

GLAM RECCO

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Nicole

Lakmē
ropes in
Aneet
Padda

New on
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Inside
Jaipur's
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**Alluring
AADITI**

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www.glamrecco.com

COVER PHOTO & STYLING: Victoria Krundysheva
HAIR: Daksh Dubey MAKEUP: Anigha Jain
OUTFIT: Riti Rahul Shah

Glam Recco
Correspondent

• Aneet • PADDA • is Lakmé's • NEW FACE

Lakmé, India's trailblazing cosmetics icon, has announced a major shift in its brand strategy by naming SAIYAARA girl Aneet Padma as its newest face — a move clearly aimed at winning over Gen Z with authenticity, minimalism, and creativity.



It's part of the evolving beauty landscape that champions variety, skin-first care, and the acceptance of natural aesthetics

Why Aneet Padda FITS RIGHT IN



A vibrant new face who resonates strongly with younger audiences, her energy, style, and perspective on beauty reflect today's evolving beauty codes and creativity.

Meet LORE

Best Fashion Presents



Streetwear Shirt



Redefining How Gen Z Wears Perfume



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Why Lore Might Be the Next Big Name in Fragrance

Who's behind LORE?



Glam Recco Correspondent

Melanie Bender serves as Lore's CEO—it's her first venture as a founder. Previously, she had executive roles at clean beauty and skincare labels such as Rhode, Versed, and Merit.

Joe Cloyes & Greg Gonzalez are best known for founding Youth To The People. After selling the brand, they've turned their energy toward new projects, including Lore.

Mazdack Rassi: A founding partner from the world of Milk Makeup, bringing creativity and brand building expertise.



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What Lore Offers



Lore launches with four unisex scents, each priced at US\$88 for 50ml.

Lore's debut lineup channels different states of mind with evocative names: Sublimity (tropical, sunlit musk layered with woods), Somewhere but Nowhere, Disfruta, and Lovely and a Little Twisted.

Lore officially launched direct-to-consumer on September 2, 2025, and rolled out in Sephora stores (online and in 140 stores) starting September 15.



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SHE



*Aaditi
Pohankar*

COVER GIRL

Rohit Khilnani

BOLD ROLES & BREAKOUT MOMENTS

COVER PHOTO & STYLING: Victoria Krundysheva HAIR: Daksh
Dubey MAKEUP: Anigha Jain. Outfit: Riti Rahul Shah



COVER GIRL



From athletics to acting, Aaditi Pohankar has emerged as one of OTT's most compelling talents. Known for choosing roles that push boundaries, she is steadily building a reputation for depth and authenticity. Aaditi Pohankar's portrayal of Bhumika in Netflix's *She* (2020) marked a transformative moment in her career, establishing

her as a formidable talent in Indian digital entertainment. In the gritty crime drama created by Imtiaz Ali, she plays a Mumbai police constable who is recruited for an undercover operation to infiltrate a drug syndicate. Bhumika's journey from a reserved, marginalized officer to a woman embracing her own power and sensuality is both compelling and complex.

COVER PHOTO & STYLING: Victoria Krundysheva HAIR: Daksh Dubey MAKEUP: Anigha Jain. Outfit: Rocky Star



Left: Still from *Aashram*
(MX Player) Top: Still from
SHE (Netflix)



Aaditi Pohankar's portrayal of Pammi in *Aashram* is a testament to her remarkable versatility and depth as an actress. In the series, she embodies a young, aspiring wrestler who, after being betrayed by the very institution she revered, embarks on a courageous journey to expose the corrupt godman, Baba Nirala, played by Bobby Deol. Pammi's transformation from a naive devotee to a fierce warrior seeking justice is both compelling and inspiring.

Q: Both *She* and *Aashram* gave you strong, impactful characters and earned you praise. How do you look back at the way these roles shaped your journey as an actor?

A: When you become an actor, you realize that your real life and your reel life are just a bridge apart. There isn't much of a difference—both are bound to influence each other. But it's also not true that you can only draw from real emotions to play a character.

You need craft, because after a point, your real emotions will get exhausted. You only have a limited set of them, since they're your own.

