

# Aishwarya gets Romantic

Words: Natasha Coutinho

The tall and beautiful **Aishwarya Sakhuja** is popularly known as 'Toasty' aka Tanya from the daily soap, 'Saas Bina Sasural' on Sony. Aishwarya, who was a Miss India finalist in 2006, has won over the audience with her histrionics and charm. **StyleSpeak** gets Aishwarya to share her plans for this Valentine's Day, her beauty regime and other things close to the her heart.

### What are your plans for this Valentine's Day?

The plan for this Valentine's Day is to shoot for my show, 'Saas Bina Sasural', because if the day is all about celebrating your love, then that's exactly what I would be doing. I will be celebrating my love for the work I do.

### Do you have any special memories of celebrating Valentine's?

In college, every year our hostellers would get together around this one particular tree called the virgin tree and do a pooja, worshipping a life-sized poster of the most desired woman of the year. That was fun!

### Share some beauty/style tips for your female fans this Valentine's.

Pamper yourself by going to a spa and rejuvenating yourself.

### Which is your all-time favourite romantic movie or TV show?

My favourite romantic movie is definitely 'A Walk to Remember'.

### Who would be your dream date this Valentine's?

It's Ranbir Kapoor. I was floored after watching 'Rockstar'.

### What do you have to say about your character, Toasty's look in 'Saas Bina Sasural'?

It's comfortable, it's classy and it's very contemporary.

### How different or similar is your style in real life?

Off screen you won't see me in saris often. I am a 'tee shirt and jeans' kind of a girl.

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**Highest high:** When I was called to the US to be a chief guest for a Diwali bash

**Lowest low:** When I lost my mother

**Favourite holiday destination:** Tenga Valley in Arunachal Pradesh

**Favourite cuisine:** Chinese

**Favourite pastime:** Sleeping and reading

**Favourite make-up product:** A good blush on. Clinique blush-ons are really nice

**One thing you can't live without?**

I don't know...oxygen?

**What scares you?** Nothing

### How has the journey from being a Miss India finalist to being an actress been?

Fabulous, unexpected, and very rewarding! When I went for Miss India, I didn't know how I had managed to go that far and right now, at this very moment, giving this interview I still have similar feelings. I don't know how I got here, but trust me it's a good place to be in.

### What is your beauty routine?

Adequate amount of sleep is a must. The best way to look beautiful is to have great skin. So make sure you follow the three steps to great skin – cleansing, toning and moisturizing. Also, wearing sunscreen is a must.

### Your spa routine?

I hardly get the time to indulge in those, but when I do, I have to get a good back massage and a good slimming massage to wash away the toxins.

### Which is your favourite spa in India?

Quite a few. To name one would be taking sides and I don't want to lose out on any of their services (laughs).

### Your favourite international spa?

I'm too busy shopping when I'm traveling, so I go to the spas in the hotels I stay in.

### Best spa treatment you've ever experienced?

All of them are awesome. When you are working super hard, all treatments feel great.

### Your favourite salon?

For a good haircut, I go to Rikhil Asrani, who's a dear friend and has a small appointment-run salon called 'Rickshaw' in Lokhandwala. For my regular treatments, I go to rejuvenate again in the same area. I even like b:blunt in Juhu.

### Favourite hair stylist?

Rikhil Asrani

### Fix for a bad hair day?

A smart hat is the best fix.

### Beauty/Make-up essentials you never leave home without?

A lip gloss and a kajal

### Your current workout regime?

I try and cycle as much as I can, and have loads of water to flush out the toxins

### Who is your beauty icon?

My mum. She was truly beautiful.



### What is your winter skin care regimen?

Using sunscreen and a good moisturizer. I swear by Vichy products for skin care. Clinique is also nice.

### What is your secret to looking so healthy and beautiful?

Lots of fluids throughout the day for remaining healthy. Beautiful...aaahhh I don't know if I even fall in that category. You guys really make one's days by asking such questions.

### How do you relax and get away from it all?

I spend time either with myself reading, or with animals in and around my area.

### Tell us 3 things about yourself that will surprise us.

I am obsessive about cleaning my feet after every shot.

I am capable of getting super sad on festivals. I don't know why

Unlike other girls I am not scared of rats or cockroaches

### Who are your inspirations?

My parents

### Future projects in the pipeline?

As of now, I'm only concentrating on television. Let me know if any film director wants to cast me in his next (laughs). **SS**