10% of women are deficient, 1% severely so. Sadly, despite the symptoms, for women experiencing low iron the most important blood test to check for is ferritin and it is often not requested by doctors in primary health care. Another important point to note is that laboratory reference ranges often list ferritin of >15 as normal even though symptoms described can occur even with ferritin in the low normal range i.e.

between 30-80. Effect Doctors are there to help.

Being iron deficient can severely reduce the quality of life for patients with symptoms such as thinning hair, low mood/ depression, and low energy levels (more on this later). In this read, I will delve into these symptoms further, causes, investigations required, and treatment options for iron deficiency.

Who knows, acting on what you read could change your life?

CAUSES OF IRON DEFICIENCY:

1. Menstrual Blood Loss: Women are at a higher risk of developing iron deficiency anaemia due to menstrual blood loss. Heavy menstrual bleeding can deplete iron stores over time.
2. Pregnancy: Iron requirements significantly increase during pregnancy to support the growing fetus and placenta. If dietary intake doesn't meet these increased demands, iron deficiency anaemia can develop.
3. Poor Diet: Inadequate intake of iron-rich foods such as red meat, poultry, fish, lentils, beans, and leafy green vegetables can lead to iron deficiency.
4. Gastrointestinal Disorders: Conditions such as celiac disease, inflammatory bowel disease (IBD), and gastrointestinal bleeding can impair iron absorption, leading to iron

deficiency.

5. Blood Loss: Any form of chronic blood loss, such as from ulcers, polyps, or frequent blood donation, can contribute to iron deficiency leading to iron deficiency anaemia in women.

SYMPTOMS THAT OUR TEAM OF DOCTORS COMMONLY NOTE INCLUDE:

1. Fatigue: The hallmark of iron deficiency anaemia is persistent fatigue due to reduced oxygen supply to tissues.
2. Irritability and mood swings: Changes in neurotransmitter levels due to iron deficiency can affect mood regulation, leading to increased irritability, mood swings, and emotional instability.
3. Depression: Research suggests a link between iron deficiency and depression. Low iron levels may disrupt the functioning of brain regions involved in mood regulation, increasing the risk of depressive symptoms.
4. Anxiety: Iron deficiency may exacerbate symptoms of anxiety or contribute to the development of anxiety disorders. Changes in neurotransmitter levels and altered brain function associated with iron deficiency can contribute to feelings of anxiety and nervousness.



5. Poor concentration and cognitive function: Iron deficiency can impair cognitive function, attention, and memory. Difficulty concentrating and cognitive fog may contribute to feelings of frustration, stress, and decreased overall well-being.

6. Weakness: Women with IDA may experience weakness, especially during physical exertion.

7. Pale skin and nail beds: Reduced hemoglobin levels can result in pale skin and nail beds.

8. Shortness of breath: Insufficient oxygen supply to tissues can lead to shortness of breath, particularly during activities.

9. Headaches and dizziness: Some women may experience headaches, dizziness, or lightheadedness due to inadequate oxygenation of the brain.

10. Hair-related issues including:

- Increased hair shedding: Women with iron deficiency may notice excessive hair shedding, often characterized by more hair fall during brushing, washing, or styling.
- Thinning hair: Iron deficiency can lead to overall thinning of the hair, making the scalp more visible.
- Brittle hair: Hair may become dry, brittle, and prone to breakage in individuals with iron deficiency.

- Slowed hair growth: Iron deficiency can delay the hair growth cycle, resulting in slower hair growth and difficulty in achieving desired hair length.
- Changes in hair texture: Some women may experience changes in hair texture, such as increased frizziness or loss of shine, due to iron deficiency.

To check for iron deficiency, healthcare providers typically use a combination of blood tests that provide information about various aspects of iron metabolism and blood cell parameters. Here are the common blood tests used to assess iron deficiency. You could ask your GP to undertake these for you or private providers such as Effect Doctors can undertake them for you at your earliest convenience.