So, you start building the character from her background—where she grew up, how she was brought up, what her childhood and adulthood were like, her thought process, and why she was so fearful. All of this adds up and reflects in her eyes, her body language, the way she speaks. These characters made me stronger and taught me to live better as Aditi. But when a script ends, you suddenly don't know where to go, because you've become so connected with the character—it almost feels like your child. You don't want to let it go, but you have to, and then you begin again with a new role.

Q: Do you feel the industry today offers enough space for nuanced female characters, or do you still have to fight harder to find the right opportunities?

A: We're getting there, but it's still tough. This isn't just about the film industry—it's about women standing equal with men everywhere. Feminine energy is both giving and receiving, but that's often misunderstood. It doesn't mean women aren't strong—if a woman can give birth and create life, what more validation is needed? Compared to male actors, getting substantial parts is still harder. More space needs to be created, and I believe it will happen—but for now, it remains a struggle.

A Sustainable Diet

Nicole Linhares
Kedia

India's leading Sports
Nutritionist & Health
Coach



We live in a world obsessed with quick fixes — fad diets, detox teas, and miracle pills that promise instant results. But here's the truth: anything that gives fast results rarely gives lasting ones. Fad diets don't nourish; they deplete. They can leave you fatigued, deficient, and eventually right back where you started — or worse. (messing up your entire metabolic function & hormones)

Let's get one thing straight: food is not just calories. It's information. It restores, empowers, and protects your body from within.



Take functional foods, for example — those rich in antioxidants and phytochemicals. They go beyond basic nutrition to improve metabolism, gut health, and immunity. Turmeric, for instance, is more than just a spice — it's anti-inflammatory, digestive-friendly, and even anti-cancer. And honestly, can you name one Indian kitchen without turmeric?



Or consider chia seeds — tiny, yes, but mighty. Packed with omega-3s, they're a vegetarian's best friend for heart health. Then there's fermented foods like chaas or dahi, your gut's best buddies for balance and harmony. Now, let's talk biohacks. Sounds high-tech, right? In truth, it's just your body's common sense in action.

Morning sunlight to reset your circadian rhythm, a few rounds of Surya Namaskar, or even mindful breathwork when stress hits — these are biohacks in their simplest form.



As the beautiful book Ikigai reminds us, longevity comes from simplicity: moving often, eating lightly, connecting deeply, and finding joy in the everyday. Yoga says the same — simplicity isn't lack, it's alignment. Personally, I don't believe in diets that look good on Instagram but collapse in real life. Sustainable health is built on timeless habits:



- Eating a rainbow of foods
 - Sleeping well
 - Managing stress
 - Staying hydrated
 - Movement
 - Emotional wellbeing
- Ayurveda has always known this. Eat seasonally. Eat mindfully. Eat on time.**

Sip on warm spiced teas — fennel, ajwain, turmeric, cinnamon — that cool, digest, and heal from within. Picture this: a breakfast with healthy fats from seeds or nuts keeps blood sugar stable and energy steady. A simple, balanced plate — half veggies (fiber and color), a quarter protein, and a quarter complex carbs — is more powerful than any fad.



Start with veggies, then protein, then carbs. The fiber cushions your blood sugar, aids digestion, and keeps you satisfied longer.

And yes — align your meals with the sun. Early dinners let your body rest, digest, and recharge, just as our ancient wisdom recommends.



So, the next time someone tempts you with keto, a “detox” tea, or the so-called miracle Ozempic pill-pause. Ask yourself:

- Does my body truly need this?**
- Can I sustain this a year from now?**
- If not, it’s just another trend in disguise.**

Sustainable nutrition isn’t about extremes — it’s about awareness, consistency, and compassion toward your body. Trends come and go, but discipline stays. And that discipline gives you true freedom — freedom from illness, from fatigue, from dependency.

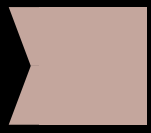
Choose wisely, nourish deeply and remember sustainability isn't a diet. It's a way of living.

SAMODE HAVELI: A REGAL RETREAT IN THE HEART OF JAIPUR

By
Rohit
Khilnani



Hidden in Jaipur's bustling lanes, Samode Haveli felt like stepping into a secret world the moment I arrived. The moment I stepped inside, the chaos of the city melted away and I was surrounded by air that was both regal and inviting. Once the residence of the noble Samode family, the 175-year-old haveli still carries the weight of its history, but with a warmth that makes you feel at home.



