

ELIXE MAGAZINE

Ethical
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LOOKS
FOR 2019

TOXIC
BEAUTY
TREATMENTS
TO AVOID

ECO
JOURNEYS
*from Australia
to Iceland*

CAN
GenZ
save the world?
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guest edits a special supplement

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the Fashion Pirate



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For more information, contact

chere@eluxemagazine.com or taragood199@gmail.com

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PHOTOGRAPHER

Jef Anog (www.jefanog.com)

MODEL/INFLUENCER

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ELUXE MAGAZINE

EDITOR IN CHIEF

Chere Di Boscio
chere@eluxemagazine.com

WRITERS

Diane Small
Chantal Brocca
Chiara Spagnoli Gabardi
Jody McCutcheon
Maya Penn
Sophia Noelle

GRAPHIC DESIGNER

Vernalyn Muerong

PHOTOGRAPHERS

Bitu Cuartas
David Christopher Photography
Deidre Penn
Jef Anog
Sophia Noelle Photography

GROUP SALES

Shannon Hoffman

SOCIAL MEDIA

Lora O'Brien

INTERNS

Amma Aburam
Courtney Yalen

FOLLOW US ON TWITTER AND INSTAGRAM
@ELUXEMAGAZINE

WWW.ELUXEMAGAZINE.COM

WWW.ELUXEEXCLUSIVES.COM

LETTER *from the* EDITOR



For the first time in Eluxe's history, I've decided to give up some content control to a guest editor: the mighty Maya Penn. I first met her online around 5 years ago, and was amazed to learn that she'd launched her first e-business, the eco-friendly fashion label Maya's ideas, when she was just 8. Since then, she's also created animation, film and given talks about the importance of saving the planet.

In this issue, Maya has curated content that's all centred around Gen Z. Some analysts, such as Threadup, say this group of young people are most likely to be those who come to the rescue for the environment. For example, consumers aged 18-21 are 25% more likely to be planning to live less wastefully than their older counterparts, and more young women aged 18-25 pledged to shop secondhand fashion.

Moreover, among Gen Z consumers, reducing consumption of fast fashion was the sixth most popular way to be more "eco" in 2019, coming in after eating less meat and using public transport or carpooling. Recycling, shopping secondhand and buying sustainable products were the top three eco pledges mentioned by these shoppers.

So important is Gen Z to sustainable consumption, I decided to dedicate this issue to them.

But in addition to our important Gen Z supplement, we've also got our usual features, including some wonderful ways to go vegan, eco-couture and bridal wear, and some fabulous ethical travel destinations.

I really hope you enjoy this edition of Eluxe Magazine.

Chere Di Boscio

ABOUT OUR COVER



Fashion Pirate shows off her unique style! Credit: Instagram: @fashion_pirate

Fashion icon, Instagrammer, wife and twin Zeynab Elhelw leads a very glamorous life. Her Egyptian roots and London home mean she's cosmopolitan, worldly and of course, well-travelled.

The posts in her 'Fashion Pirate' blog are read by hundreds of thousands, and she's a blossoming entrepreneur as well, with an online shop and her

own clothing line in the works.

Zeynab's Instagram account (@fashion_pirate) has an impressive following of just under 700k, and the blogger chronicles stunning pictures of her glam life, including creative looks she puts together and breathtaking snaps of her travels.



Fashion Pirate poses with a stunning view at Amalfi Coast. Credit: Instagram: @fashion_pirate

We chose Zeynab for our cover to show her diversity: she's mainly renowned for her casual vintage and street style looks, with her large fan base often following in her footsteps. She shows the world how to rock decades-old ripped jeans, a baggy vintage tee, and a grungy 90's flannel shirt wrapped around her waist, for example. She knows how to pair an old tee with a long skirt to create a unique look. She shows that you don't have to be in 6-inch heels and a new dress to be fashionable - but as you can see from our cover, shot by Jef Anog, she scrubs up well, too!



The blogger sporting her signature street style look. Credit: Instagram: @fashion_pirate

Hair, makeup and styling: Jojo Dantespedua
Photography: Jef Anog



Meet

Nikki Huebner

EYELASH QUEEN

By Diane Small

Nikki Huebner is a mother, inventor, journalist, and serial entrepreneur from Raleigh North Carolina. Her charitable brand, Endure™ Beauty, is modernising and broadening the horizons of the eyelash industry thanks to her innovative, organic products, such as Endurelash Organic Eyelash Cloths, and Endure Under Eye Gel Therapy Pads, which have been designed to increase the hygiene, maintenance and luxury of lash extensions.

In 2010, Nikki tragically lost her daughter in an accident, and now, she's made it her life's mission to help other families that are suffering loss.

Here, we asked Nikki about the boom in eyelash extension salons, how to maintain perfect lashes, and more.

Tell us a bit about how you got into the beauty industry, and why?

Like so many other women, I started wearing eyelash extensions, but I noticed a void in the industry when it came to maintaining them. After women started noticing the difference these cloths had on their extensions, I ended up quitting my day job and developing Endure Beauty as a brand. The main reason behind it all though, has always been in memory of my daughter, Chyler and the opportunity to give back to two amazing charities.

Why do you think eyelash extensions and thick eyebrows have become such a phenomenon?

I think it's come full circle in the trend cycle. In the 90s, the super skinny brows were trendy and now it's the season for thick brows and natural, long-looking lashes. But really, when have long and healthy lashes ever gone out of style?

What's the difference between the Endure Beauty cloths and using normal cotton for products on the eyes?

The Endure Beauty cloths are great for lash extensions compared to cotton pads because you aren't going to get any of the pulling, tugging, shedding, or snagging. The cloths are made out of organic bam-

boo making it a gentle, reusable and eco friendly alternative to the damaging cotton pad. These cloths are really the one of their kind. They were created with the lash extension lover in mind, but work just as well for natural lashes. They gently clean and dry the lashes without the tugging and shedding. The cloths are also hypo-allergenic and organic.

What advice do you have for those of us (ok, me!) who find their fake lashes start going hare kare, sticking out at all angles?

It's all about hygiene and proper after care! That is the number one way to prevent premature shedding, infections, and keep those natural looking lashes. Healthy and longer lasting lash extensions are 90% kept because of proper after care.

Which celebs do you really think has it nailed in terms of their lash game?

Jennifer Lopez. She rocks the natural and sultry lash look. Love her!

Which charities does Endure Beauty donate to?

The charities that are near and dear to Endure, are The Family Room Projects, and extension of the Ronald McDonald House Charities of North Carolina, and Kids-n-Cars.Org. We lost our daughter (mentioned above) in 2010. The family rooms are a place for a loved one to take a breather, pray, or rest their eyes after enduring next to a sick or dying child without having to leave the actual hospital. They are usually located near a pediatric ICU, equipped with laundry facilities, snacks, and beds. The rooms have been dedicated to our daughter, Chyler. The second charity that is important to us is Kids-n-Cars.

Org. They reached out to us immediately after our tragedy, in an effort to educate us on our particular accident, especially since most people simply "brush it under the rug" as a freak accident. They were a safe zone for us emotionally, when you feel so utterly alone when enduring such a tragic event. Janette and her team, immediately felt like family.

Which major mistakes do most people make when it comes to taking care of their eye area?

Definitely being too aggressive with cleaning their lashes or using too strong of a chemical product that is harmful and strips the extensions.

Which eye makeup trends do you see coming for the next year?

Less is more! I see neutrals, metallics, and the bronzed glow staying around, but playing up the look with thick, long lashes.

The Vintage Treasures of CATHERINE DENEUVE

Yves Saint Laurent's muse, famous French actress Catherine Deneuve, is auctioning off some of the most iconic pieces the designer created just for her

By Chere Di Boscio

“In 1965, I was invited to be presented to Queen Elizabeth II and my husband David Bailey, a fashion photographer, suggested that I ask Yves Saint Laurent for an evening dress.

I arrived at Rue Spontini with a photo from the Russian Collection from the previous year which he agreed to create for me.

A long white crepe dress with a panel of red embroidery was the start of a long professional collaboration and friendship. His consummate gravitas during the fittings together with his shy charm outside the atelier made all the years we shared so enchanting - our silent complicity, our crazy laughter and our melancholy brought us together. I was only 20 years old and I had the privilege of being given access to this world of luxury, to train my eye and my taste by his side. He dressed me several times in films and I think that Belle de Jour in particular owes a great deal to him. Now, I am leaving my house in Normandy where I kept this wardrobe - not without a certain sadness - these are the creations of such a talented man who only designed clothes to beautify women”.

- Catherine Deneuve

Much of Catherine Deneuve's fabulous wardrobe was designed by one of the world's most talented designers, Yves Saint Laurent - and now it can be yours.

Haute Couture pieces are the real highlight here, with several Yves Saint Laurent Rive Gauche outfits featuring. On our wish list: The trench coats, original smokings and stunning cocktail dresses.



Image credits: Christie's 2018; Musee Saint Laurent



There's a lot of history in these threads. For example, the superb short beaded evening dress was worn by Catherine Deneuve when she met Alfred Hitchcock in 1969 in company of Philippe Noiret and François Truffaut.

Saint Laurent was famous for many styles, including Russian bohemia (still fashionable and much-imitated today), and for putting women in tuxedos. And Catherine Deneuve, as the designer's muse, was one of the first to wear them. A black wool smoking jacket and trousers specially designed for her in 1982 is an outfit that's museum



Image credits: Christie's 2018; Musee Saint Laurent

worthy. Deneuve wore it at the 20-year anniversary celebration of the fashion house on 28 January 1982 at the Lido in Paris. With its stunning trimmings attachments, this beautiful outfit is matched with a top entirely embroidered with sequins.

Leopard print was also dear to Monsieur Saint Laurent's style, and is well represented in the sale with four amazing pieces, including a leopard silk velvet long dress with its gilt-metal belt. From the 1992-1993

Fall-Winter collection, this dress has inspired designers for decades after its original appearance.

This auction will be sure to not only attract keen collectors of fashion history, but serves as a reminder of the eternally chic genius of Yves Saint Laurent.

