

Flavourful Fare

Tired of the stress of the all-important Christmas function? Make the easy choice this year by choosing the special Christmas menu at Corianders Ethnic Indian restaurants.



Book now at the new Bollywood banquet room at St Asaph Street and have the option of your very own Indian chef preparing the sumptuous fare with flavours that are enjoyed best when cooked fresh for you and your guests. With the best quality food, start your function with beverages on the balcony then move inside for some incredible dishes from your own tandoor, cooking starters just for you.

The Christmas fare is very special, with prices starting from \$55 per person. You can start with the Dahi Poori. A form of chaat, its crispy puffy shells are served full of yoghurt, tamarin and a mixture of tasty Indian flavours. Crispy chicken is covered in a spicy coating with a wonderful dipping sauce. Or try the classic Onion Bhaji or spicy lamb chops. The expansive menu at Corianders is as delicious as always and your choice of main is served with rice and a naan bread.

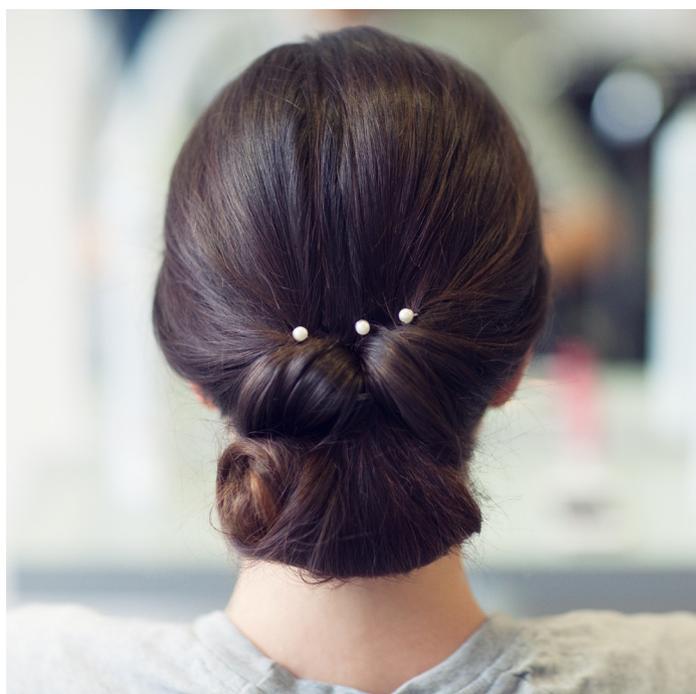
The all-important desserts feature a chocolate naan or vanilla ice cream covered in chocolate to cool down the palate after a flavour-filled main, to be enjoyed with your choice of either a glass of bubbles, a kingfisher beer or a juice.

The Christmas menu is available in all four Corianders Ethnic Indian restaurants, Hanmer, St Asaph Street, Bush Inn and Rolleston, but bookings are mandatory. Book online or phone the restaurant.

Hair today, gone tomorrow

By Liesl Johnstone

Now's the time to give your hair a little consideration. We're often told gorgeous hair is a matter of health and good diet, which makes sense.



So foods high in good fats and proteins are the way forward. Salmon, chicken, cheeses, olive oil, avocados, nuts... all feed hair volume and gloss from within. Add at least one egg a day, plus one brazil nut, to be selenium-safe.

Then there's the question of how to style your healthy hair for the fun days ahead, for Cup Day, and all the other seasonal dress-ups. Elaborate up-do, or a certain cut and stylised treatment?

As with dressing, retro looks are still conquering all, such as '80s rock-star perms, conferring luscious heads of curls, or the dead-straight and glossy, with the middle-part. Then there's the kinked, balayaged ombre long-bob, fringed or not.

Two things are worth considering. The first is to make a hair appointment for the ideal time, so that you'll look beautiful, no matter which style you choose.

The second is to play devil's advocate with your tresses. Essentially this is the law of opposites. Be contrary. If your dress is very tailored or fitted, go loose, flowing and more natural on the hair front. Conversely, if you're in a sharp-looking yet oversized double-breasted jacket (left swinging open), a close-groomed-cut and architectural sunglasses could look fab.

If a hat or fascinator is in the mix, take it to the hairdresser and, a tad of back-combing later, your best look will materialise.