



**Priya
Mulji**



Follow Priya Mulji on www.twitter.com/priyamulji
or log onto www.priyamulji.com



Taking a dating break

IMAGINE a scene from a movie – a girl is sitting in a flowing white dress on some rocks by the sea, with breeze in her hair and the sun beating down.

Well, right now that's me as this column comes to you from Cyprus. After making up my mind that I needed to take a break from dating, it was probably the best thing I have done for a while.

Over the past two years, a lot has happened and about two months ago, I decided I would take time out from dating. No apps, websites or organic dating. I deleted all the numbers of men I was talking to and those I had been on dates with.

But, when you are in pursuit of love, it can be hard to take a step back. What if I miss The One? What if there is no one left? What ifs, buts and maybes can make your mind a mess, so break loose. Be free and let me help you take a step back from dating!

Not dating was hard at first, but I think it did me the world of good. I think every person who is a little tired of dating or meeting the same kind of people can benefit from taking a break from it.

One of the best ways it can help is to find out what you really want, whether it is in life or from a partner.

There are so many signs that indicate you need to step away from the quest for love. If you are constantly attracting the same kind of people, going on dates just doesn't excite you. Craving male attention and not being happy in your own company are some of the other signs. If you only date people you meet on apps and are addicted to Tinder, Bumble and the like, it is time to think about deleting all those dating profiles.

Time off from dating also teaches you how to enjoy your own company. I was lucky in the sense that I had support from a friend who was doing the same thing, so when I felt the urge to indulge in what my friend and I call 'swipey time', I texted her. I started going to the gym in the morning, writing and reading more, going to events, catching up with friends, doing yoga, seeing more of my family, doing mindfulness and taking lots of naps.

It has been two months now and I do not feel the want or need to download any dating apps. I have decided to only go out with people I meet in real life.

Of course, this could change in a few months, but the way I see it, if you are constantly on your phone, you could potentially miss what is right in front of you anyway.

Mane madness

THE CELEBRITY HAIR STYLIST REVEALS THE REASON HE CHOSE



by DIMPLE SANGHANI

THE hair is the crowning glory that will make any woman look like a queen from the land of her dreams.

Celebrity hair stylist Amit Thakur regularly works his magic on super models, Bollywood leading ladies and high-profile clientele wanting to conjure up an eye-catching look. Years of working on big projects, including major movies, means Amit really does know what women want when it comes to beautiful hair.

With that in mind *Eastern Eye* got resident hair/beauty expert Dimple Sanghani to visit the Mumbai-based hair magician on a London movie set to talk about luscious locks, latest trends, top tips, celebrity clientele and more.

"The first thing that becomes apparent about Amit is how calm he is under pressure and how much he enjoys creating hot hair designs. He spoke with genuine passion and not surprisingly had an expert knowledge of the latest trends," said Dimple.

You have achieved a great deal as a top stylist, but what first got you interested in hair?

(Smiles) Honestly speaking Dimple, I had no plans to be a hairstylist. When I was a teenage boy, I would often spend time in my cousin's salon and found it fascinating that there was so much you can do to your hair and make it look so different in so many ways. I think it was that versatility and almost infinite options you can have with hair that woke the creative side of me up and led to me joining a hair school. By the end, I became obsessed and passionate about hair.

You have had a remarkable journey, especially in Bollywood. How do you look back at working in this industry?

It feels amazing when I look back at my journey as a hairstylist. I'm glad that I chose this field and honestly feel so blessed as it made my youth so productive. It has given me so much in terms of people's love, new friends, appreciation for what I do and confidence. All in all, it makes me a better and better person each day.

Which celebrity would you say you have most enjoyed working with?

First, I feel celebrities are just like everyone of us – they are as normal and real as we are. With me being a fun-loving person, I end up having fun with most of those I work with, whether it be Huma Qureshi, Jacqueline (Fernandez), Nargis (Fakhri), Shradha Kapoor or Priyanka Chopra. The cool part is all these girls have a mad side, so we end up having a blast while we shoot or travel.

But you must have a favourite?

If I still have to take names, then I would say Huma (Qureshi) and Shradha (Kapoor) are the two I have had the most amount of mad times with.

Talking of mad times, do you have an interesting behind-the-scenes story?

(Thinks) There have been so many, but the most recent one I can think of is when we were shooting the magazine cover for a major international publication. We started with discussing the make-up and hair according to the cover story and wanted to try doing a real Afro hairstyle for Shradha and make it look androgynous and cool. But we thought she wouldn't agree to it as actresses generally like to be safe and do what suits them most. However, she was such a sport and allowed me to do that for her.

A cool Afro hairstyle is challenging so you must have enjoyed creating that look?

It was a long process to create a real Afro with her own hair, but she was so patient and finally when the hair was done everyone, including Shradha, were so surprised, super happy and went mad on how cool it looked. She carried it so beautifully.

According to you, what is the secret to good hair?
There are a few important, but basic things I



STYLE FILE: Amit Thakur; and (clockwise from right) celebrity clients Huma Qureshi; Shradha Kapoor; Priyanka Chopra and Jacqueline Fernandez

would like to point out if you want good hair. First, the more balanced your diet is, the better your skin, scalp and eventually hair will be because consumption of essential vitamins and nutrients support good and healthy hair. Also external or home care is equally important to have a healthy scalp and hair, which includes the correct choice of shampoo and conditioner according to your scalp and hair type.

Talking of products, how important is it to have the correct ones?

Most people are confused when it comes to styling products and which ones to go for. Some

people use too much and complain that their hair is heavy and horrible, while others do it less and say it doesn't do anything to their hair. So, like I mentioned, having the correct home care is very important. When it comes to styling products they are meant to help you achieve the particular style you want, so it depends upon what you want to achieve.

What is a good starting point?

You have to know your hair type so you can choose the right products. You can start with choosing the correct prep product from mousse and volumising sprays to prep creams or curl pro-