Live Auction: Thursday 24 January 2019 at 2:30 pm
Online only sale: From 23 to 30 January 2019 on www.christies.com



ADEX Chile: Meet the Winner!

The Abury Design Experience (ADEx) is the first international contest in search of emerging designers to create an accessory capsule collection using traditional crafts knowledge from different cultures.

What the ABURY Design Experience is aiming to achieve is simple, yet very substantial. It aims to preserve more world crafts, present more emerging talented designers to the fashion industry, and ultimately to have a positive and sustainable impact on local communities, and the fashion industry throughout.

This cycle's winner was Patricia Quiroga Lopez. She travelled to Chile to work with the artisans from Wengan, by Fundación de Artesanías de Chile. Here, we interview her about her experience.

First, what motivated you to enter ADEX?

I was researching projects relating to ethics and sustainability when I came across ADEX. Immediately the competition and the brand resonated with me and I felt compelled to enter. The approach of creating something to help artisans collaborate with mainstream business and give something back to the community was something that I knew I had to be involved with if I could. How the project seemed to

be aimed at breaking down the borders that separate the two worlds was fantastic to me.

What was your entry like?

I have always been influenced by photography and the environments and architecture that exist in and around me. Taking these elements, I created a series of designs that focused on the lines and contrasting colours that our everyday lives see us interacting with. I knew that these designs are what I needed to enter the competition with.

The video, for me, was a complete diversion from normality. I often shy away from filming myself and it was the most challenging thing for me to do. I knew that if I was going to do it I had to let my personality come out, in the same way I do in my designs. I wanted to be as honest as I could in the video, and I guess that this was what made people connect with me and vote for me. So, mission accomplished!

What was the experience of going to Chile like?

Amazing. I felt very lucky to be there and being involved in the project. The artisans and everyone involved in the project in Chile were fantastic and so rich in personality. To get to know this group



of women, see their skills, learn about their heritage and learning as much as I could from them was something that will stay with me for the rest of my life.

I have to say: the project wasn't completely smooth sailing, and there were times that creative problem solving was needed, but working with these challenges helped me to grow and develop in a way that I wouldn't have in another circumstance.

What surprised you most about going there?

The similarities between the two cultures, and yet how very different they can be. This was the primary surprise for me. I thought that having the same language origin as a native Spanish speaker would mean there were a lot of cultural similarities, which there were, but there are key things that are almost jarring. Working with the Aymara women was fascinating, and the contrast between their culture and the culture that I'm used to was striking yet comforting. It made me hungry to learn more about them.

How did you come up with your designs for the ADEX project?

I don't feel that the designs come straight from me, as it was a team effort and we all had an input into the final designs that I drafted. The idea of the whole project was for the artisans to be as involved in the project as I was as the designer, to help to empower the Aymara artisan women. I wanted to keep it as close to the heritage of the Aymara people as possible, but give the designs a contemporary edge. It was a long process of talking with the artisans and testing ideas with them as well as liaising with ABURY on the final designs.

What's the most sustainable element of your designs with ADEX in Chile?

Everything in this project can be traced back to its source. The Alpaca wool came directly from the Alpacas of the Artisans that lived and grazed on the Altiplano in the Andes. You can't get more sustainable than the way that they have it set up. All the colours are naturally occurring in the Alpaca wool except for one single colour that was used as an accent on the designs. The whole process of carding, spinning, etc, were done using traditional methods and by the Artisans. It really is the perfect example of a traceable product.



What have you learned about ethical fashion on this journey?

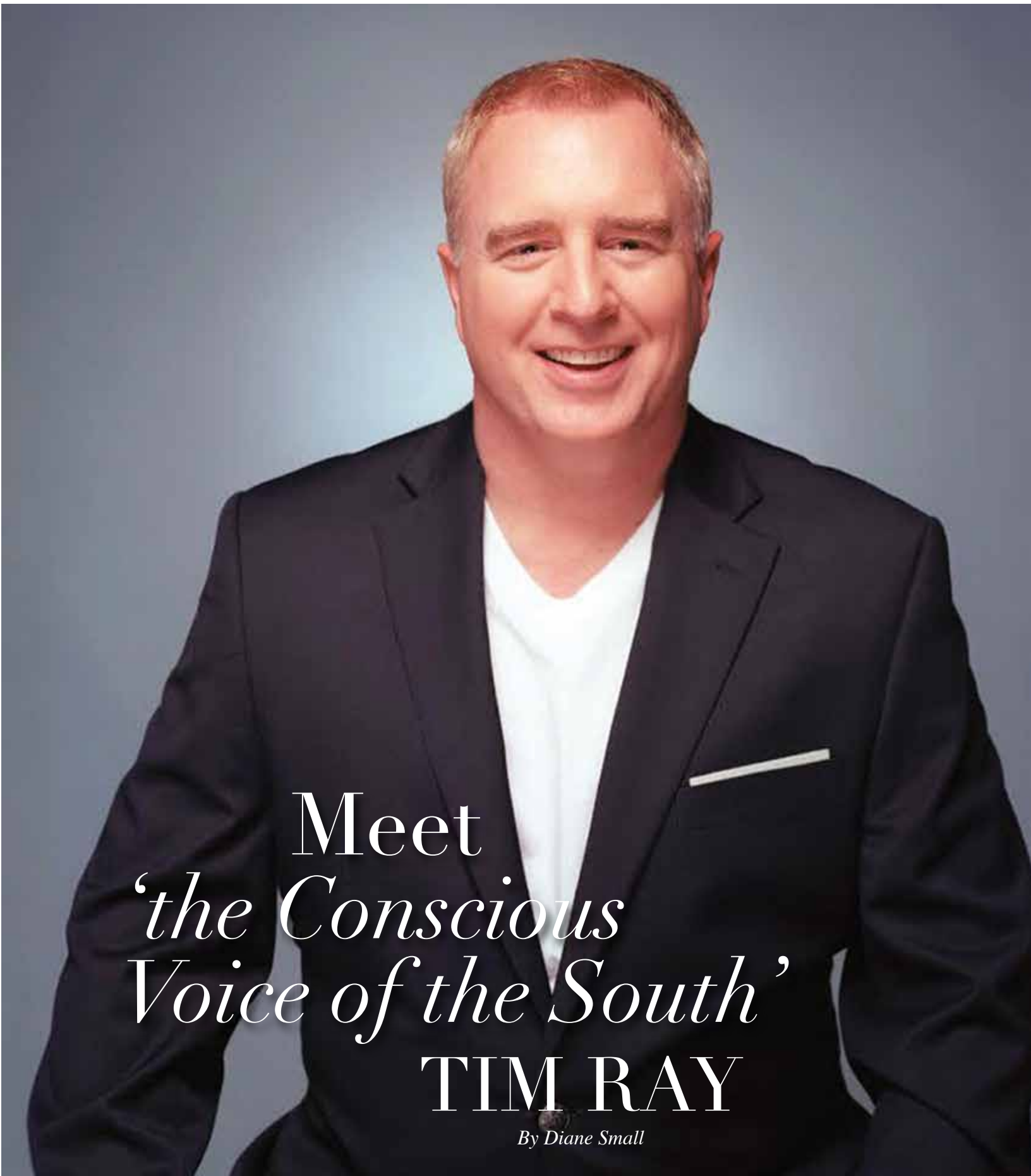
That sometimes it's not the easiest route to take, there's a lot of problem solving on the way and we need to train our selves to see things in a new way. This can be more challenging than you may think, but it's the only way forward for the industry to repair and rectify the damage that the fashion industry has caused over the years and create new ways of doing things.

I am currently studying Ethics and Sustainability in fashion as a Masters, and I am learning how much professionals and brands are pushing the change to a more sustainable future for the industry; The general feeling is positive and optimistic, It's a really exciting time to be a part of it.

How will your professional outlook change as a result?

Going to Chile and being a part of the ADEX project and working with the ABURY family influenced my decision to return to university and study Sustainability and Ethics in Fashion. It made me want to be a part of the change and prepare myself with the knowledge that is needed to face the next step in the evolution of the global fashion industry. We only have one planet and it's our duty to safeguard its future.





Meet
*'the Conscious
Voice of the South'*
TIM RAY

By Diane Small

Time Ray is an award-winning international, paradigm-shifting, no “BS” broadcaster who wants you to stop watching the news.

After spending many years working a soul-killing 9-to-5 job, Tim eventually hit a crossroads: he was either going to bury his head in the sand or shift the mindset of people across the globe. He was tired of “toxic media” bombarding the world with negativity, and knew it was time to gather an army of people who believe in the power of their intentions.

In 2009 he founded the United Intentions Foundation & the UI Media Network, a nonprofit foundation whose mission is to assist others in learning how to transform worrisome thoughts into positive intentions.

Tim’s passion for consciousness spreads far and wide, with his children’s education program the Imagine If... program, and his conscious radio network that reaches millions. His mission is to spread the good word while waking people up to the power of their intentions.

He has interviewed popular consciousness-raisers, such as Bruce Lipton, Gregg Braden, Thomas Campbell, Joe Mercola, Teal Swan and many more. Here, he tells us a bit more about his mission.

Tell us a bit about the United Intentions Foundation and the UI Media Network.

After spending many years working tireless hours and going about the everyday shuffle I eventually hit a crossroad, I was either going to bury my head in the sand or shift the mindset of people across the globe. I was tired of “toxic media” bombarding the world with negativity, and I knew that I would have to light a torch and gather an army of people who believe in the power of their intentions. So, in 2009 I founded the United Intentions Foundation & the UI Media Network a nonprofit foundation whose mission is to assist others in learning how to transform worrisome thoughts into positive intentions.

Walk us a bit through your own awakening process

My awakening happened when I realized Christianity was not the only religion. I was raised Catholic and until I was in my mid-teens and realized there were other religions and practices like Hinduism, Buddhism, Islam, Judaism that I realized there was more out there and that challenged what I was programmed to believe. This led me to seeking answers elsewhere and to have a more open mind.

Many believe there’s a mass awakening happening around the world right now. Would you agree, and if so, what do you think is causing this?

I absolutely agree! I believe that the veil is beyond our five

senses is becoming thinner and as it becomes thinner our senses are being heightened. I believe it is a new phase of unity we are experiencing and we may have gone through this awakening before and society has made us forget and we are re-awakening and remembering why we are really here.