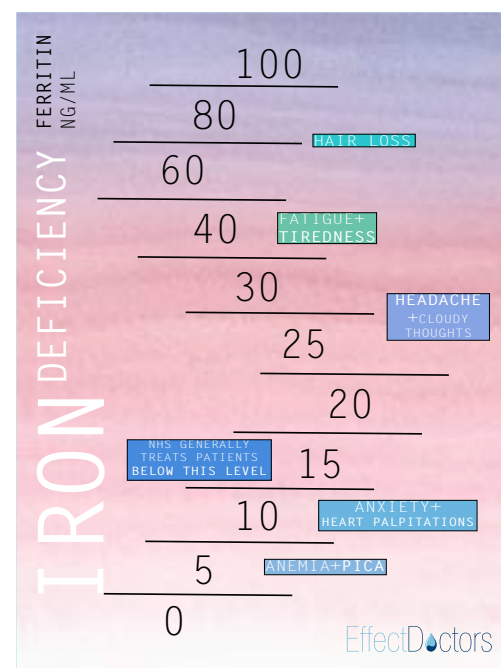
1. Full Blood Count (FBC) in particular checking the level of hemoglobin
2. Serum Ferritin - this is the most important test to ask for. Serum ferritin levels reflect the amount of iron stored in the body. Low ferritin levels are indicative of iron deficiency, even before anemia develops. Serum ferritin is considered one of the most sensitive markers for iron deficiency. Ferritin < 30 ng/mL: is the cut-off com-

monly used to diagnose iron deficiency, particularly in the absence of inflammation or other confounding factor

3. Serum Iron
4. Total Iron-Binding Capacity (TIBC)
5. Transferrin Saturation
6. Red Blood Cell Distribution Width (RDW)

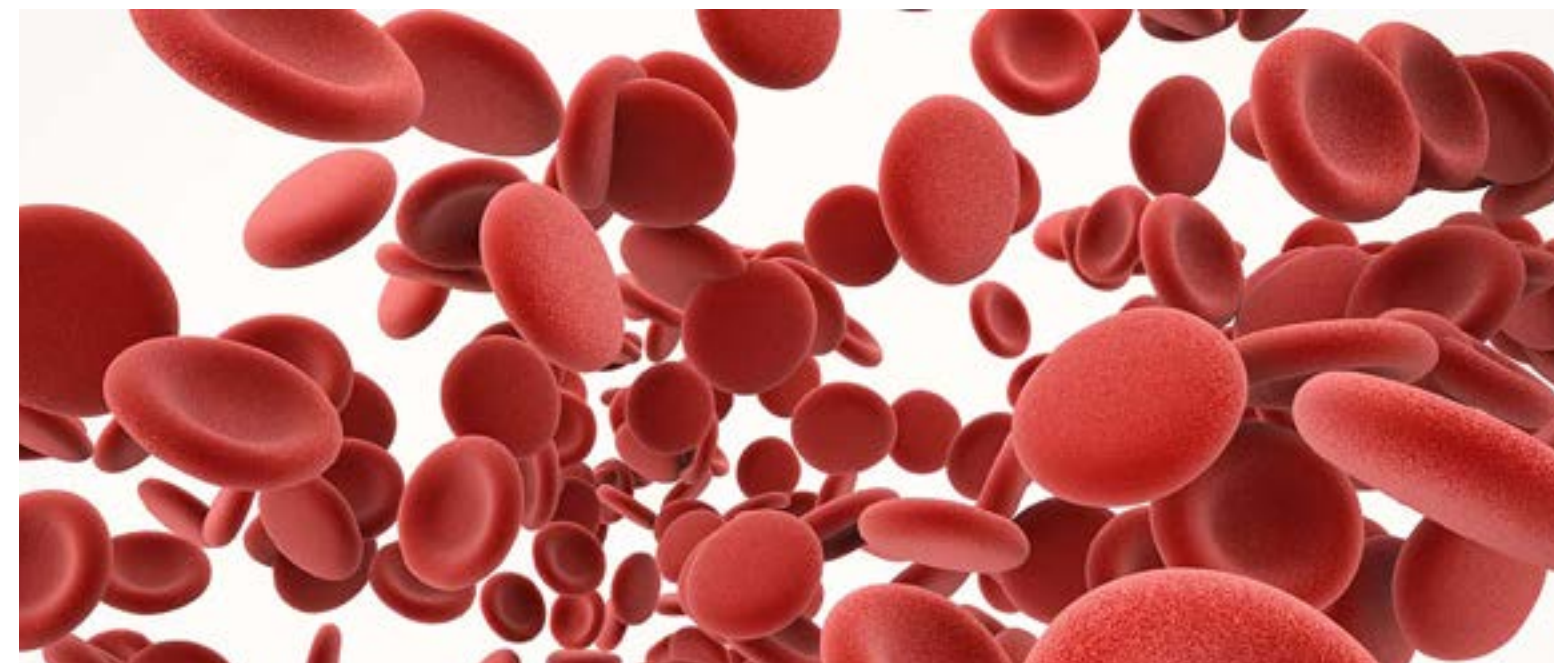
These blood tests are often interpreted together to provide a comprehensive assessment of iron status and detect iron deficiency at various stages, from early depletion of iron stores to the development of anaemia. It's important to consult with a healthcare provider for proper interpretation of blood test results and appropriate management of iron deficiency.

