

FASHION AND BEAUTY 101

for young adults

No, you do not always need to be covered in five layers of makeup to look impeccable. Neither do you need to be heavily accessorised all the time to look trendy. In fact, in this summer heat, the statement “simplicity is style” has never been more true.



In this heat, comfort is the main factor that needs to be taken into account while dressing up for any occasion. With the excessive heat and humidity, you should opt for clothes that do not feel stuffy. Sunscreen is a must, especially during the daytime. Also, carry sunscreen in your bag so that you can reapply it whenever necessary.

CASUAL

For casualwear, it's better to stick to cotton or other fabrics that are equally

comfortable. Whether you are wearing a kameez or Western wear, light colours such as pink, cream, or lavender are preferred during the day. Since they are more reflective, they feel cooler than their darker counterparts. With salwar kameez, floral prints or laces are a good option. For Western wear, shirts or tops matched with printed chinos or monochrome coloured jeggings are quite trendy.

With the heat, it is best to go simple on the makeup and avoid any products that aren't waterproof and if you are going to be out for a long time, wear products that are long-lasting. For university, college, or even work, it's probably better to just dab on a bit of face powder, and wear a light coloured lipstick. Finish off your look by filling in your eyebrows a bit, and that's enough. It's minimal and you avoid the chance of having smudged makeup at the end of the day.



HANGOUTS

Minimal effort is needed to dress up for hangouts as well. Casual wear is usually enough for hangouts, but you could go slightly heavy on the accessories. Metal jewellery is quite fashionable, especially for necklaces and bracelets. It is best to wear a minimal amount of makeup, and focus on just one of your features that you want to highlight. For instance, you could wear dark pink or even berry shades on your lips, and then forgo eye makeup. Or you could go slightly heavy on the eyes and wear a light nude shade on the lips.

DATES

This one really depends on the time, venue and occasion. For casual dates, clothes that you would usually wear for hangouts are enough, provided you accessorise properly. Looking flawless with minimal effort is the best option in this case. If it is slightly more serious, semi-formals are a good option, and once can never go wrong with a trendy kurti or a salwar kameez. Be it day or night, make sure you are wearing perfume that is long-lasting. Also, this is the perfect occasion to wear heels and accessorise with a nice bag or a purse.

Use foundation with light or medium coverage and make sure to set your makeup with translucent powder for a flawless finish. To add a tiny glow to your skin, use a slightly shimmery highlighter. However, it is very important to stick to your natural skin tone and its best to avoid all creamy products during the heat. You can go bold on the lips or on the eyes. If it is night, you can opt for the smoky eyes look. What's really important though, is that you remain true to yourself and style yourself in a way that reflects your personality. Be confident and enjoy yourself, instead of fussing too much about your clothes and makeup.

INVITES

For family invites or formal occasions, it's

important to dress up in semi-formal or formal attire. Georgette or chiffon may be the way to go, and if its night, you can go a bit heavy on the makeup. Whether you are into deep contouring or would prefer a light blush, invites are the perfect occasion for this. Once again, it is essential that you wear products that enhance your natural features instead of overshadowing them. If it is daytime, keep the makeup light and focus more on accessories and jewellery. That way, there is less chance of ruining your makeup due to extreme sweating. Finish off your look with a nice pair of heels in the same colour as your clothes.

WEDDINGS

Pick clothes made of fabrics that are comparatively comfortable in the summer. For example, you may want to forgo the velvet saree and pick something in silk for this season. Be glamorous, but do not go heavy on every aspect of your outfit. For example, if your clothes are heavily designed with stones, sequins and embroideries, it's better to go light on the jewellery and only wear bold earrings to finish off your look. Alternatively, with clothes that are comparatively simpler, wear a lot of jewellery to make up for it. Whether you opt for a saree or salwar kameez, a pair of bangles or a nose pin will always add a sense of festivity to your look.

You have full freedom to go heavy on the makeup here, but make sure you wear products that work well for you even in the heat. Wear your makeup according to the saree or the salwar kameez that you are wearing. Finish off your look with a pair of high heels and a glittery purse.

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LIFE STYLE