What was the ‘lightbulb moment’ for you, when you realised the mainstream media could no longer be trusted?

When I learned about aliens and top secret programs that our government has kept secret from us. I knew then that I was not being given straight information.

Where do you personally turn for truthful news?

I wake up every day and create my own reality. I knew that I had to create my own media, so I turn to myself and people I trust including guests on my show for information. I have interviewed some amazing people and they give me all of the information and “news” I may need. I don’t turn to strangers for my information anymore, I seek positive news from conscious-minded people.

Of all the thought leaders you’ve interviewed, who have been some of the most inspirational, in your opinion?

The most influential people I have interviewed would be #1 Dr. Bruce Lipton, his understanding and the way he views the world is amazing! People like Gregg Braden who understands that we are more than our DNA. Also, Yogi Ramesh who understands the healing power of laughter and how it physically changes your whole body.

Given that so many alternative media voices have recently been silenced or listed as ‘fake news’, are you at all worried for your network?

I am not worried. We have had experiences where we “they” have tried to shut us down. From our broadcasts being disrupted or videos being demonetized. To say there is no fear would be disingenuous but I choose not to focus on the fear. I will continue to push media into the world that allows people to become free from fear and evolve as a species. We will continue to align with people who choose love, light and are raising the frequency. They cannot stop us!

If you had one message you could loudly and clearly broadcast to the world, what would it be?

Your thoughts create your reality! You are co-creating your reality with God. And once you understand the power of intentions you take back your power and create the world you want to live in.

For more information, please see UIMEDIAAPP.COM or uiradionetwork.org and unitedintentions.org

My Little VEGAN



We meet actress/model Kay Lovelle to talk veganism, and why she left the Big Brother house

Model/actress Kay Lovelle - known as My Little Kay on Insta - is on a mission to modernise veganism. Her goal is to kill off the old stereotype of the “hippy vegan” and replace it with an image of vegans as being chic, sexy and maybe even a little bit naughty.

“It’s no longer seen to be cool or prestigious to wear dead animals, eat dead animals or use products that do cruel tests on innocent animals that cannot defend themselves,” she says. “The new vegan age is now!”

Kay has recently gone on British Big Brother to spread the vegan word, and has a few other projects in the works to help do so, too, as she explains in our interview below.

What does veganism mean to you?

To me, veganism is innovation. The ability to prevent the use and abuse of animals. It is sexy to be ethically smart and in touch with the planet and our fellow creatures. To be educated about what you pay for and aware of the detrimental effects that your investments contribute to - in terms of animal welfare, the environment, and your own physical health.

Why did you go vegan in the first place?

A very close friend of mine went vegan first and she sent me a life changing video to watch - “Gary Yourofsky - The Most Important Speech You Will Ever Hear” and that was my turning point. I then watched “What The Health” and “Cowspiracy” on Netflix, which completely sealed the deal.

I learned about what happens to the animals in graphic detail and I no longer wished to continue fuelling such a cruel industry, which not only kills these intelligent, sentient beings in the most barbaric ways but also wreaks havoc on my health and well being in the process of consuming them. I realised that by discontinuing my consumption of animal products I would not only be saving the lives of animals but bettering my health, and helping the environment in the process, as the agriculture industry brings great devastation to all living things - including our planet.

What are some of your favourite vegan fashion and beauty brands?

Fashion: Stella McCartney, Angela Roi, Nak Fashion, Alexandra K, Mashu, Vaute, Rombaut, Save The Duck, Ecoalf, Raeburn.

Beauty: Ere Perez, Inika, Lily Lolo, Merme Berlin, Acure, Pacifica, Nui Cosmetics.

What are some of the best vegan dishes you know how to make?

I do love cooking and can rustle up something from nothing.

My homemade go-to would be spelt whole grain spaghetti with grilled organic tofu and vegetables in a creamy coconut/mushroom sauce with truffle oil.

Where do you see veganism going in the future?

The new generation is more compassionate than we assume, and they deserve the right to know what goes on behind the scenes when it comes to the food, fashion and beauty industries. Once the public begin demanding more ethical transparency, corporations will realise that they can no longer get away with managing ill practices. I am making it my personal mission to bring this crucial topic to the forefront through mainstream fashion and media. Our animals deserve to be treated with respect, and I will give my all to ensure we reach this place one step at a time.

Which famous vegans do you most admire, and why?

Prince Khaled Alwaleed, a figure in business and sustainable technology who is veganising the Middle East - a true pioneer ahead of his time. Khaled is also the President of the Saudi Humane Society and is involved in a numerous number of ventures that are leading the world to a happier place.

I also admire Heather Mills, an all round ethical business woman, humanitarian, animal rights activist and the founder of VBites - an award winning vegan food company. She is now launching a vegan makeup line called “B@1” that I’m very much looking forward to being a part of.

Then there’s Miley Cyrus. Miley is very vocal when it comes to vegan fashion and I love vocal vegans who speak up for the change in whichever way they can. Pamela Anderson does that too. She has been a long standing animal rights activist and does so much philanthropic work for the animals through her foundation.

But there are loads of people I admire: Earthling Ed, Joey Carbstrong, Evanna Lynch, James Aspey, Mic The Vegan, That Vegan Couple, Leah Doellinger, Tal Gilboa, Joshua Entis, are all incredible vegan social media personalities, who are truly the best activists at their game. Real heroes and inspirational leaders.

What’s next for you?

I’m currently working on a project - my International Fashion Tour - to raise further awareness for the vegan/sustainable fashion movement, with the lovely Shruti Rathore, a Conscious Fashion & Lifestyle Entrepreneur. It will be great!

Follow Kay on Instagram @mylittlekay



FASHION & BEAUTY

Andean Healing at the Inkaterra Spa

The Sacred Valley may be best known for ayahuasca healing, but as Chere Di Boscio discovered, there are gentler ways of getting well in the Andes, too



Wellness tourists are increasingly flocking to the Andes for healing. They immerse themselves into ayahuasca, San Pedro, plant diets and shamanic rituals, which can sometimes be harrowing, though effective, ways of overcoming personal, physical and spiritual issues.

However, there are kinder, more subtle methods of doing this, as I discovered at the eco-friendly hotel Inkaterra Hacienda Urubamba. Inkaterra Hacienda Urubamba is a contemporary hacienda-style hotel in the Land of the Traveller, also known as the Sacred Valley in Peru. Situated between Cusco and Machu Picchu, it boasts an array of castitas and rooms with sprawling views over the valley. The architecture and interiors were inspired by the cultural history of the region, with locally woven textiles, colonial-era furniture, and antique woodwork that add to the hacienda's immense charm.

Ecology has always been integral to the Inkaterra brand, so it's no surprise that the restaurant features an Earth to table concept. Ten acres of organic gardens provide the foundation for all meals here, and guests are even invited to come and select their own quinoa, giant corn, potatoes and other veggies, all of which are farmed with traditional hand tools and oxen, as has been done for centuries in this region.

Given the vast amount of expansive, untouched nature, there's plenty to do here, from horseback riding, rafting, biking and hang gliding to hiking and exploring the many ruins that are off the tourist trail. Well-trained guides are on staff, and can teach you about the local history, flora and fauna on a fascinating educational tour. A bonanza of hand-woven, naturally dyed textiles and clothing are available to shop from nearby markets. Most are made from baby alpaca, Pima cotton or locally sourced wool, though it's important to check the quality, as cheaper acrylic products can mimic natural fibres to the untrained eye.

Besides its breathtaking mountain views, the Sacred Valley is also the perfect place to heal the body and soul due to its year-round sunshine and warm climate, as well as its calm, friendly and perpetually pleasant people. I came here to relax and reconnect to nature in the hopes of overcoming my own chronic insomnia.

The Spa

Inkaterra has several properties in different parts of Peru, including the Amazon, Cusco and Machu Picchu, but in my opinion, the Hacienda hotel is one of the most authentic, as it's away from the teeming throngs of tourists. It's a spot that offers true relaxation and contemplation, and nowhere better exemplifies this than the recently launched Mayu Spa.

Its rustic design – complete with lots of natural wood, stone and picture windows proudly displaying the surrounding foothills – was inspired by traditional Andean architecture. All treatments are based in 100% natural products derived from native medicinal herbs, which each client is requested to select themselves, from the adjacent herb garden, so the therapist can pummel them into a neutral, vegetable-based oil for their treatment.

The wellness center has a small plunge pool, four private therapy rooms and a dry adobe-constructed sauna that imitates the Temescal – a spiritual and soothing 'sweatlodge' ritual practiced amongst many locals in the area.

My Experience

Treatments on offer range from typical de-stressing and deep tissue massages to Andean hot stone therapy and reflexology. All massages incorporate ancestral techniques and the hot stone therapy used stones from the river, but I wanted something truly different. I chose a combination of the de-stress treatment, which involved passive stretching and applied pressure along the energy lines of the body, and the Pinda Kkora Jampi.

It's a mouthful, I know, but when I learned this is a great way to relieve insomnia, I was sold. This is an ancient technique not from the Andes, but from Indian Ayurvedic medicine, whose purpose is the perfect relaxation of body and mind through rhythmic movements. The Pindas are organic cloth bags filled with seeds or medicinal and aromatic herbs that have been previously heated to take advantage of the integral aromatherapy qualities of the herbs. These little bags are used on the body with pressures and rotations, helping to release muscle tension and restore energy chakras.

I spent an hour in the calming, naturally scented healing room, being stretched, pressed, pulled, massaged and kneaded with the herbs I selected (Andean mint and thyme, if you're asking). At the end of it all, I was so relaxed, I was almost dazed, so my therapist guided me to a lounge chair outside, and provided me with a gorgeous infusion of local herbs and passionfruit.

I'm not sure if it was the power of the massage, the tranquility of the environment, or the magic of the Andes, but that night, I slept better than I had done in, well, possibly months. In fact, my experiences at Inkaterra and in the surrounding valley were so positive, I've decided to stay here much longer than expected. And I think you would, too.

