

JUNAID &  
AYESHA

EXCLUSIVE  
WEDDING ALBUM

PAKISTAN'S FIRST CELEBRITY  
DERMATOLOGIST & ENTREPRENEUR

# DR. FAZEELA ABBASI

TOUCHING NEW HEIGHTS IN THE  
GLOBAL AESTHETIC INDUSTRY



# CONTENTS

- 16 ZOHA RAHMAN** The actress sans borders meets us on a beautiful winter day in Karachi and tells us all about her work that ranges from one entertainment industry to another
- 32 UZAIR JASWAL** Meet the heartthrob musician as he takes us through his musical journey from his first album till now
- 24 SHEHROZE KASHIF** Meet with the young alpinist in his hometown Lahore, who's nothing but inspirational
- 38 COVER STORY** Meet Pakistan's first celebrity dermatologist and entrepreneur Dr. Fazeela Abbasi who is touching new heights in the global aesthetic industry

## REGULARS

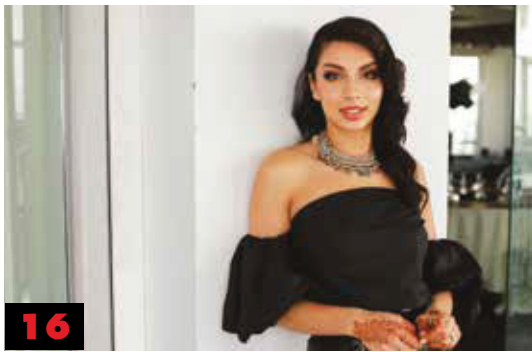
- 12 HI! NEWS** Find out all the local and international news that made headlines this month
- 88 LAST WORD** Meet the very talented and down to earth Yashal Shahid

## LIFESTYLE

- 8 EDITOR'S PICKS** Check out the list of all the best Podcasts you must listen to right about now
- 10 HI! LOVES** Pamper yourself with the best skincare products that our editorial team swears by and has picked the best options just for you
- 50 WISHLIST** Treat yourself with the best and add that perfect aroma around you with the most amazing scented candles out there this season
- 52 FASHION** Best of fashion weeks and snippets from Kamiar Rokni's solo show, along with our monthly round-up of best dressed celebrities and 'Get the Look' of Emily from 'Emily in Paris'
- 64 HI! FOOD** Bring some sunshine to your table with bright and zingy lemon cake filled with cream cheese and plump, juicy blueberries, a recipe you must try
- 66 HI! WEDDING** Exclusive wedding albums of the most happening weddings out there this month, from Junaid Safdar, Mushk Kaleem to Areeba Habib



38



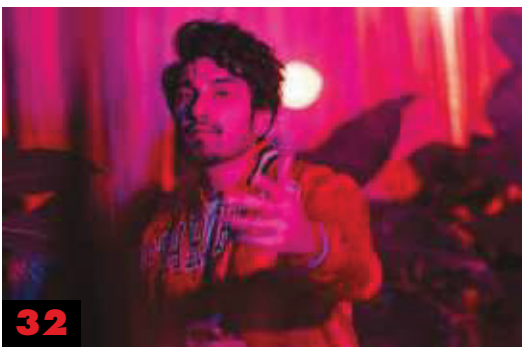
16



24



66



32



72



53



62



60



54



64



88

**CEO & PUBLISHER**  
**MANAGING EDITOR**  
**EDITORIAL ASSISTANT**  
**WEB EDITOR**

ZAHRAA SAIFULLAH  
SUNDUS UNSAR RAJA  
SAFA ADNAN  
REHAM ASLAM

**ART DIRECTOR**  
**GRAPHIC DESIGNER**

ABID HUMDANI  
M. KAMRAN AFZAL

**PRINT MARKETING EXECUTIVE**  
**DIGITAL MARKETING EXECUTIVE**

AYESHA KHAN  
SANEELA SWALEH

**ACCOUNTS**

UMAR KHALID  
GHULAM ATTIQUE

Follow us on Twitter  
@HELLO\_Pak

Follow us on Facebook  
@HELLO\_Pak

Follow us on Instagram  
@helloworldpakistan

Follow us on Snapchat  
@helloworldpakistan

Printed by Maqpoon printing press, Islamabad - Pakistan

[www.hellopakistanmag.com](http://www.hellopakistanmag.com)

