


**trend alert**


PIASE THINKSTOCK

**This festive season, rethink your celebrations as wellness trends are surfacing to give it a new sheen**

Team Times Life

**T**his season, festivities come with a side order of mindfulness. Call it the millennial love for all things wellness or the growing concept of self-care, but the festive season no longer means endless feasting and mindless partying. It's all about think before you party or better yet: party smart, not hard. Millennials are placing a greater value on health and wellness over material goods than ever before. In fact according to Eventbrite data, 78 per cent of millennials would choose to spend money on a desirable experience over buying physical goods.

The change? Festivities are being viewed with a new lens of what's good in the long run, rather than celebrating in

### HEARD OF FARM TO GLASS?

Your cocktails or mocktails cannot be sugar syrups anymore. Mixologists are doing away with preservatives and ready-made sugar solutions. They are opting for natural ingredients, fresh fruits and home-made syrups using flowers, herbs and spices. Expect a lot of kokum juice, litchi and chilli syrup, curry leaves, roasted cumin powder, coconut puree and fresh Assam or Darjeeling tea to be used in the drinks. The idea is to not just eat but also drink healthy.

the here and now. A reason why wellness trends are on the rise despite the start of the festive season. Modern-day "wellness" is all about holistic healthy living that includes physical, mental, social, and spiritual well-being – and the buzzy trend has now gone festive. From the return of sleep to healthy cocktails to even sober partying and going vegan for the season, spruce up your wellness game to party with a new twist.



### NIDRA IS SUPREME

Party hard, but sleep hard as well. "Nothing beats a restful snooze to renew your skin cells," says dermatologist Dr Kiran Lohia. From overnight face masks and hair creams to wellness clubs across the globe that are offering sleep as a service, the right to nap has become more legit than ever. A New York-based café — Nap York — offers sleep pods to the sleep deprived for getting their rightful share of slumber. In India, the ancient yogic tradition of Nidra Yoga that promotes sound sleep by reducing stress is gaining popularity by the day. After many years of fast-paced, high intensity fitness and yoga scene, we are finally catching on to the benefits of such restorative practices. It may not look like 'doing much', but the physical and psychological effects of this subtle practice are just what you need in a busy, stressful contemporary world.

*Continued on page 5 >>*