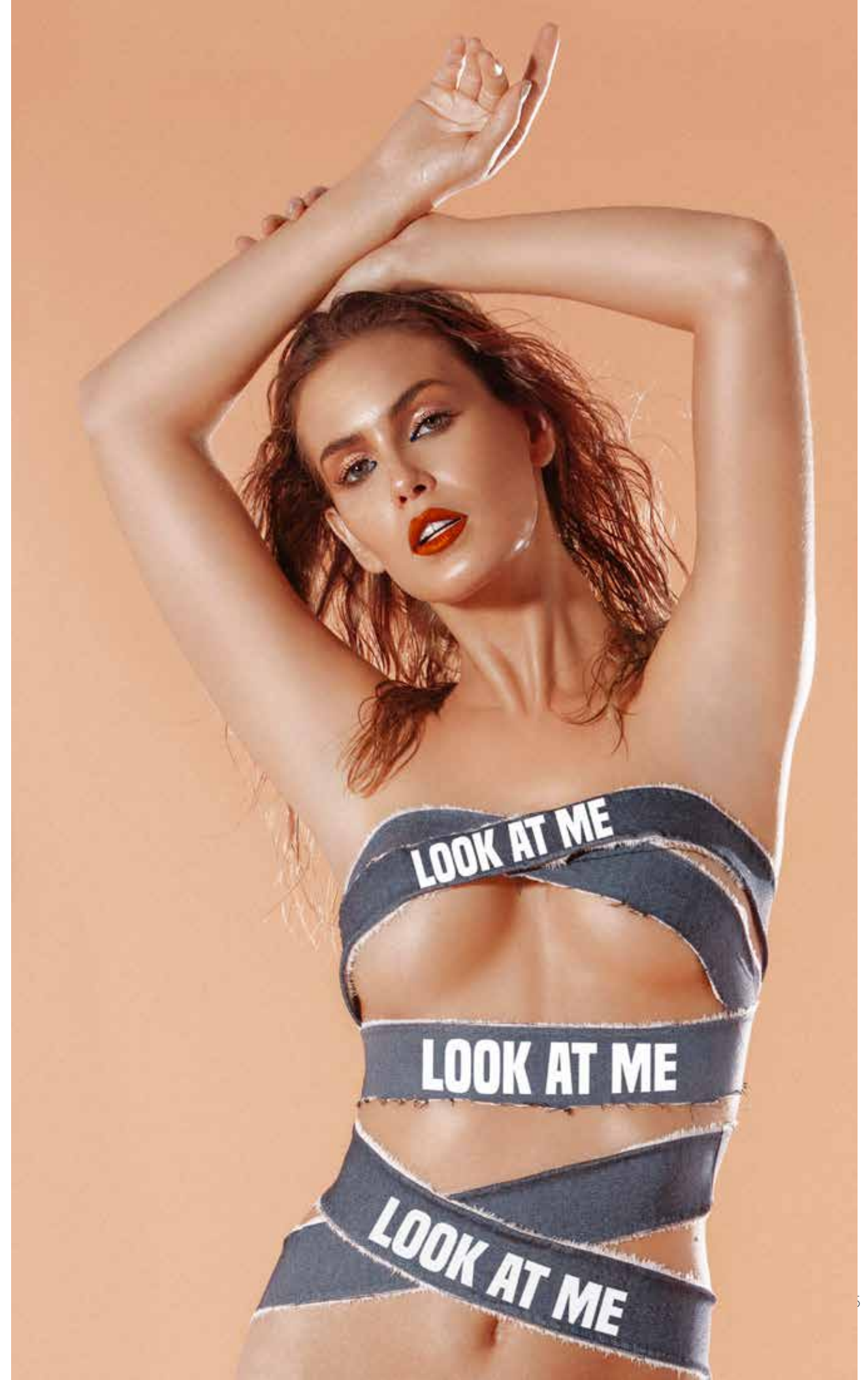
See more information at www.inkaterra.com/inkaterra



1 Denim daze

*Vintage denim gets shredded, embellished
and upcycled into new, exciting looks*

Photography: Bitu Cuartas / @lvictoriaj
Makeup: miguel soto
Model: @veronicassis / @iamincover
Styling: @margo_styling
Art direction: @artifixio









the new
BRIDE

*Old, young, gay, straight, formal, informal...
new brides are breaking all the rules*

“This collection is for the fashion forward bride with a clear vision to showcase their individuality.”

- Sanyukta Shrestha











PARK OF THE MONSTERS

Haute Couture Week Paris 2020

By Chantal Brocca



valley beneath the castle of Orsini, the garden is populated by grotesque sculptures and small buildings scattered among the natural vegetation that immediately captured Gyunel's attention. As a result, the colours this season consisted of forest greens, metallic silvers, burgundy reds, and navy-cobalt-teal contrasts.

Further inspiration came from forest queens and nymph-like creatures entangled in a night feast away from city lights. Gargoyles among cherubs and cupids inflaming hearts were taken from Gyunel's watercolour paintings, alongside her autograph autumn snowdrop variations in ombre dominate this latest print theme, whereas raised-texture jacquards, feather-shaped lurex pleats and metallic flower weaves on liquid organza are the season's highlight fabrics.

This collection also sees sculptural 3D moulage snowdrop flower décolletés in tandem with the Maison's signature diamond silhouette in a new deconstructed version, floaty princess cut skirts, silhouette-accentuating tuxedo gowns and playsuits with cone-shaped sides. And yet, sustainability is still at the core of the work.



There was something unusual this season at Paris Haute Couture week: one single collection at this prestigious event was defined by its sustainability.

Though 'slow fashion' is the ethos for all designers showing on the spectacular catwalks for the duration of this week, recovered fabrics, reused materials and recycled plastic, all juxtaposed with precious and semiprecious stones made Gyunel's couture collection at the Ritz's Salon Vendôme stand out.

Rather fittingly, the event was attended by supermodel and philanthropist Natalia Vodianova, who has often voiced her concerns about global warming, while other notables including Hofit Golan, Patricia Contreras, Erika Santos, Miriam Odemba, Palina Kozyrava, Jaime Xie and Dr Marwa Ali.

Gyunel's current "Villa of Wonders 1552" collection was inspired by the Creative Director's recent trip to Rome and her subsequent visit to the nearby manneristic monumental complex, the Sacred Grove (Sacro Bosco in Italian) or Garden of Bomarzo, colloquially called the Park of the Monsters. Created during the 16th century and situated in a wooded

As a designer, Gyunel insists that using recycled materials is best, as it reduces the pressure on virgin resources and tackles the growing problem of waste management. "Our planet is at breaking point because of us—because we want more and more without thinking of generations to come. At the end of the day, no matter what you do as a couture designer, the number of people who can either afford or are actually willing to buy your clothes is limited," Gyunel states.

Image Credits: François Durand/Getty Images
Social Media: [@gyunel](https://www.instagram.com/gyunel)



The Accidental Designer

LIANA SARGSYAN

By Chere Di Boscio

Liana Sargsyan never really intended to be a designer. She studied hard and became a medical doctor, but her passion for fashion never abated, and even whilst she was in med school, she was always involved in fashion shows. After graduating, she decided she could no longer ignore her true calling, and she decided to launch an eponymous couture brand.

Liana's Armenian culture and traditions play a role in her creations. Her culture truly has a rich aesthetic: from centuries ago, you can see a very beautiful dresses, especially those worn by the Armenian Royal families. Think: rich velvets, light and buttery silks, all embellished with handmade decorations and ornaments. "Every piece I create is like a unique artwork, it inspires me a lot and I try to use some elements in modern interpretation," says the designer.

Of course, sustainability plays a role in her work, too. "I think it's important I think for every successful brand to be sustainable," she states. "To achieve it the first thing for our brand is the quality, not quantity. We use only high quality, natural fabrics." She also is a strong advocate of slow fashion, making bespoke garments for people. They're meant to last years, if not genera-

tions - these are essentially heirloom pieces that never lose their style, and can be passed down from mother to daughter.

Plenty of designers have influenced Liana, but one of her greatest inspirations is the late Alexander McQueen. "I like the extremity of his thinking and how that translates into his designs," she explains. Indeed, you can see some of that influence in Liana's own fierce but feminine creations - the dramatic capes and draping, and the use of Baroque embroidery and embellishments, for example.

Liana has already dressed celebrities for the red carpet at the 74th Venice International Film Festival, including actress Tiffany Brouwer and German princess Elna-Margret zu Bentheim, and after successful runway shows in Moscow and Dubai, her eLSi label made its debut at Milan Fashion Week in 2018, with her 'Circles of Life' collection being shown at the Emerging Talents Special Edition.

She may be fairly young still, but due to her drive, motivation for success, design talent and understanding of sustainability, we fully believe Liana Sargsyan is a designer to watch.



*Our pick of the best
designs from*

ECO FASHION WEEK AUSTRALIA

By Chiara Spagnoli Gabardi

In a world where fashion excess and hyper consumption dominate the scene, Eco Fashion Week Australia – the largest fashion week in the world – offers a breath of fresh air. Offering runway shows as well as several seminars with the aim of educating the public about the importance of fast fashion, this is the biggest fashion week in the world, in term of length and events.

The mastermind behind this inspirational initiative is artist, designer and earth ambassador for Green Embassy, Zuhul Kuvan-Mills. This year, she invited a variety of experts from the world of sustainable fashion to share their competence and delve into the discourse of creating a circular model for the future of couture.

The distinguished speakers included: Julia Leu (Mayor to Douglas Shire Council), Bridgette Gower (Sea Shepherd) upcycling designer Sylvia Calvo and many more.

As part of EFWA's commitment to support home-grown Australian talent, fledgeling designers were acknowledged with the Anita Moon Awards of Excellence. These prizes have been established in loving memory of Zuhul Kuvan-Mill's close friend, artist, and environment protector Anita Moon, who

was a strong supporter of sustainability, protecting our nature and Eco fashions.

The winners were Regina Bochat for Best Australian Student Designer Award, Tayla Parnham for Best Australian Emerging Designer Award- Fabric By Nature, Pearlita Orongan for Best Australian home sustainable garment Award, and Australian Made Design Award went to Livie Rose Designs.