Readers with a news story for us, please email: [info@hellopakistan.com.pk](mailto:info@hellopakistan.com.pk)  
For Advertising: [marketing.hello@saifpublishing.pk](mailto:marketing.hello@saifpublishing.pk)  
For Digital Marketing: [saneela.swaleh@saifpublishing.pk](mailto:saneela.swaleh@saifpublishing.pk)



# PUBLISHER'S NOTE

**A** very Happy New Year to all our fabulous readers! We start 2022 with this hope that it will be a year of blessings, peace and healing that this world needs so much of right now. Even though we have started yet another year with the news of another wave of covid-19 hitting the world but it's this hope that things will eventually get better, that keeps us all going.

In this year's first issue we wish the readers of our magazine another wonderful 12 months of good reading and inspiring photoshoots with stories of success from the film, fashion and television industries and from the world of fabulous lifestyles and high society. We will complete a decade this year and I can say with infallible certainty that the coverage we bring to you is our signature success – and it gets better with time. As we launch full speed ahead into the new year with our foot comfortably on the accelerator, we are sure that right now, we lead the way in luxury print publishing in Pakistan.

Hope you enjoy our 2022 lineup.



**Zahraa Assad Saifullah**

Follow me on Twitter  
and Instagram  
@ZahraaSaifullah



# EDITOR'S NOTE

**J**ust after the busy wedding season and the exciting festivities of Christmas and New Year, we recharge our batteries by putting our exclusive ideas into action and executing New Year plans! In this inaugural January 2022 issue, we present an eclectic mix of people who herald another year of success stories and achievements. On our cover, the amazing Dr. Fazeela Abbasi who in a short space of time and a lot of hard work is being hailed as one of the top dermatologists in Pakistan with merit and fine ability – with beauty industry at the very top in the world of business, Dr. Fazeela tells us all about her journey.

Our interviewees this month are all inspiring personalities, who share with us their passions; from Uzair Jaswal to alpinist Shehroze Kashif, to fine actress who's breaking barriers of borders Zoha Rahman. Together they bring us a positive New Year message that nothing is impossible; if you want it, just go for it.

As always we have our regular roundup of fashion with shows that hyped up the trend scene this month.

Also enjoy our round-up of the 'it' weddings of the season and bashes that rocked the party scene!



**Sundus Unsar Raja**

**PAKISTAN'S FIRST CELEBRITY DERMATOLOGIST  
AND ENTREPRENEUR**

# **DR. FAZEELA ABBASI**

**TOUCHING NEW HEIGHTS  
IN THE GLOBAL AESTHETIC INDUSTRY**





## 'Destiny pushed me towards selecting this field. I wanted to be a heart surgeon'

**D**r. Fazeela Abbasi is a highly experienced dermatologist and pioneer in the use of advanced laser treatments, who has garnered a distinct reputation as a celebrity dermatologist and aesthetic skin specialist. She has been in dermatological practice since 2003. After completing her medical school, she went on pursuing post-graduation qualification in Clinical Dermatology from Saint John's Institute of dermatology, Kings College London, the world's renowned dermatology institution. After which she joined MD Dermatology and completed her doctorate in medicine adorning her educational career with the most prestigious qualification in the field of dermatology. We met with the ace dermatologist in Islamabad and she filled us in on her professional life. Read on...

**Hello Dr. Fazeela so happy to have you here. Before we dive in, how are you coping with the ongoing pandemic? Has it changed you in anyway?**

I have been a big believer of a consistent and holistic healthy lifestyle. I practice medicine and dermatology is what I specialise in and my forte is to make people beautiful and reverse aging clock using my tools and high-end gadgets and modern refined age reversing techniques. I know for a fact that beautiful skin comes with a healthy body and that aging gracefully hails from a positive healthy mind. That's why my brand tag line is: 'Beauty is Science'.

