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LIFESTYLE

Winner's corner

City Times ran a contest giving a reader a chance to win a complete makeover from the newly opened b:blunt Hair and Care, Liberty House, DIFC. After sifting through many entries along with the professionals at the salon, we finally zeroed in on Palak Kushani, a 21-year old BBA student.



Brief: To offer a complete hair and make-up makeover to a *City Times* reader that would make her feel totally new.

Udita Ailani, Head Stylist: The look and the inspiration we picked up for Palak is classic beauty where less is more.

Haircut: Very structured and crisp with a side sweep fringe to enhance Palak's facial features while maintaining its classic shape.

Colour: Keeping winter in mind the colour is very deep with hues of aubergine and deep mocha which brings out

Palak's skin tone and is very wearable.

Makeup: Very natural, with a peach tone for the day look, and smoky eyes with nude lips for the night look.

After all a girl has to look two things - classy and fabulous!

Verdict: Palak is young and peppy. Would love to see her style and play with her hair naturally. She can wear the look at work, while at rest and play.

Palak Kushani: My first impression of b:blunt was extremely positive, and more than I imagined. Udita made me feel completely at ease.

She advised me on the right kind of look that would suit me, from the cut to the colour to the styling. After all this, I cannot believe the change in my look and personality, I almost feel like a princess!

I'm very thankful to b:blunt and *City Times* for picking me as a winner and giving me an opportunity to project a better, newer me. This makeover has given me a lot of confidence and I'm so ready to put my best foot forward!

Staff Report (citytimes@khaleejtimes.com)

BEFORE



AFTER



AFTER



ALIGN YOUR LIFE

The Law Of Attraction

A few weeks ago Adel came to visit me. She looked unhappy and angry. "I only meet people who are not interested in marriage." She was tired of being single and had no luck finding the right person. She had tried dating sites, her mother had tried to fix her up with people she knew and even her younger brother was on the look out; but so far no luck. That same week George passed by and mentioned that he had been passed over for yet another promotion. "It's just not fair! I work twice as hard and yet I never get what I deserve."

These are just some of the stories that I come across on a daily basis. Some are struggling to find the right job, while others are never able to buy a home. No matter what the problem, the main complaint is - why am I attracting this into my life?

The common thread in all these stories is the law of attraction. The law of attraction states that every positive or negative event that has happened to you was attracted by you. The problem is, the negative events are also the result of the attraction though not intentional. Hard to believe? It is true. In both the stories above, Adel and George were focused on how they were not going to get what they deserve and that is exactly what the universe presented to them. The key to successful implementation of the law is to follow three simple yet powerful steps - ask, believe and receive. Asking or wishing for something without believing in it is a recipe for disaster. It is the belief that gets you what you want.

The steps to implement the law are simple yet effective. Firstly having a balanced mind is very important. Use meditation or relaxation techniques to avoid fluctuations of the mind. Secondly know what you want. Have clear goals and visuals in your mind about what you want out of life. Thirdly believe that what you are asking is what you deserve. This is where most people falter. Many people suffer from low self-esteem and believe that they don't deserve to be successful or happy. Therefore no matter how hard they try, success always eludes them. Once you have a calm mind and believe in yourself, its time to write your goals down with realistic timelines. This is the foundation for turning your dreams into reality. Asking the universe is the easy part if you know what you want and if you believe in yourself.

It is not difficult to attract success and happiness into your life. The question is - do you believe in yourself and are you ready to receive it?

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