The image below shows the symptoms that patients may experience at different levels of ferritin:



TREATMENT:

1. Oral iron supplementation: Iron supplements are commonly prescribed to replenish iron stores. It's important to take these supplements as directed by a healthcare provider to maximize absorption and minimize side effects such as constipation. In certain cases, the iron deficiency is so severe that intravenous iron is required. One issue with oral iron supplementation



is the side effects that are sometimes experienced which mean adherence to supplementation is often poor. These include gastrointestinal upset, constipation, stomach cramps and pain, heartburn and acid reflux, metallic taste, staining of the teeth or tongue, and black and smelly stools.

2. Intravenous (IV) iron infusions are sometimes prescribed to rapidly replenish iron stores in individuals with

immediately replenish your levels of iron. This also carries risks and side effects and should be done under the direct supervision of a doctor who is an expert in its administration.

3. Dietary changes: Increasing consumption of iron-rich foods can help prevent and treat iron deficiency anaemia. Incorporating foods such as lean meats, poultry, fish, beans, lentils, tofu, spinach, and fortified cereals into the diet is



severe iron deficiency or where oral iron supplementation is ineffective or not feasible. This is not a cheap option (typically prices are around £900) but it will

recommended.

4. Vitamin C intake: Consuming vitamin C-rich foods or supplements alongside iron-rich foods or supplements can en-

hance iron absorption.

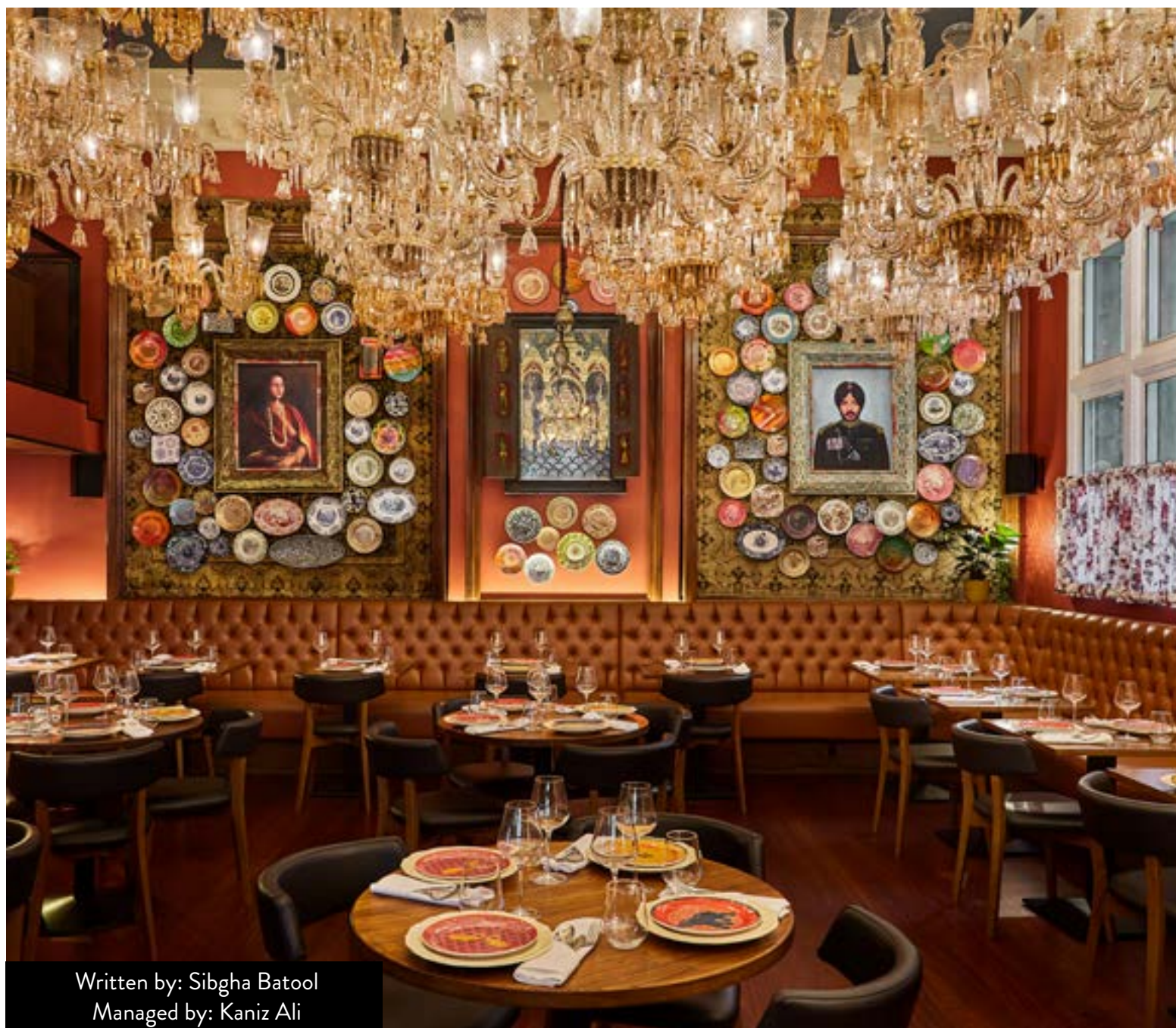
5. Addressing underlying causes: Treating underlying conditions contributing to iron deficiency, such as gastrointestinal disorders or menstrual disorders, is crucial for long-term management.

