



## Things to do this week

By Pooja Chaudhary



**Watch:** The big movie release of the week is *The Second Best Exotic Marigold Hotel*. The big budget sequel to *The Best Exotic Marigold Hotel* picks up where the first one left off and sees Sonny trying to juggle his imminent marriage with opening another hotel. Meanwhile, the elderly residents have their own dilemmas in the India-set story. The returning cast members include Dev Patel, Judi Dench, Bill Nighy and Maggie Smith. The heartwarming tale also has new cast members including Richard Gere.

**Appreciate:** The national youth orchestra for Indian music, SAMYO, will deliver a concert in their own unique style at the Queen Elizabeth Hall in London on Saturday (28). The annual showcase illustrates the transitional journey that the orchestra takes each year, re-inventing and re-shaping the Indian music genre in an orchestral context. Log onto [www.southbankcentre.co.uk](http://www.southbankcentre.co.uk) to find out more information.

**Dance:** Those who enjoy classical Indian dance should head over to Bharatiya Vidya Bhavan in London on Sunday (1) for a bharnatanatyam showcase. You can experience the grace, purity and tenderness of the Bhavan's eminent resident teacher Prakash Yadagudde's latest students in this bewitching dance showcase. See [www.bhavan.net](http://www.bhavan.net) for all the details.

**Date:** A Muslim speed dating event is taking place at Starbucks in central London on Monday (2). A series of speed-dates lasting approximately three minutes each will happen, and if there are matches afterwards organisers will contact you within 48 hours. Spectator tickets are available and hosts are on hand to help. Log onto [www.asiand8events.com](http://www.asiand8events.com) to find out more.

**Buy:** Pick up tickets for critically acclaimed play *Dara*, which is being staged at the National Theatre in central London until April 4. Set during the Mughal era, the story revolves around brothers who are heirs to the Muslim empire with two very different visions for India fighting ferociously for its succession. Check out [www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk) for more information.



**Enjoy:** A Bollywood Dinner, dance and fashion show is taking place at Abbey Manor in London on Saturday (28). The Bollywood Fashionista event includes a three-course meal, a live singer and dancers, fashion show, a fun photo booth and DJs playing a mix of Bollywood, classic and dance songs. Log onto [www.chillitickets.com](http://www.chillitickets.com) for details.

**Listen:** Fans of live music can enjoy a fine selection of geet and ghazals at a concert headlined by Shaheen Chino Khan, which takes place at JFS School in Kenton on Sunday (1). The talented singer will be accompanied by her students and top live musicians on stage at a show that will offer a musical feast. Find the Facebook group for further information on the event.

# MUST TOP 10

By Zaynab Mirza

## Hottest luxury beauty picks

"WITH spring just around the corner, here's my pick of luxury beauty treats to make you look and feel special," said Zaynab.

**Murad Intensive Age-Diffusing Serum:** The desert plant survives severe dehydration and extreme conditions. It has a natural ability to protect itself from harsh surroundings. Its plant proteins are used in these products to strengthen skin, intensely hydrate and reduce the appearance of deeper lines and wrinkles.

Youth building peptide Palmitoyl Tripeptide-37 reduces the appearance of lines and wrinkles; phytoestrogens like clover flower extract improve elasticity, firmness and suppleness; Brazilian botanical blend of mango, banana and caje extracts promote collagen production and cell turnover for a plumper complexion. Price: £64



**Age Defy+ Tinted DD Moisturiser SPF 15:** This offers all the benefits of the BB and CC creams that came before it, plus so much more. The UK's first certified organic DD cream has 35 skin actives in a nutrient rich, youth-boosting formula that is beautifully scented with Tiare Tahiti flower extract.

The unique skin-kind formula is available in two blendable tones, light and medium, offering sheer coverage and a natural glow to all skin types with no colour matching required. This lightweight cream reduces redness, balances out shallow complexions and won't block pores, leaving you with a smooth and even skin tone.