Another exceptional feature on the eco-fashion week schedule was the EFWA Upcycling Challenge by Marilyn Wilson and Dalija Vlahov, which demonstrated how a variety of men's shirts can be upcycled into stunning garments. The Challenge truly illustrated how we can Reduce, Reuse and Recycle

clothes that would otherwise go to a landfill.

I was proud to attend this event on behalf of Eluxe Magazine, and I gave a few speeches and even presented a piece of my artwork, created from recycled materials. Given the vast number of wonderful designers showing during EFW, it was very hard for me to distill them all into one article, but in my opinion, here are 10 of the best designs from Eco Fashion Week Australia.



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10

1. Green Embassy

Green Embassy is Australia's first internationally recognised organic fashion label, founded by artist Zuhul Kuvan-Mills, the founder of EFWA. The brand focuses on minimalist designs with a modern twist, using alpaca, merino, silk and recycled natural fibres. The latest collection is the sublime Ngoolark Series, inspired by the plight of the Carnaby Cockatoo. It epitomises the designer's background as a veterinary surgeon and an animal science lecturer. As she explains: "I love all animals, and my passion for protecting the environment and wildlife became my artistic concept."

2. Murriiqu Couture

This eco couture brand distinguishes itself for the timeless and exclusive flair that evokes the Hollywood Golden era. Founder Cheryl Creed is an Aboriginal Woman who welds her cultural heritage with the love for assimilated fashion. "The story behind my fashion stems from the way my parents raised me and the family values, I saw the waste happening in Western society and I love the word

'reclaimed,' this is a beautiful word to describe my brand," she says.

3. Jude Taylor

Jude Taylor's artwork is a celebration of the wildflowers and landscapes of Western Australia as expressed through striking hand-coloured linocut prints. Her inspiration is female empowerment and the environment. "Western Australian women love to connect to the great natural heritage that we are so lucky to be part of. So for me, it's been a very organic process that has been customer driven from the beginning, since I love giving women the opportunity to celebrate the flowers that they love through their clothing," she states.

4. Curtin Springs

Curtin Springs creates delightful paper jewellery in Central Australia that eulogises the traditions and artisanal skills of the Aboriginals in the region. The Conner Collection and The Dawn Collection offer simple, minimalist accessories that are add an eco-statement to any outfit.

5. Ngali

Ngali brings together a talented group of emerging, inspiring and gifted indigenous artists who showcase their talents through the mediums of painting, photography and artistic creation. The pieces presented at EFWA are an ode to the traditional Aboriginal custodians of the lands and pay respects to the culture of the First Nations of Australia.

6. Classic Couture Vintage & Bridal

Classic Couture Vintage & Bridal use traditional techniques to create stunning pieces for future brides. Designer Merrin Glasgow says the inspiration behind her eclectic garments are past epochs, such as the Elizabethan, Renaissance, Pre-Raphaelite and Regency eras. She works with predominantly natural fabrics and re-purpose existing garments to continue the life of the fabrics.

7. Sylvia Calvo

This remarkable designer from Barcelona uses upcycled coffee bags for her sophisticated designs. She adds intricate prints and details to upscale this raw fabric. Her key approach is one of continuous experimentation: "When you try to apply new techniques you look at things from a different perspective and new ideas and inspiration come to mind. You need to have an open mind, and be willing to try new things out," she says.

8. Skylark The Label

This Perth-based fashion brand finds inspiration in Nordic values and conscious design. The designs of Skylark The Label pay homage to the beauty of nature, with a splash of au courant grace. Founder and designer Sheridan Joyce feels strongly about sustainable fashion, and this is evident in her pieces that interlock various upcycled patterns and fabrics.

9. Betty Spoke

Betty Spoke brings her pieces to life in a Scottish studio that uses quality materials and supports local industries. The ethical designer and founder of the brand strongly believes that people can make a global change through fashion. As she says: "Fashion is not a trivial pastime, but part of everybody's everyday. We are experiencing an exciting time where people are recognising that their purchases shape a global market."

10. Fabric by Nature

Designer Tayla Parnham of Fabric of Nature upcycles fabrics into interesting shapes and designs, including topographic maps that look at landscapes from a different perspective. This emerging Australian designer aims to change the way clothing is perceived and consumed, whilst maintaining its function.

FIVE

Toxic

BEAUTY TREATMENTS

You Should

AVOID

By Jody McCutcheon

Going to extremes for beauty is nothing new: the ancient Greeks valued blonde hair, so women would lighten theirs with plant extracts... and arsenic! During the reign of Elizabeth I and beyond, pale complexions were considered so sexy, men and women alike would powder themselves with thick layers of pulverized bone, talc...and lead, leading to—surprise—lead poisoning, which often made the teeth turn black or fall out (as Elizabeth's did), or killed the fashion victim outright.

But have we come a long way from that? Far

from it. We live in an age of silicone implants, plastic surgery, hair, nail and eyelash extensions and myriad high tech 'treatments' involving anything from chemical formulations to lasers and radiofrequency. The point has come where we must be more aware of the potential dangers of our beauty habits, and ask ourselves what we're willing to sacrifice in our attempts to restore what age has stolen.

Here's a list of what we think are some of the most toxic beauty treatments most of us do. Of course, you may not have done them all. But admit it—if you haven't tried one of these, you've at least thought about doing it!



1. Tooth Whitening

Like skin whitening, cosmetic tooth whitening is an ancient practice. A solution of urine and goat milk did the trick for the Romans, for example. Nowadays, whiteners commonly employ hydrogen peroxide to penetrate the porous tooth enamel and bleach the stain deposits in the dentin. Moderate application isn't a problem; the real trouble starts with what's known as bleachorexia.

With age, adult teeth darken as mineral structure changes. Add in stains from everyday wear-and-tear, and the fact that the effects of a single whitening treatment might not last a week, and it's almost understandable how some people could get addicted to bleaching—especially quick-fix whitening strips. But whiten too much and excess bleach can erode the tooth's protective enamel. Once it's damaged, the tooth is extremely vulnerable to stains, and will in fact turn yellow. The teeth also become more brittle and sensitive.

If the whitening gel has too strong a concentration of hydrogen peroxide and comes into extended contact with the gums, it can cause burning of the soft tissue and irreversible gum recession, exposing and sensitising the tooth's root. Ingestion of hydrogen peroxide can burn the throat and GI tract.

Worse yet, concern exists about the potentially carcinogenic nature of hydrogen peroxide(1). Over-the-counter peroxides potentially produce free radicals, which can interact with DNA and ultimately cause cancer. But these claims remain unsubstantiated. The long-term effects of bleaching agents like peroxide aren't known. In the meantime, moderate use is optimal.

Natural Alternatives

Since tooth whitening is something undertaken by many people in many cultures, several natural methods that actually work have been discovered, including chewing on certain kinds of wood, eating certain foods, and brushing with different materials. Learn more here.

2. Gel Manicures

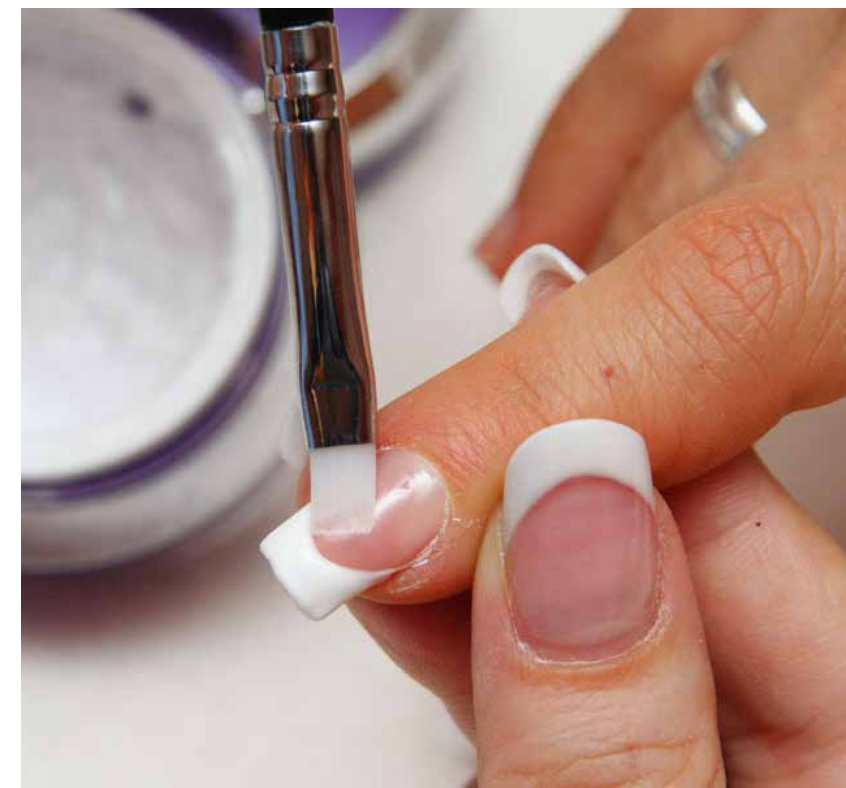
More aesthetic enhancer than youth-restorer, gel manicures nonetheless deserve scrutiny in this discussion, especially considering a recent New York University Department of Dermatology study suggesting they increase the risk of skin cancer. Each coat of gel polish—up to three per session—is dried under ultraviolet light for as long as three minutes.

UV drying machines aren't regulated, so consumers have no idea how much UV exposure they're receiving during treatment. Long-term UV exposure can age the skin and increase cancer risks, although evidence is, as usual, conflicting. A 2009 study found that two middle-aged women with no family history of cancer and minimal sunlight exposure developed hand tumours after exposure to UV light in gel manicures(2). Based on this study, opponents compare the inherent UV risk of gel manicures to that associated with tanning bed treatments.

Going the other way, a recent study appearing in the Journal of Investigative Dermatology suggests you could get a gel manicure weekly for 250 years and still only have a low risk for skin cancer(3). Industry people insist UV exposure from gel manicures falls well within acceptable levels, and is in fact equivalent to a day of exposure to fluorescent light. The final word rests with the Skin Cancer Foundation, which has declared that although the cancer risk from gel manicure UV exposure "is very low, it is not insignificant"(4).

