

CONTRIBUTORS



1. Dr Purnima Mhatre, Cosmetic Dermatologist

Her Work: She has been in this profession for almost 15 years. Dr Purnima has received training in Canada, where she gained knowledge in the areas of advanced skin care, lasers, as well as advanced methods to treat wrinkles. She is also on the expert panel for TVS Scooty Teen Diva and Pantaloons Femina Miss India.

In My World: Dr Purnima answers all your skin and hair related problems in a monthly column. Find out what she has to advice to maintain the perfect skin and hair on —Page 18.

2. Mickey Mehta, Health & Fitness Expert

His Work: An internationally acclaimed holistic health *guru* and a spiritual therapist, Mickey Mehta has interwoven the ideologies and essence of the *Vedas, Yoga, Zen, Tao, Tantra*, etc to help transform lifestyles, physical and mental state of people.

In My World: He shows you how to stay in shape even whilst you're working crazy hours, whether at home or at work —Page 37



3. Seema V Jerajani, Hairdresser and Aromatherapist

HerWork: A pro with 24 years of experience, Seema is a renowned name in the field of hair dressing and aromatherapy, and runs her salon and academy, Fusions, in Mumbai. As the Joint Secretary of Hair India People, she has taken up the task to improve the standards of hairdressing in India. She also consults with Schwarzkopf, Wella and L'Oreal for training, creating new looks and makeup for their fashion shows.

In My World: She gives inside tips on achieving salon style looks no matter what your hair type —Page 30.

4. Rupali Dean, Chef & Food Consultant

HerWork: A true blue foodie who has a passion for food and travel. She is a chef par excellence and a food consultant to some of the best known hotels and restaurants in the country. She is also a travel and food writer whose by-line is familiar to discerning reader.

In My World: A regular contributor, Rupali reviews and rates some of the most happening restaurants, lounges and cafés to give us expert advice on what to eat and where to travel —Page 76.