Covid has made people more conscious of their health and lifestyle. They have never been more conscious of their physical health as they are now. For me it's always been the way it should have been. So, in terms of coping up with pandemic, I didn't have to add more to the armamentarium.

**Why dermatology? When did you realize this was your true calling?**

Destiny pushed me towards selecting this field. I wanted to be a heart surgeon but my son was born with a life-threatening lung disorder. He is healthy and well by the grace of God. But at that time, I had to choose a field that did not involve emergency rotations and hectic working hours. Dermatology seemed to be just the right fit and now it's like I was born to do it.

**How much do you think you've evolved since you first started out back in 2008?**

I evolved both as a human being and as a professional in my field. I have been in dermatological practice since 2003. After completing my medical school, I went on pursuing post-graduation qualification in Clinical Dermatology from Saint

'Building my own brand from the ground up has taught me a lot, and I'm so blessed with that knowledge to apply to my product business', says Dr. Fazeela







---

**'We never say no to anyone because of their financial restraints. This is where we facilitate them with pocket friendly treatment plans'**

---

John's Institute of dermatology, Kings College London, the world's renowned dermatology institution. After which I joined MD Dermatology and completed my doctorate in medicine adorning my educational career with the most prestigious qualification in the field of dermatology. Learnt many things in this beautiful journey. Both good and bad. Tried to learn from every experience and move on with a positive attitude. I can say loud and clear that there are no short cuts in life, and hard work is the key to success. Though destiny might take you to reach that point, only hard work will take you to the top. In my profession, sky is the limit in terms of exploring new machines, technologies and introducing yourself to the latest cutting-edge tools and procedures. I have always tried to stay at the top of my game and my philosophy for beating aging process in a natural way, using my tools and techniques, has put me in a distinguishing pedestal.

**Where do you source all your machines and devices from? Are they easily available in Pakistan?**

We have distributors who bring the latest advanced equipment from other countries. Bringing a machine is easy but taking responsibility of its maintenance and provision of its parts is very difficult. We have reliable partners, 'Aesthetic Life', who have always taken care of all these aspects of being a reliable, trust worthy and efficient suppliers for these high-end machines and lasers in the region.

**If you could accomplish one big thing in the new year, what would it be?**

I am in the process of taking my skincare line which is for both men and women into the international market. There is a bewildering array of new technologies constantly emerging as 'New Technologies' and 'Skin Care' which are offered to doctors and their patients. Some are pie-in-the-sky promises, others represent real breakthroughs. My job is to ascertain the most cost-effective and efficacious ones and bring them to my patients as we expand the scope of aesthetic refinement. After many years of study and deliberation, working in conjunction with pharmacists, extracting feedback from ▶

Dr. Fazeela has always been an advocate for making customised treatment plans and packages for her patients according to their needs and budget



Dr. Fazeela Abbasi is the prime example of a woman who works hard and achieves everything that she wants to. The word GO-GETTER would be an underestimation for her discipline and work ethic





At DFA Clinic, they tailor each patient's skincare regimen to his or her individual skin type, personal needs, and lifestyle. Upon consultation, they work closely with their patients to develop a treatment plan that achieves their desired outcome

patients, I came to the sobering conclusion that few skin products live up to their promise and expectations. We could not trust most of the locally prepared brands due to different reasons and most of the patients could not afford the imported products. As a result of this dissatisfaction, I sought out to create my own skincare brand using my medical knowledge and expertise. I chose the best laboratories in the world with the most competent pharmacists to formulate my desired formulations

for different skin types, age groups and genders. The choice of selecting the most unique ingredients as the purest raw material for my signature skin and hair care formulations and not compromise on their quality is what makes DFA brand unparalleled in delivering results. The chemicals generally considered as harmful are strictly prohibited to be used in my collection of the products. I am an admirer of nature and a big believer of natural products. Most of my skin care is purely organic

and green. This is how DFA brand was born, through a commitment to offer the best possible outcomes for my patients whether it's through the skin care range or through clinic-based treatments. **How do you balance your professional life between - Dubai and Islamabad?**

