Set up in 2005, Mela, is certainly true to its name - a fair of vibrant colours and ethnic prints, where traditional Indian artform is given a modern edge. Located in the serene lanes of Pali Hill, Mela stands distinctly apart welcoming everyone with an exquisite Ganesha idol surrounded by a riot of lively clothing and accessories. It is hard not to be curious about this place, and it is best recommended if ‘different’ is what you are looking for.

One can surely be spoilt for choices as the shop offers a plenty of options, be it skirts, tops, dresses, trousers and each has a range of colours, prints, styles to choose from. Ethnic chic is the dominant factor of each one. Tops and dresses available in various styles and materials is a treat where psychedelic pop-art meets chic is the dominant factor of each one. Tops and dresses available in various styles and materials is a treat where psychedelic pop-art meets.

Kurtas available in medium and full lengths are predominant in African and Indian prints and the material is given a modern edge. Located in the serene lanes of Pali Hill, Mela stands distinctly apart welcoming everyone with an exquisite Ganesha idol surrounded by a riot of lively clothing and accessories. It is hard not to be curious about this place, and it is best recommended if ‘different’ is what you are looking for.

A place where flamboyance and individualistic styles cross path, Mela has a collection of clothing that is anything but typical. Indian and western culture. They are available in short, three-fourth and long lengths. They are flowy and asymmetrical and predominantly made of silk and cotton. In a nutshell, they are a combination of authentic Indian design and prints with western shape. The trousers are made of patches of colourful silk with embroidery which makes it both obscure and creative. They are available in cotton too. There are other varieties which are again edgy with their style and colours. Accessories are very regional and rare - waist belts, pouches and bags made with colourful handmade embroideries of Gujarat and ethnic prints to regional metal and silver accessories like earrings, anklets, bracelets, necklaces etc. The entire collection of the store is nothing less than bold and happy, “its all Gypsy!” explains Manish Sharma who shares the ownership of the store with his brother Dilip Mehra. What makes this place unique is its original stock of collection. “We manufacture everything we sell!” shares Mr. Sharma. The store has its branches in the city suburbs and the price range flows anywhere from Rs.500 to Rs.3000.

A bit pricey but with many stores in the area, being almost a clone of one another, an outlet like Mela offers a fresh change from the monotony.

Richadesai@gmail.com

Wardrobe Diet

‘Dressing thin’ is the newest way of losing those extra kilos in minutes. A few changes in your wardrobe and you can cut kilos from your body. “Dressing thin isn’t just about hiding what you hate, it’s also about learning to play up your good points. Tiny details can make a huge difference,” feels Aatishi Dua, a fashion designer in Bandra.

Here are some simple tips with which you can create the perfect look suited for your body type:

Colour ‘less’

When you opt for a wardrobe consisting of one single colour from shoulders to feet, it creates the illusion of one long unbroken line. This helps you to look slimmer as it minimizes individual features and creates a longer, leaner look. A ‘monochrome look’ does not necessarily mean dull! You can add richness to it by mixing different kinds of fabric in the same colour. “If you opt for a single colour for an entire outfit, opt for neutral colours like black, cream and dark brown,” advises Aatishi Dua. If you want to wear two colours then make sure you wear the darker colour on the bottom and the lighter on top.

Fit In

We generally tend to hide our extra flab under huge baggy clothes. But that makes you look much larger than your actual size. Also trying to fit yourself into a top two size smaller makes you look more bulky. Buying clothes that fit you is the simplest choice. So even if it means checking out ten different shops, make sure you end up with a perfect fit.

or skirts for that matter - Avoid it! Pleats tend to pull when you are moving and if you have a bit of extra weight, it will make you look heavier. You should especially avoid pleats if you have extra flab around your tummy.

The right Shoe

If you’re trying to hide extra weight, you want a look that is as long and lean as possible. A dark shoe with a moderate heel will usually give you the slimmest look. “Avoid wearing flat shoes, particularly if you carry excess weight on your lower body or have short legs,” says Aatishi Dua.

These simple tips will help you in creating your perfect look, without making you sweat. So go ahead, dress thin and get ready to cut ‘wardsrobe weight’ from your body.

Airneenizami@gmail.com

Tired of sweating at the gym for hours and still not getting the perfect body? Ainee Nizami finds the perfect solution, minus the workout.