

DELENG/2014/59909
AUGUST 2023, ₹200

Harper's

BAZAAR INDIA

*Unstoppable
ambition:*

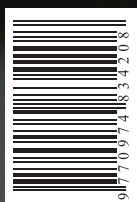
**Sobia
Ameen**

*On the power of
being your
authentic self*

Body
and
Beyond

**Metamorphosis
of Motherhood:**

*Love, struggles, and
self-acceptance*



9 770974 834208

Working in the health and wellness

industry can be demanding, both physically and mentally. Women in this field often find themselves putting their clients' needs before their own, which can lead to burnout and exhaustion. We interview leading women entrepreneurs on how they prioritise self-care and recharge their batteries so that they can be better equipped to help others. By sharing their own self-care routines and strategies, through their personal experience and professional expertise, we explore the balanced approach towards nutrition, fitness, and self-care.

**Rhea Nihal Singh,
Co-Founder at
Flexnest**

"Having grown up in a supportive environment, I've always had a positive outlook and appreciated my body. Fitness has been a way for me to connect with my body, feel good, and stay healthy rather than trying to change how I look. I believe it's all about feeling strong and confident, and I want to share that positivity with others through Flexnest," says Rhea who co-founded Flexnest, a

connected-fitness venture in 2021. Rhea's love for fitness evolved through a combination of personal experiences and a passion for helping others. She started working out to feel stronger. "As I started exploring different forms of exercise, I discovered the positive impact it had not only on my physical health but also on my mental wellbeing.



A WOMAN'S *Guide to* BEING *Comfortable* IN YOUR *Own BODY*

*Bazaar India speaks with women leaders
in the health and wellness industry about
their perspective on beauty and
debunking unrealistic expectations.*

By RIA SINGH

The sense of accomplishment and the endorphin rush after a workout became addictive and I realised that fitness was not just a means to an end but a journey of self-discovery and growth," says the 29-year-old. After witnessing the transformative power of fitness in her life, she felt compelled to share this experience with others. It led her to combine her love for fitness with technology, ultimately founding a venture to make fitness accessible, enjoyable and empowering for people across the country. "Being a founder of a fitness company, incorporating a work routine is definitely a juggling act. I believe finding balance is key—I make self care a non-negotiable part of my day. I schedule regular workouts and ensure that my diet is

balanced and I set boundaries for work and personal time. It's not always easy, but staying fit and healthy keeps me motivated and on top of my game both in business and in my personal life," says Rhea. Flexnest aims to create a supportive and inclusive community—shifting the focus from unrealistic beauty and fitness standards to overall health and well-being.

**Dr. Geetika Mittal Gupta,
Founder & Medical Director,
ISAAC Luxe & SkinbyDrG**

"Learning, experimenting, and discovering what works for me has been a journey. This evolution towards self-care has made all the difference, not just in how my skin looks but, more importantly, in how I feel about myself. When it comes to beauty, we often focus on fixing those pesky wrinkles, fine lines, and other visible signs of ageing. While there's nothing wrong with wanting



Bazaar **ATWORK**

to look our best, I strongly believe that we should not have benchmarks that we adhere to—healthy ageing is the key,” says Geetika Mittal Gupta, who founded ISAAC Luxe in 2010 and SkinbyDrG in 2020. “Skin is the largest organ of the body which shows effects of internal as well as external stresses, therefore, it’s important to look and feel good in your skin!,” adds the 40-year-old. As an expert in non-surgical anti-ageing treatments, Geetika aims to address the root causes of ageing. “There’s no shame in wanting to age gracefully and embrace our journey...I have always believed in the power of consistency and discipline. While interacting with patients, I encourage them to embrace their unique skin journey and advise them to not get influenced by social media trends and never imitate someone else’s skincare routine,” she says. Geetika says that the skincare industry has surged in popularity in the past few years and has given way to unrealistic beauty standards that are cropping up everywhere. “The culture of filters has settled expectations beyond reality...it is something that pushes people to get into the toxic culture of unrealistic beauty standards,” she says. Geetika believes in celebrating authenticity and inclusivity. “True beauty isn’t about conforming to cookie-cutter ideals; it’s about embracing our unique features and quirks that make us who we are,” says Geetika who aims to inspire a wave of self-love and empowerment among women through her profession. “As a cosmetologist, I see my role as a catalyst for boosting confidence and promoting self-acceptance. I want every woman I interact with to leave my care feeling unapologetically herself. Beauty for me is a journey—it involves good sleep, happy fulfilling relationships, meditation, nourishing food, skin care and then treatments, only if there’s a need,” she signs off.

Namrata Purohit, Co-Owner of The Pilates Studio

“My journey with Pilates started because I fell off a horse and injured my knee. I tried everything to ease the pain but when I tried Pilates with my father after almost a year—I was finally pain free! That’s when I realised the benefits of Pilates and decided to pursue and take it further,” says Namrata Purohit, who co-founded The Pilates Studio with her father. “My father and my goal was to have people experience Pilates in its true form so that they can benefit from the exercise and feel the magic,” says the 30-year-old. Namrata says once someone starts doing Pilates, they learn how amazing their body is and they

begin to embrace and appreciate it at every stage of their fitness journey. “I believe what is extremely crucial to understand is that everyone has a different body type, lifestyle, different goals and needs. It is imperative that we don’t compare ourselves or our journey with anyone else because our journey is our own,” says Namrata. The Pilates Studio has branches across 15 states including Delhi, Bengaluru, Jaipur, and Kolkata. Namrata says that today people have become more accepting and less judgemental

about others and themselves. “While they want to be healthy—I have fewer people come to me today who say that they want to be ‘thin’ or ‘skinny’ and are more concerned about being healthy and fit, and that’s great progress!” she adds.