It's not easy...but I try managing them. I give two-three weeks to my Islamabad clinic and try to dedicate a week to 10 days once a month to my Dubai practice. Juggling between two international



**'My skincare line is focused less on aggressive, fast-acting results and more on nurturing the skin's barrier, maintaining a healthy, diverse microbiome (the good bacteria that live on your skin and keep it healthy and happy) and aligning more with self-care'**



practices is one hell of a task and travelling in times of a pandemic is another level of stress and havoc.

**Any plans on expanding DFA Clinic within Pakistan?**

It's an attractive thought. But I believe in exchanging a personal one-on-one professional experience with my patients. By franchising my clinic, that special personal bond that I develop with each and every patient of mine will be missing and DFA clinic will turn into just another business in the market but without DFA which is ME...

Dr.Fazeela Abbasi. I can't be physically present everywhere...making myself available in my existing setup in Pakistan and Dubai is getting difficult let alone franchising it in other cities. But what I am interested is to disseminate my skincare brand to each and every person who could not reach me physically. It's a way of reaching out to them through a bespoke customised skincare line developed by DFA.

**What are the biggest takeaways from your success**

**so far?**

There are no short cuts in life, and consistent hard work is the key to success. Never give up on your dreams. Though destiny might take you to reach that point, only hard work will take you to the top. Strike a balance between *Deen* and *Duniya*. Which means paying equal attention to worldly success and success in life here after.

**How do you feel Covid-19 has impacted your business?**





**'I believe in keeping your looks natural and beautiful. Not everybody likes to look fake. I help my patients stay healthy and beautiful physically as well as mentally'**

To be honest it has not affected us in a big way, as I have always been an advocate for making customised treatment plans and packages for my patients according to their needs and budget. We never say no to anyone because of their financial restraints. This is where we facilitate them with pocket friendly treatment plans.

**What necessary precautions have been implemented at DFA to ensure your staff and clients safety?**

Everything which is a standard protocol these days in any high-end international practice.

**According to you, what sets you apart from your competitors?**

I have not come across anyone in my field of work that thinks like me in terms of beating aging process on my terms and conditions or improving skin using my personally developed tactics and techniques I have developed. For me it's of utmost importance to keep skin natural and green, which basically means free of fillers, threads, Botox and artificial stuff being shoved in. I enable my patients to beat aging process in their own skin using methods I created for having a natural healthy rejuvenated skin.


I enable them to get independent in their lives where they are not relying on their dermatologists 24/7 in terms of keeping their skin disorders at bay. I give them a holistic lifestyle and when they follow that, every skin problem, every hair issue, every aging glitch seems to disappear. I believe in keeping your looks natural and beautiful. Not everybody likes to look fake. I help my patients stay healthy and beautiful physically as well as mentally. Anti-aging is a lifestyle and you run this marathon every day. I ensure your safety and give you the best science has to offer you.

**What advice would you like to give those starting out in the same field as yours?**

Try to complete a post graduate degree which is recognised in the country of your origin or where you are intending to work in this field. Doing short ▶

It took her a long time to perfect each formula of DFA product. All of the products are organic and suitable for all skin types. She wanted to create formulations that would be accessible to everyone



A woman with long, dark, wavy hair is sitting on a patterned sofa. She is wearing a long-sleeved, gold sequined dress. She is looking towards the camera with a slight smile. In the background, there is a large, ornate gold-framed painting of a woman in a white dress. The setting appears to be a classic, elegant interior.

