



Summer is here. While you may be thinking of dipping in a swimming pool for hours and sipping iced coffee latte in gallons, our current situation might be slightly aversive to our wilfulness. But that and many other reasons should not dampen our spirits, as we are not made of spun glass, but of steel.

Spelling COMFORT the deshi way

Setting aside figurative expressions, we can boldly say that whatever the situation, a 'comfy' attire can always lift the mood, fight illness and make sure our mental and physical wellbeing is set straight.

Saris are the traditional casuals; easy to wear, comfortable, and fashionable. Starting from your day-to-day lives to even parties, the right sari will always keep you looking chic with the least effort and the same ideology goes for a kurti.

FABRIC

Comfort is of the utmost priority when it comes to finding the right sari or kurti. Cotton and linen are your best bet. These are affordable and can easily be tailored. As for the sari, remember to pair it with a comfortable blouse especially made of cool shades like pastels, corals, or even the widely reputable 'ivory white.' As for something fancier — silks, crepes and georgettes are popular. With designer houses offering a wide range of stunning kurtis and saris, you can never go wrong.

CUT

Kurtis come in a number of cuts, all catered to each woman's personal style. While the six-yard saris may 'all be the same,' the blouse makes 'all the difference.'

A regular tunic cut is a classic and it never goes out of style for the kurti. On the other hand, some more uncommon cuts like the asymmetric, with tails or slits, can look very stylish and yet very comfortable. For the average blouse, a basic design could be the round necked, three quarter sleeves and for the kurti, it is the knee-length, straight cut.

COLOURS

Colours matter and its basic science! During days when you are overloaded with heat, exhaustion and humidity — you will feel drowned, especially if you have clothes in darker shades on. In the tropics, the temptation is to always put on a shade that's soothing to the eyes and also feels extremely comfortable.

The whole tone of kurtis and cotton saris present a casual mood, even amidst the fanciest of occasions. Soft, subtle shades are perfect in every form. For offices and classes, muted shades look just right.

Jewel tones are best for fancier events. Pastels and its different combinations are usually a popular choice too. Lately, multi-colours within a subtle shade of white/beige are trending.



PATTERNS

Patterns in more muted casuals are quite common; from stripes to floral prints, most patterns are perfect as an everyday 'go-to' wear. Thread embroidery are adored, looks gorgeous, and are great for both casual and fancy occasions. For parties and special celebrations, intricate gold, pearl, and sequins look astonishingly well.

THE COMPLEMENTARY

Casual days demand simple leggings, jeans or shalwar, along with delicate accessories to set the right tone for a kurti. To dress-up, pair it with a fancier pair of pants with embroideries; tulip/flared pants are also doing the rounds at the moment. Lastly, pair your kurti with the right shoes and accessories and you can never go wrong.

The same can be said about saris, casual days demand that you wear a plain and matched blouse in subtle hues. You may accessorise the look with small trinkets and flat sandals. A fancier look demands that you play with the cuts of the blouse, wear bolder colours and yet less jewellery, as it's summer. With stilettos, clutches and nude makeup, you should definitely be able to turn a few heads around.

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