Gel manicure products are also far from organic. In fact, they contain formaldehyde, phthalates, acetone, toluene, methacrylates and other volatile compounds which have been associated with diseases ranging from asthma to cancer. The fumes from these chemicals are also a serious hazard, and over time, they will destroy your nails due to the scraping and soaking in polish remover that's required to remove the product.

Whilst traditional manicures using 5-or-more-free nail polish brands are best, if you must get a gel manicure, do so in moderation, with hands covered in strong SPF protection. Also remember that providers using LED lights instead of UV lights minimize UV exposure, as LED lights dry the gel treatment more quickly.





3. Hair Dyeing

The practice of hair dyeing goes back to ancient Egypt, when extracts from plants like henna were used. Today, about a third of women over 18 and ten percent of men over 40 seek to change things colourwise, or simply eliminate those sinister signifiers of age, grey hairs. Permanent dyes—there are also semi-permanent and temporary dyes—contain over 5000 chemicals(5), including toxins with disconcerting names that combine unpronounceable words and numbers, like 4-chloro-m-phenylenediamine, 2,4-toluenediamine and 2-nitro-p-phenylenediamine. These have been associated with cancer in animal testing.

Alarmingly, correlations between permanent hair dye chemicals and human cancer rates also exist. But back up for a moment to 1979, when the hair-care industry removed many other nasty-sounding agents, such as diaminotoluene and diaminoanisole, to improve the safety of hair dyes. Studies show that women who used pre-1980 hair dyes suffer a 30% higher risk of contracting non-Hodgkins lymphoma(6). Other reports suggest hair-dye users may be two to four times more likely than non-users of contracting non-Hodgkins lymphoma and multiple myeloma(7), while the risk for those who dye more than nine times a year goes up 60%(8).

More recently, scientists at Leeds-based Green Chemicals have warned that permanent dye chemicals called secondary amines may stay on your hair and in your skin for weeks, even years, after the dye job. There, they can react with tobacco and exhaust fumes to create chemicals known as N-nitrosamines, which are so carcinogenic they've been banned as cosmetic ingredients(9). These findings come with a caveat, though, as Green Chemicals is about to release its own "ultra-safe" line of hair dyes. We all know the fine line that can separate scientific validity and corporate propaganda.

Just as troubling is the danger of hair dyes to male hairdressers and barbers. A meta-analysis of 42 studies showed male hairdressers were at a higher risk for bladder cancer, esp. those who'd worked with dyes for ten-years plus(10). In 2010, the European Commission banned 22 dyes whose ingredients exposed long-term consumers to bladder cancer risks.

Natural Alternatives

While no permanent hair dye is 100% free of nasties, there are several alternatives that are effective and far, far less toxic than drugstore hair dye brands. To learn more about more natural hair dyes and which organic dye brands are safest, click here.

4. Fake Tanning



All of us are aware that too much sun can cause skin cancer, so those in search of a bronzed glow often turn to 'fake bakes' otherwise known as tanning creams and sprays. Unfortunately, research now shows that their key ingredient, DHA (dihydroxyacetone) may be toxic.

DHA reacts with amino acids in dead skin cells to produce the brown 'suntan' colour. It is also this compound that gives fake bakes their characteristic – often described as biscuity

– smell. Recently, a American medical experts reported that tests on live animal cells had shown the chemical could cause DNA damage, which is linked to cancer. DHA is present in not only tanning creams and mousses, but spray tans as well.

There are three main types of spray tan: the manual turbine spray, an 'airbrush' held by the beautician; a closed compartment in which three rows of nozzles spray a product on to the entire body, and the open booth that contains two vertical rows of nozzles. The customer stands and turns around to allow the other side of the body to be sprayed.

These techniques give a faster, more even result – but they also increase the risk of absorbing DHA through inhalation and by contact with mucous membranes in the eyes and mouth. In an interview for the Daily Mail, Dr Rey Panettieri, a toxicologist and lung specialist at the University of Pennsylvania urged caution, saying: 'The lungs have a huge surface area and these compounds could get into the bloodstream and promote the development of cancers. [Regular inhalation] could potentially lead to cancer or the worsening of asthma or other lung disease.'

Natural Alternatives

If you're looking for a bronzed look without the sun – or without the toxic chemicals – you're in luck! There are not only a plethora of great DIY methods you can try with stuff easily found in your kitchen, but there are also increasing numbers of clean beauty brands offering organic tans. Learn more about these methods here.

5. Skin Lightening

On the opposite side of the skin-tone spectrum are those who are aiming for a lighter complexion via skin lightening. And many do so with seriously harmful chemicals.

The most common of these is hydroquinone. In the U.S.A, hydroquinone is classified as an over-the-counter (OTC) drug that may be used in concentrations of up to 2%. Most prescription-strength hydroquinone formulations contain 3 – 4%, but concentrations as high as 10% may be available through compounding pharmacies.

It's not really known how this ingredient works to lighten skin, but some researchers claim that it denatures the melanin-protein that causes brown spots. Others claim it inhibits the tyrosinase enzyme, as well as the synthesis of the protein associated with melanin. However, it is said to disrupt basic cellular processes, including DNA and RNA synthesis. 1-4, and of course, anything that interrupts normal DNA and RNA processes could be cancerous. In fact, the Occupational Safety and Health Administration (OSHA) in the U.S. stated "hydroquinone is mutagenic and has cancer-causing potential."

Other studies have shown that the ingredient can cause dermatitis, hyperpigmentation, skin rashes, allergies and black spots.

Natural Alternatives

There are more natural ways to lighten skin that may take more time, but are far safer over the long run. Learn about them here.



Image: Alex Johnson on Flickr/Wikicommons

Throughout human history, we've always wanted to look better, longer, and have gone to extremes to do it. Today, through moderation, education and substitution, we can work at minimising potential sacrifices while purifying the beautification process and perhaps curbing some of those ruthless, uncompromising vanity impulses. But ultimately, ain't nothing more beautiful than accepting the gradual, inexorable advance of age with grace and dignity

HEAVY METAL DAYS, HEAVY METAL NIGHTS

*Metallic mineral eyeshadow is one of winter's
best looks. Here's how to get it.*

By Sophia Noelle

Photos:
Sophia Noelle Photography
Make-up & Hair:
ElenaBärweg
All looks: ARTDECO makeup



Surprise! Metallic mineral eyeshadows can work for both day - and night. Here's how to use this trending cosmetic.

USE A PRIMER

As with any eyeshadow you're planning on wearing, it's a good idea to dab on a bit of eye primer to your lids before applying colour. An eye primer can help create a smooth base for your metallic makeup application, as well as help prevent creasing and smudging. If you don't have an eye primer on hand, you can tap on a tiny bit of foundation or concealer instead.

DIFFERENT COLOURS FOR DIFFERENT HOURS

With so many shimmery metallic eye shadow shades to choose from, you might find yourself wanting to incorporate a handful of colours into your look. Of course, you can totally do that if you'd like. That being said, if you want to take a slightly more subdued approach to your daytime look, consider using lighter shades like taupe, stone and gold. For evenings, pile on the pewter, brown and even black shadows. When choosing hues, look for ones that have a smooth shimmer as opposed to more noticeable glittery chunks. The smooth finish can help make it easier to blend for a more seamless look. As a rule, lighter shades go towards the inner eye, medium shades go on the lid, and the darker hues go towards the outer corners. A silver or white highlighting pencil on the inner corners helps brighten the eye. Always blend well!

KEEP IT CONFINED TO YOUR LIDS (AND UNDER-EYE AREA)

When it comes to metallic eye shadow, the most flattering placement is on your lids and just under your eyes. But we suggest keeping the glimmer on the lower part of the eye to a minimum, especially in the daytime. Even if you're going for a smoky evening look, less is definitely more in the case of metallic eye shadow!

BALANCE FINISHES AND TEXTURES

This means two things. First, when using metallic eye shadows, balancing them out with a matte eye shadow can soften your look for a more contemporary approach to this throwback makeup trend. What's more, regardless of what types of finishes you decide to pair together, stick to one texture—meaning powders with powders, liquids with liquids, or creams with creams so that you're easily be able to blend.

APPLY METALLIC EYESHADOW WITH THE RIGHT BRUSH

Fluffy blending brushes definitely have their place—but they're not the right pick for applying metallic eye shadow. Instead, you'll want to opt for a denser bristled brush to achieve the look. When you use a fluffy eyeshadow brush, you run the risk of having metallic eye shadow fall onto other areas of your face—leaving you with a mess to clean up. A denser bristle brush will allow for more targeted metallic eye shadow application.

