



FARROKH CHOTHIA



# MIRROR, MIRROR



*If you could go back in time and give your 18-year-old self some essential beauty advice, what would you say? Jia Singh asked these gorgeous women to revisit the blunder years*

**“STOP PLUCKING YOUR EYEBROWS.** Brooke Shields defined the now hugely popular bushy brows — a look way more dramatic than overly-tweezed, scanty ones. I regret threading mine and thinning them out so much that they now barely grow.”

**KALYANI SAHA CHAWLA, 45,** Vice President, Marketing and Communications, Christian Dior Couture



**VANDANA VERMA, 31,** Editor, Motherland

**“LET GO A LITTLE.** I was plagued by insecurities as a young girl, so looking back, I'd just tell my younger self to let loose. Everything led to where I am now, but I definitely think that girl could've relaxed and had more fun with her haircuts, her clothing.”

**“STOP WORRYING** about your hair, your skin, your lips, your cheeks, your chin! I spent too much time in my teens wondering about the colour of my hair and acne and things like that. I would tell my younger self that confidence is the only extra something she needs.”



**MALINI AGARWAL, 37,** Founder, MissMalini.com

**“YOU ARE WHAT YOU EAT AND DRINK.** Models who have great skin don't have to worry about piling on the make-up. I would tell my 18-year-old self to start juicing on a daily basis to reap the antioxidant rewards. It's a ritual I started pretty late in life, but wish I had begun earlier.”

**UJJWALA RAUT, 35,** model



**MASABA GUPTA, 25,** Founder and Creator, House of Masaba

**“ACNE IS OKAY.** It's actually a blessing in disguise: the scars it leaves behind will teach you that beauty is more than skin deep and that you don't need to be flawless in order to be beautiful.”

**FEROZE GUJRAL, 44,** model, columnist and philanthropist



**“PRACTISE YOGA AND PRANAYAMA** on a daily basis with correct technique, watching your posture. I wish I had done it more religiously over the years.”

**NIAMAT SINGH BAKSHI, 32,** former lawyer with the UN High Commission



**“USE MASCARA RIGHT.** I made the mistake of using too much of it to make my eyes look dramatic. Unfortunately, I usually ended up with thick, clumpy and horrible-looking lashes instead.”

**“STOP SUBBING HENNA FOR COLOUR.** When I was in my late teens, I wanted to experiment with hair colour but didn't have access to quality colour and bleach. So I used henna, without realising that it probably wasn't the best fit for my dry, fine and brittle hair.”



**VESNA JACOB, 38,** author of *Fit To Fight*, fitness and wellness consultant

**“DANCE LIKE NO ONE'S WATCHING.** Take up yoga seriously. Let song and music take you on journeys that the mind and body celebrate in harmony.”



**INDRANI DASGUPTA, 31,** model

**“GO BARE-FACED,** without make-up, for as long as you can. There is nothing more beautiful than a fresh, confident face.”

**POOJA MAKHIJA, 37,** clinical nutritionist and wellness consultant



**SHEETAL MALLAR, 40,** model and photographer

**“LET YOUR HAIR BE,** once in a while. Being a model, frequent blow-dries and Brazilian blowouts were an unavoidable part of the job. I would ask my 18-year-old self to let her hair stay natural, without using any tongs or products, whenever possible.”



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