SAMODE HAVELI: PALATIAL ESCAPE

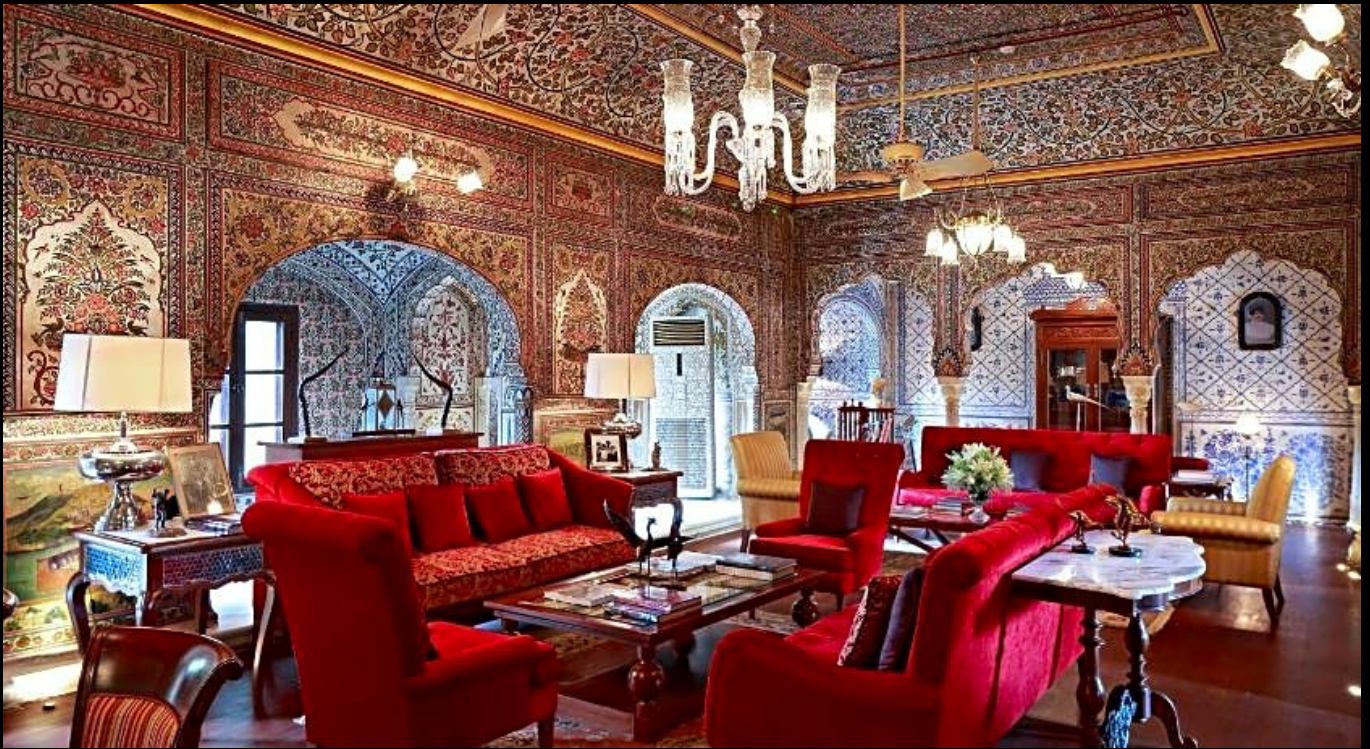


Samode Haveli is not just a place to stay—it's an experience steeped in history and culture. Built by the noble family of Samode, the haveli still retains its original charm, with ornately decorated arches, hand-painted walls, and sprawling courtyards that once echoed with royal gatherings.



Guests are greeted with an ambience that blends tradition and comfort. The rooms and suites are adorned with antiques, vintage artwork, and delicate furnishings that celebrate Rajasthan's rich craftsmanship, while still offering the modern amenities expected of a luxury stay. The central courtyard, with its lush gardens and cooling fountains, serves as the heart of the haveli—a space to unwind and soak in the old-world charm.