TRY PAIRING IT WITH SHARP EYELINER

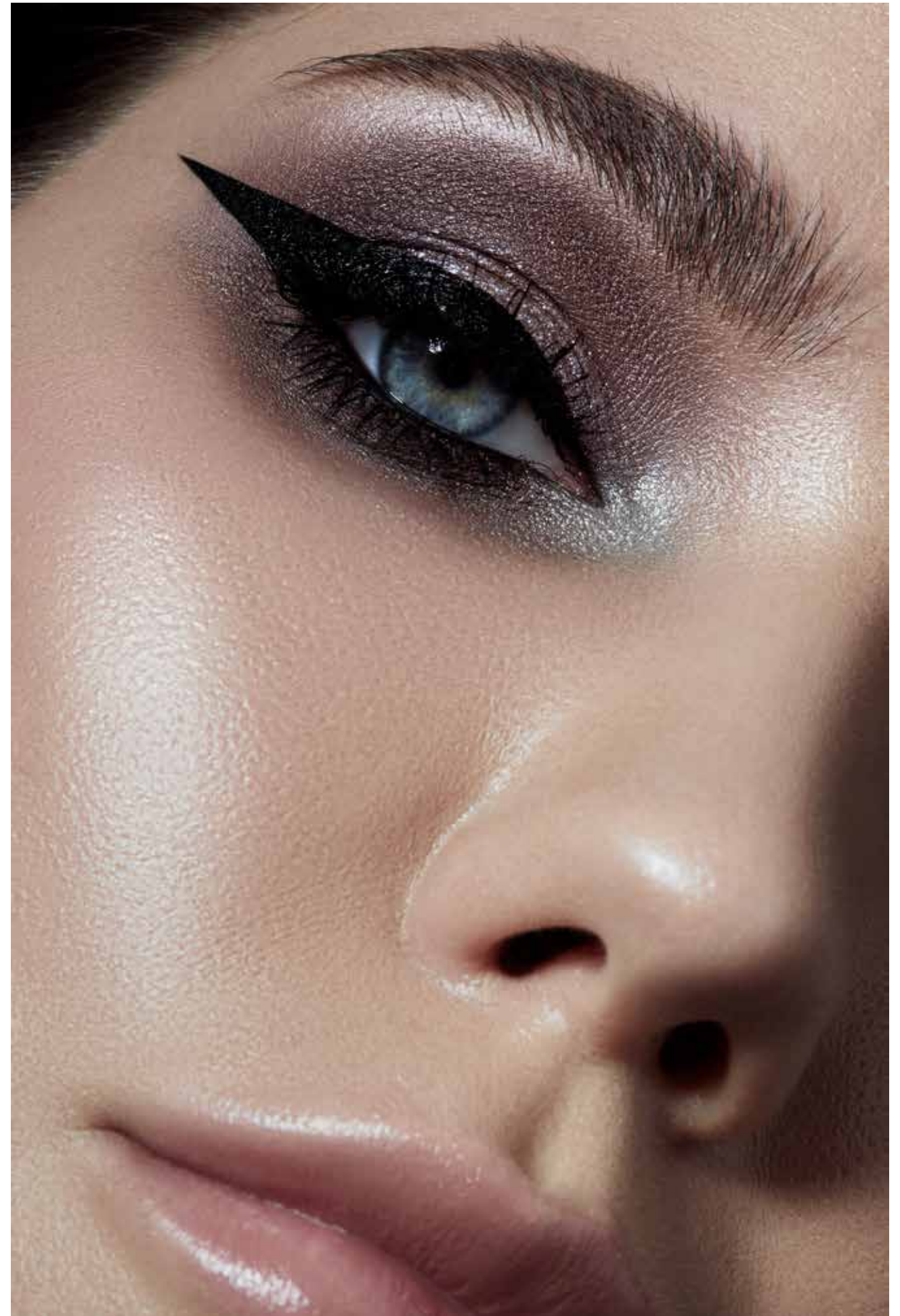
While metallic eye shadow certainly makes a statement all on its own, one way to take it up a notch is with an extra-sharp swoosh of liquid eyeliner along your upper lash lines. If you're not the steadiest hand with the liquid liner, consider using a stencil instead.

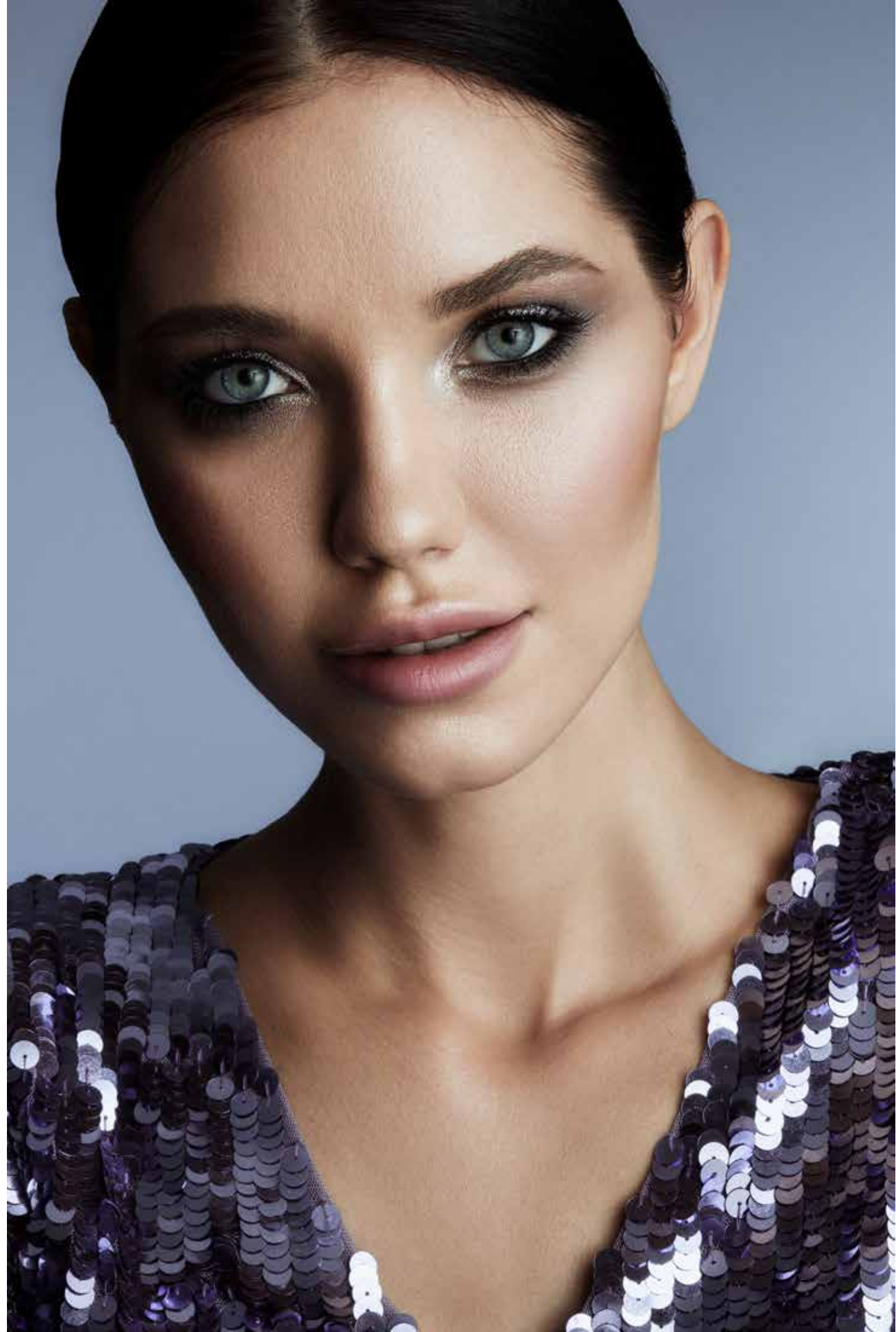
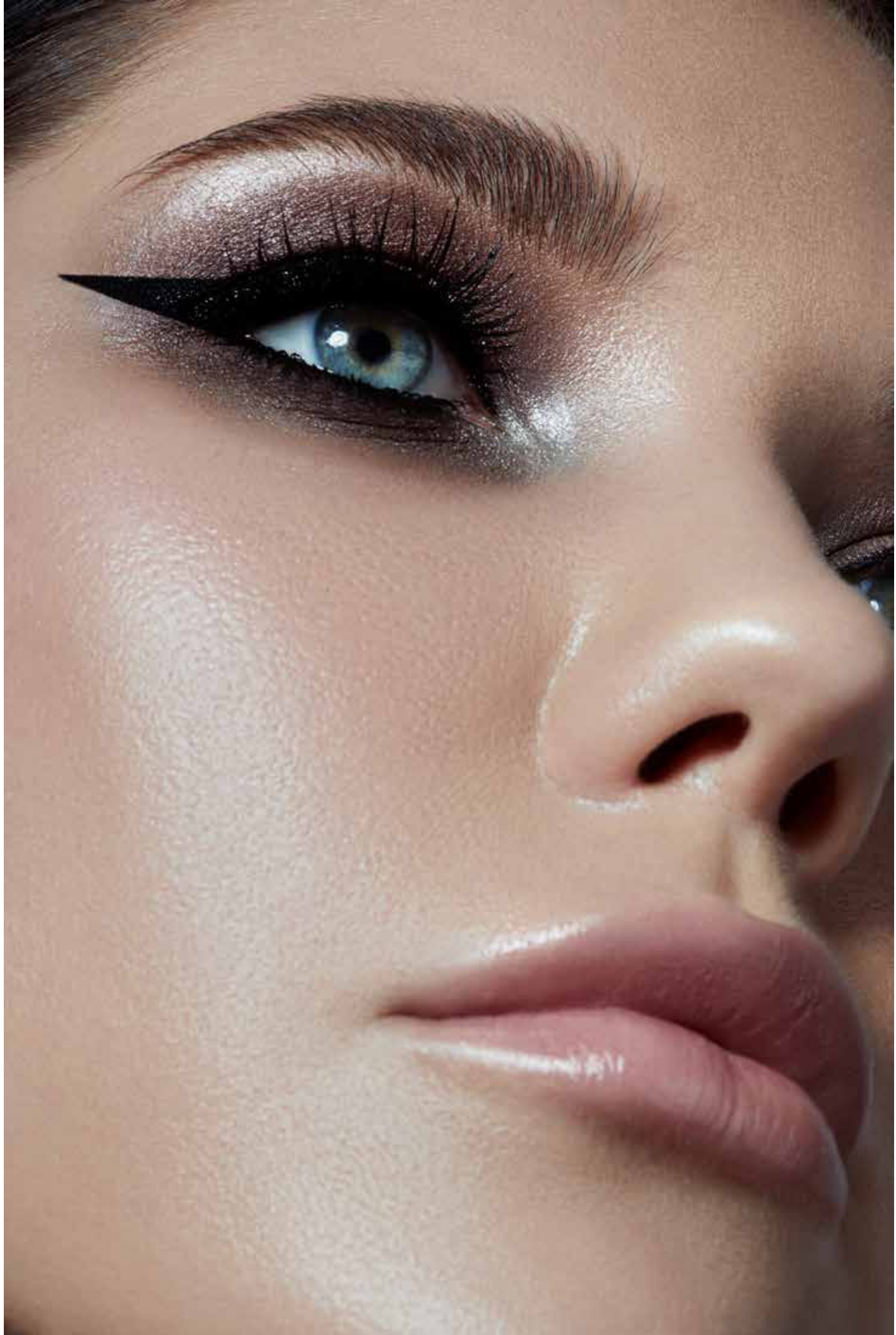
FINISH OFF WITH MASCARA

What makeup look wouldn't benefit from a coat of mascara? Once you're done with your metallic eye makeup application, apply the mascara of your choice, sweeping the brush up to the tips of your lashes.