Her profession brings her power, joy, and limitless opportunities to reinvent herself. You have to do something that's really true to what you believe in





For her it's all about having a healthy lifestyle with great emphasis on loving and taking care of skin which is the largest organ of our body but in a scientific way. For her beauty is science



**'By franchising my clinic, that special personal bond that I develop with each and every patient of mine will be missing and DFA clinic will turn into just another business in the market'**

courses and diplomas will never polish your skills as a seasoned dermatologist. Focus on continued medical education. Do attend international conferences and seminars; participate in research and educational activities as it will introduce you to new skills, techniques and unveil a plethora of well renowned lasers and equipment. Think out of the box, embrace the world and give your patients the ultimate comfort and safety that they deserve and be damn honest to your profession.

**What are the top skincare trends you expect/have noticed for 2022? What makes your DFA skincare line exclusive?**

I hope there will be a wider movement towards clean beauty, with ethically made products.

People embracing gentler ingredients and chemical free products in their routines. This entails opting to repair and nourish the skin barrier. I believe the eco-friendly cosmetic movement will continue to blossom well into the next year. That's what my DFA skincare line is all about.

This year is all about skin rehabilitation. As we have all experienced the effects of mask wearing and what it has done to our skin barrier, there is an increased interest for taking care of barrier repair and hydration than ever before. Products that address this need will continue to be on the rise — DFA skincare products are harnessed with soothing ingredients like hyaluronic acid, ceramides, physiological lipids, peptides, and organic essential oils to help heal a compromised skin barrier. My skincare line is focused less on aggressive, fast-acting results and more on nurturing the skin's barrier, maintaining a healthy, diverse microbiome (the good bacteria that live on your skin and keep it healthy and happy) and aligning more with self-care. We choose to skip foaming soaps, multi-acid or aggressive physical exfoliators and take our retinol use down a notch in favour of gentler, repairing ingredients like ceramides and prickly ►





---

**'The skin care trends of 2022 will follow a 'less is more' approach, with people embracing gentler ingredients and fewer products in their routines'**

---

pear oil.

I see 'microdosing' as a trend in 2022 for using small amounts of potent ingredients like retinol and exfoliating acids to prevent irritation and to increase the use of skin barrier repair and hydrating ingredients. Clients are coming in with more inflamed and irritated thinned out skin due to their overly aggressive routines of layering actives like vitamin C, retinol, and salicylic acid. They have been doing way too much, and it's definitely taking a toll on their skin. I predict that people will use fewer products overall and perfect a more minimal beauty regimen.

My take is to use only the bare necessities - i.e. a cleanser, serum, moisturizer, and essential organic oils - and pick formulas based on your skin's particular needs. The skin care trends of 2022 will follow a 'less is more' approach, with people embracing gentler ingredients and fewer products in their routines.

**What treatments are you expecting to become more popular and what is the latest buzz about you introducing Inmode Embrace RF in Pakistan?**

New gadgets like radio frequency will be hot selling products. Micro current and LED devices to strengthen and smooth the skin, to help stimulate collagen and to facilitate lymphatic drainage are to have more bells and whistles. Cold shock therapy and photo facials along with rehydrating treatments will be more popular. I just recently introduced the latest American Inmode brand in Pakistan. It's their RF embrace platform with the latest anti-aging Morpheus device along with accutite, facetite and bodytite which are non surgical one-time treatments for face and neck lift, removing eye bags without surgery and sculpting face and body without knife. It is a phenomenal technology and is the latest gadget in the international aesthetic market to reverse aging and to contour body without undergoing a knife.



---

INTERVIEW: SAFA ADNAN  
PHOTOGRAPHY: MAVIKH AZAM  
PHOTO EDITING: ANWISHA ABBASI  
HAIR & MAKEUP: IRUM KHAN  
COORDINATION: GHAZANFAR RAUF

---

**Dr. Fazeela Abbasi is showcasing her Inmode Embrace RF machine which is to be a revolutionary technique to be introduced in Pakistan**





**Funky shoes, an all black outfit and a dazzling smile. Dr. Fazeela Abbasi is truly a vision and not just that she is also a visionary and a truly inspirational person for all**