Dining at Samode Haveli is another indulgence, where traditional Rajasthani flavors are served alongside international favorites in settings that range from a grand dining hall to a charming poolside café.

Whether it's lounging by the pool framed by Mughal-style arches, enjoying an evening cultural performance, or simply wandering the haveli's fresco-lined corridors, Samode Haveli offers an unforgettable immersion into the heritage of Jaipur.

More than a hotel, it's a living museum—one where the past continues to breathe, offering travelers a royal slice of Rajasthan in the heart of the Pink City.

For more log on to <https://samode.com>

Apple Music's New Vibes

Lyrics Translation & Pronunciation

Apple Music now brings Lyrics to more listeners with translation and pronunciation. Lyrics Translation helps users understand songs in any language, while Lyrics Pronunciation



Lets them sing along accurately. Using machine learning and expert fine-tuning, the features preserve emotion, cultural context, and lyrical intent. More languages coming next year.

Apple Music Sing with iPhone Mic

Apple Music Sing lets you sing along to millions of songs with real-time lyrics. Adjust vocal volume or use your iPhone as a mic to amplify your voice on your TV, and even see yourself onscreen with lyrics and visual effects.

Smirnoff Experience AFROJACK India Tour

SMIRNOFF
Lemon Pop
NON-ALCOHOLIC
EXPERIENCE

PRESENTS
AFROJACK

28 NOV MUMBAI	29 NOV BENGALURU	30 NOV DELHI NCR
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SUNBURN
SPONCO

BANDRA'S BELOVED EATERY, **THE LOVEFOOLS**

The Travelling Heart, a menu born from Global Travels



The
Lovefools,
Bandra
West,
Mumbai

In the heart of Bandra's quiet lanes, The Lovefools has earned its place as Mumbai's original dinner lab — a haven where food is never just served, but transformed into story, theatre, and memory. This season, Chef Sarita Pereira unveils her most personal work yet: The Travelling Heart.

A memory map in the form of a menu, The Travelling Heart is a culinary anthology woven from journeys, kitchens, and landscapes that have shaped the chef and her team. Presented as a three-part series, it begins with her travels abroad, where flavors lingered long after the journeys ended. It then moves to her team's explorations across India, uncovering inspiration in the familiar and the unexpected. Finally, it turns inward — into the patient craft of fermentation, preservation, and the quiet alchemy of creating something new.

The Journey Begins: Cold, Raw Entrées

The opening chapter is one of delicacy and quiet intrigue — a pause before the adventure. The Beet Carpaccio, paired with sundried tomato, pickled asparagus, and a hint of apple pie purée, finished with blue cheese, evokes the elegance of Europe. Beside it, the Tuna Tataki, seared just enough to blush, is lifted by the sharp brightness of yuzu kosho and the cool creaminess of wasabi yoghurt.



The menu bursts with vibrant salads that take center stage. The Nilah & Wild Honey **Salad** — with Eleftheria cheese, pineapple, arugula, and honeyed blue cheese — is Greece meeting Goa on a plate. The Mediterranean Glow, with avocado, candied walnuts, cranberries, and raspberry-goat cheese dressing, leaves you with the warmth of a holiday glow.

Small Plates, Big Stories

Here, dishes read like chapters. Signature Sushi Crackers layer wasabi mascarpone, smoked avocado, and cured watermelon, while the Avo Black Garlic adds a bold miso edge. Vegetarian highlights include the cheesy Aubergine Parmigiana, Japanese-inspired Morimoto Kebayaki, and the Nori Mosaic Sushi — vegetables wrapped in nori, brightened with yuzu.



Dessert as Epilogue

The menu closes in sweetness with The Chocolate Symphony — dark, decadent, and layered with textures of spice and surprise. A dessert that lingers like a memory, closing the journey on a bittersweet high

“The Travelling Heart is about journeys that do not end — they live on as flavors, stories, and emotions,” says **Chef Sarita Pereira**. “Some of these plates are postcards from abroad, some are echoes of my team’s travels within India, and some are born from the inward patience of fermenting and preserving. Together, they are a map — and I invite diners to find their own journeys within it.”