

Inside Shahid and Mira's Vogue Lens Feature

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Bollywood couple **Mira Rajput Kapoor** and **Shahid Kapoor** recently shared a refreshing look into their personal wellness routine in the newest episode of **Vogue Lens**, where they candidly reveal how they find balance and mindfulness amidst their busy lives. The Instagram reel, posted by *Vogue India* on **August 30, 2025**, has given fans an intimate peek into the couple's wellness philosophy.

Downtime, Reimagined

In the short but compelling video, the duo appear off-camera for the first time—relaxed, authentic, and unfiltered. They walk viewers through their wellness practices, blending both individual preferences and shared lifestyle habits. Whether it's mindful movement, or simple daily rituals, the video encapsulates their approach: wellness is as much about inner harmony as physical care.

The reel demonstrates how they integrate mindful living into everyday moments without fuss—whether that's through wellness check-ins, family-centred fitness rituals, or quiet morning practices that align with Mira's values rooted in Ayurveda.

Mira's Holistic Vision: Dhun Wellness & Lifestyle Philosophy

Mira Rajput has consistently portrayed herself as more than a celebrity spouse—she's cultivated a persona of mindful living and holistic beauty. Her wellness philosophy and business ventures reflect this, and *Vogue Lens* further emphasizes her commitment.

Earlier in May 2025, Mira launched **Dhun Wellness**, a premium wellness center in Bandra, Mumbai, designed to serve as an urban sanctuary for holistic healing—combining ancient mind-body practices with modern comfort. The 6,000 sq. ft. centre features earthy decor, serene ambience, and treatments that range from chakra scanning to full-week immersive packages.

However, the structure's pricing—particularly the **Sleep Reset package**, valued at **₹1.75 lakh**, and an **Aura Cleansing** session priced at **₹10,000**—sparked heated debate online. While many lauded the centre's intent and luxury, others questioned its affordability and accessibility, with social media reactions oscillating between admiration and incredulity.

Style Meets Substance

Mira's wellness venture was not just about service offerings but also a fashion moment. At the launch, she exuded "CEO princess" energy, donning a stunning off-shoulder gown that reflected her signature blend of elegance and empowerment.

This fusion of style and substance continues to shine through in the Vogue Lens video too—there's an effortless elegance in how she and Shahid present their wellness routines: polished yet relatable, aspirational yet grounded.

Shahid's Role: Supportive and Mindfully Present

Shahid is no silent partner in this journey. From sharing glimpses of Mira's journey on social media to being visibly supportive at her well-being launch, he's positioned himself as a pillar in her wellness and entrepreneurial endeavours.

In the Vogue Lens reel, the couple's shared camaraderie exudes familiarity and warmth. That effortless ease—of juggling careers, parenthood, and personal well-being—strikes a chord with viewers who see in them the possibility of balance, even amid chaos.

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