6. Blood transfusion: In severe cases of iron deficiency anaemia, particularly when accompanied by significant symptoms or complications, blood transfusions may be necessary to rapidly increase hemoglobin levels.

Iron deficiency is a common condition that significantly impacts the health and quality of life of women. Recognizing the causes, symptoms, and treatment options is essential for effective management and prevention of complications. Through a combination of dietary modifications, iron supplementation, and addressing underlying factors, women can overcome iron deficiency anemia and regain optimal health. Regular screening and proactive management are key in ensuring the well-being of women at risk for or affected by this condition. Effect Doctors undertake iron screening and iron supplementation at their clinic on Greek Street in Soho. If you have any questions do not hesitate to contact us at book@effectdoctors.com

Colonel Saab by Roop Choudhary

A Culinary Odyssey Through India's Finest



Written by: Sibgha Batool
Managed by: Kaniz Ali

In the heart of London's bustling city, where tradition meets innovation, culinary maestro Roop Choudhary has orchestrated a symphony of flavors at Colonel Saab that promises a dining experience of the highest caliber. The restaurant, named after Roop's father

Colonel Manbeer Choudhary, an Indian army officer invites diners on a gastronomic journey that spans the length and breadth of India, showcasing the diverse regional cuisines with a contemporary twist. Roop Choudhary, a trailblazer in mod-

ern Indian cuisine, has been a prominent figure in the world of glitz and glam. As a celebrated restaurateur, Roop's commitment to quality and innovation is evident in every aspect of Colonel Saab's dining experience. Colonel Saab, which opened its doors to



global acclaim in 2021, is not just a restaurant; it's a homage to the historical legacy of Colonel Manbeer Choudhary and his wife Mrs Binny Choudhary. Like an emperor, Roop Choudhary aims to achieve greatness, not only in the food but in every nuance of the dining experience.

The menu at Colonel Saab is a culinary treasure trove, offering a panorama of India's diverse and distinct regional cuisines. From the delicate Purani Dilli featuring mini somasa, masala chickpeas and pomegranates to the hearty Mall Road's Dahi Sev Puri, the menu reflects Roop's dedication to sourcing the finest local ingredients to create dishes that tantalize the taste buds.

As we delve into the thrilling offerings on Colonel



Saab menu, five standout dishes demand special attention:

1. Beef Pepper Fry: A tantalizing fusion of Kerala style beef with coconut and thellicherry black pepper.

2. Kolhapuri Lamb Chops: Spiced rubbed succulent lamb chops all bathed in a rich masala.

3. Hyderabadi Chicken Biryani: Takes center stage in this coastal delight, accompanied by delicious soft bread on top.

4. Colonel Saab's Butter Chicken: A nod to the classic flavors of Old Delhi, this dish presents chicken tikka bathed in a rich tomato sauce, promising a

journey back in time with every bite.

5. Khubani Aloo Tikki Chaat: Crispy potatoes and apricot laced with trio of sauces offers a unique and flavorful exploration in the world of chaats.

Colonel Saab by Roop Choudhary is not just a restaurant; it's an immersive experience that seamlessly weaves together the past and present of Indian cuisine, inviting diners to savor the essence of India's culinary heritage. In the bustling heart of London, Colonel Saab stands as the West End's most exciting and vibrant Indian restaurant, a testament to Roop Choudhary unwavering dedication to culinary artistry. ■



SP SAIF PUBLISHING

GRAZIA

SEPTEMBER 2023

PAKISTAN

NAUGHTY BOY

EXCLUSIVE INTERVIEW

In his **FIRST EVER COVER SHOOT** Naughty Boy opens up to Kaniz and speaks about life, passion and future goals