The perfect base has all day staying power, so will hold your make-up in place from day to night. This youth-boosting formula also offers long-term action against wrinkles and fine lines, while boasting natural UVA and UVB protection. Price: £34.95

**Ossential Lash Enhancing Serum:** This employs cutting-edge nourishing technology to safely optimise lash growth and fortify the health. A potent meld of proprietary peptides targets all cellular stages of hair maturation to yield glossy eyelashes that are fuller, darker and robust.

With results seen in as little as two weeks, this easy to use applicator achieves visibly longer, stronger, healthier lashes. Price: £50



**Dermalogica Power Bright:** The trio of potent and powerful brightening products target hyper-pigmentation and dark spots caused by age, hormones, stress and UV damage.

The range of three leave-on treatment products is designed to be integrated into any skincare regime. From the skin requiring targeted pigment reduction to future-proofing younger skin and enhancing radiance, Dermalogica has it covered. The intensive Power-Bright TRx formulas provide a well-rounded approach to achieving healthy luminous skin by combining multiple ingredient technologies for improved brightening and hydrations. Prices from £55



**EverGreen by Rejuveme:** Want to feel energised, radiant and ready to take on the world? EverGreen is densely packed with antioxidants, minerals, vitamins and trace elements to help defy your age, combat fatigue and tiredness.

The new plant-based beauty and detox supplement is specifically formulated to combat signs of premature ageing, fatigue and tiredness. It is densely packed with antioxidants, vitamins, minerals and trace elements to help support healthy looking skin, hair and nails.

It's plant-based with no artificial colourings or preservatives. Price: £39.99



**Ageloc Transformation Set:** This scientific breakthrough goes beyond the signs to target the ultimate sources of ageing. Included in the set are four premier products that work together to deliver exceptional anti-ageing results on a daily basis. As a system, these products purify, moisturise, renew and reveal younger looking skin in eight ways for a more youthful, healthier looking you now and in the future. Price: £330 for the set.

**Provoke Cosmetics Pro30 Artist Palette:** As far as pro eye shadow palettes go, this one is becoming my favourite. It has two tiers of colours including 15 matte and 15 metallic frosted shades. The lasting results are worth the investment and perfect for all looks.

The colours are designed to blend harmoniously into one another effortlessly. So whether you like nudes, brights or pastels, there's a colour group for everyone. Price: £75



**Super Facial Oil by Verso:** The oil works to nourish, hydrate and smooth skin, while retinol 8 protects the skin and combats signs of ageing. The oils also reduce inflammatory tendencies to the skin caused by everyday life

and UV exposure, as well as prevent the skin from drying out. It is the only existing facial oil with concentrated Vitamin A (Retinol 8).

The oil contains extracts of sunflower and canola oils to deeply moisturise while reducing inflammatory tendencies to the skin caused by everyday life and UV exposure. Price: £135

**Active Marine Power Concentrate:** Skincare brand 001 has reformulated this with new active ingredients to further enhance its antioxidant and brightening properties. It contains all of the original ingredients including multi-algae actives, which help create a collagen-plumping effect, increasing cell turnover and preventing depletion of elastin and collagen.

Omegas 3,6 and 9 help strengthen the skin's natural hydrophilic barrier, while multi-citrus actives, green tea and stabilised vitamin C are also included to return skin to a state of natural equilibrium.

Prices: £59 (30ml) and £35 (15ml)



**Eve Lom Radiance Lift Foundation:** This advanced actively anti-ageing foundation treats your skin to a long-lasting weightless veil of silky, hydrating comfort. With a feather-light feel, it offers great cover that blends effortlessly for a flawless finish, with pores, fine lines and imperfections instantly minimised.

It also helps lift, firm and repair at the lowest levels, restoring elasticity and keeping the skin deep-down hydrated. Meanwhile, SPF15 protects and luminosity-boosting agents brighten, so you achieve a smooth, even complexion illuminated with supple, youthful radiance. Price: £50

Zaynab Mirza has been a leading light in the beauty industry for two decades. She is a respected make-up artist, author, entrepreneur and teacher. See [www.facebook.com/beautyguruzaynab](http://www.facebook.com/beautyguruzaynab), [www.zaynab.com](http://www.zaynab.com) or follow @zaynabmirza for more.