REMOVE IT ALL GENTLY AT THE END OF THE DAY

Metallic makeup can make a colorful statement—but taking it off can be tricky. A natural oil like almond or argan will not only quickly remove all traces of makeup, but will also nourish your lashes. To use, saturate a cotton pad with the oil and a drop or two of water and wipe off your makeup until clean.







GenZ
speaks
A special supplement

LETTER *from the* GUEST EDITOR



When Eluxe founder Chere Di Boscio approached me in 2013 when I was 13 years old to be featured in the magazine, I was excited. Not only because Eluxe is so eco-centric, but also because it focuses on how sustainability can co-exist in so many areas of life.

Shifting the culture on sustainability is something I've always been passionate about. I started an eco-friendly fashion company in 2008 when I was 8 years old called Maya's Ideas. I wanted to show people you don't have to give up style and aesthetic to be kind to Mother Earth. I'm now 18 and it's such an exciting time to be in the sustainable fashion industry. I've been able to be part of a movement of boundless creativity, innovation and technology.

Being a young CEO, artist and activist and member of "Generation Z", I'm also passionate about intergenerational collaboration. Every generation has something important to bring to the table as we work toward a greener future, so I was honoured and excited to be asked to be the first ever guest editor for Eluxe for a supplement that focuses on Gen Z activism.

I wanted to take the opportunity to not only speak from my own viewpoint through an interview with Chere, but to also conduct some interviews with other eco-minded youths who are making a major impact on the world.

I hope you enjoy what I've put together for you here.



Hypfest

By Maya Penn

Hypfest is a newly launched cultural festival in Brooklyn New York that focuses on culturally significant brands, artists, musicians, and happenings. Attendees were treated to a weekend of shopping experiences from over 50 brands from around the world, live musical acts, cultural installations, surprise guests, and more. Similar to event creator HYPEBEAST's many platforms; Hypfest's core audience is Millennial and Gen Z creatives and consumers.

There were several "Hypetalks" spanning a variety of subjects - one of which was eco-consciousness, and I was thrilled to be on the "Sustaining Sustainability" panel, along with rapper, singer, and actor Jaden Smith who has recently launched a sustainable fashion line (more on that later), and designer Heron Preston, who recently collaborated with the NYC Department of Sanitation on a series of zero waste themed fashion.

Set in an almost classroom-like space that was packed with curious listeners, the panel focused not only on how to incorporate and encourage eco-conscious practices from both a design and business

standpoint, but also on how to answer the question of how to sustain an eco-conscious model from the perspective of a successful business. In other words: how does one not only consider the environment, whilst serving (and even creating) consumer demand?

Over the course of the hour long panel, the three of us went over a multitude of talking points, including youth activism, sustainable luxury, accessibility to eco-friendly alternatives, branding and marketing, and more. The overall conversation was incredibly organic (no pun intended), casual, but still deeply educational, and attendees got an opportunity to ask questions. Tangible discussions like this are incredibly important to reduce "eco-anxiety" and to fuel change.

But wait, what exactly is eco-anxiety, you may ask? A report from the American Psychological Association revealed that nearly three in four young people (namely millennials) feel stressed and powerless as a result of the current state of the planet and the challenges of saving it, and are facing uncertainty and denial as they try and negotiate how to deal with it.



Being 18, I've been publicly speaking on environmental activism for the majority of my young life, and this is a relatively new topic I've made a point to focus in on during my talks or discussions. Acknowledging the psychology of why so many people become frozen with this fear and don't act changes the conversation and brings it to a more personal, empathetic, and encouraging level. I brought up this topic on the panel and it really got the discussion rolling on youth eco-anxiety, and how important action and collaboration are in the journey to a greener future.

Jaden added in response, "I do run into a lot of young people nowadays who watch too many videos of crazy things happening like tsunamis and streets being flooded and it really is really scary — if we connect to other like minded people like exactly what we're doing right now and have conversations about it we can really link and build and push it forward to where we can say 'hey, I'm doing this and you're doing this' — you can really collaborate with people to make a difference."

During the event Jaden launched an eco-friendly fashion line brought to life in partnership with G-Star RAW. The line showcases a "forces of nature" aesthetic, coming in three colorways titled Water, Earth, and Eclipse, and featuring denim made with raw organic cotton, eco-friendly dyes, minimal impact dyeing technologies and more.

Jaden shared some of his inspiration: "I really wanted to take something that would be previewed indoors, worn indoors, seen indoors and kind of bring the outdoors into an inside setting to make people think 'oh wow, this makes me want to go sit by a waterfall if I'm wearing this, or it makes me want to look at a vista full of animals, or it makes me want to go watch the sunset.'"

Hypfest creates an incredibly unique space as it seamlessly mixed youth pop culture and trends with innovation and the experimental. It's clear that more conversations around sustainability are coming to the forefront, and intertwining into the mainstream, and it's becoming more obvious that this goes beyond a trend, this is an effort to create a better future.

Less

*The Film That Shows How Gen
Z Is Redefining Minimalism*

By Maya Penn



“I think the decision that this generation needs to make is how can we integrate technology into our daily lives without it becoming a problem.” So says 20-year old Devin Gilmartin, one of the two subjects of focus of the film LESS.

The film was created by 16-year old filmmaker and co-founder of Gingerline Productions Isabelle Levent. Her documentary LESS tackles a myriad of subjects orbiting the theme of minimalism, including fear of missing out, attachment to material items, tech and social media toxicity, consumerism and more.

The story is told through Devin, who’s the founder of sustainable fashion brand Querencia Studio, and 23-year old Emma Ferrer, a model, artist, poet, and the granddaughter of Audrey Hepburn. Both are members of Generation Z, a generation that’s been dubbed the iGeneration, Gen Tech, Digital Natives, and so on. But when taking a look beyond the labels, you may start to notice a unique trend among the young people who comprise this group.

According to a study by US marketing firm Hill Holliday of Generation Z — half of those surveyed stated they had quit or were considering quitting at least one social media platform. This is one of many studies done on the subject of teen social media detox, and the results often find that today’s generation of youth are making an effort to swim upstream in a way, with the aim of breaking free of the tidal wave of information that floods through the lives of the majority of humankind.

But social media is just one piece of a much bigger puzzle. How can we live minimally in a world that tells us to always want more? The truth is, an overabundance of clutter - be it physical, mental and technological - could be holding us back from what it truly means to thrive.

I got an opportunity to interview both Devin and Emma on the themes of Isabelle’s film and their personal efforts to live a life of minimalism.

How would you sum up your experience of living with less in 3 words?

Devin: I would define the experience as living ‘without more’ rather than ‘with less.’ In 3 words, that lack of excess is summarized by efficiency, purpose and clarity.”

Emma: “Constantly needs re-evaluation.”

It seems like with every new generation there’s an emphasis on “more”, but to me the reality is that this competitive consumerist narrative is sparking a growing shift to “less” lead by generations like Gen Z. Do you agree?

Devin: I think we are seeing both narratives emerging at the same time. They are reactions to a growing awareness of the issues we face. The emphasis on “more” is in favor of the status quo. Companies are adopting new approaches in marketing in order to blend into and capitalize on social movements. This should not be mistaken for genuine care for the issues. The evolving shift to “less” will inevitably and naturally conquer these as true intentions emerge and those who are sincerely determined to problem solve invent innovative solutions that change industries permanently.

Emma: I do agree. I think that whenever there’s a movement among the masses that proves to have a series of consequences on the collective and individual psyches of people, there will almost always be a backlash, or counter-reaction of some sort. I think that especially



when we’re speaking of mechanisms that tend to dull the more classically ‘human’ instincts, ie sociability skills, intimacy, individuality, and privacy, as we are seeing with social media and even with news culture, certain individuals feel and react to the friction and emotional dysbiosis that this causes within our minds and spirits.

A largely discussed topic is “unplugging” from social media. Why do you think unplugging is becoming a more common occurrence among members of Gen Z?

Devin: Keeping up with the happenings of one’s own life, and then leaving adequate time to process those events and feelings, is vital. We are consistently overstimulated, and breaks from this, or “unplugging,” can be the solution. We have come to rely on devices for storing our information, correspondence, and memories. We’ve essentially outsourced many important pieces to developing purpose in life to little robots in our pocket. By “unplugging,” we return to our natural state, albeit temporarily.

Emma: I think this has to do with what I laid out in my last answer, in terms of spiritual imbalances that can manifest as depression, lack of fulfillment, restlessness, physical, mental, and emotional illness, as well as feelings of emptiness within people. People are starting to notice that sometimes they’re not all that present, and that this could have something to do with social media. But I also think that people are waking up in a huge and powerful way to the negative effects social media has on focus, concentration, discipline, productivity, and the capacity for self-acceptance and self-love. For me one of, if not the most toxic aspect of social media is the constant comparison that takes place and the lowered feelings of self esteem that occur as a result.

What would you describe as the symptoms of needing less? What would be the hints for young adults that they may need to look into a more minimalist lifestyle?

Devin: I felt clouded in many ways before building a personal framework for knowing when I’ve used too much technology and for understanding how to deal with that issue of screen time. Everyone uses technology differently. I felt I needed to make a change and that feeling is the greatest indicator. When daily goals are hindered and delayed because of a reliance on technology, perhaps it is time to self assess.

Emma: I think that the first and most obvious sign would be clutter. Like Devin pointed out in the documentary, I think that once people realize the effects that physical clutter has on mental clarity and organization of our thoughts and ideas, and how one is even a

consequence of the other, people might start working towards living with less.

Other signs of a need for less could be objects or clothes that are never used, but held on to ‘just in case’. In my own personal experience this has had the potential to show me that I’m holding on to unrealistic ideas about how my life ‘could’ or ‘should’ be, but is not.

Then there’s how we feel about the spaces that we inhabit. How many actual physical spaces in our home, workspace, our outdoor space do we have where we can, and actually want to, spend quality time? Where we can sprawl out, sit down, crouch down, lie down, or spread our elbows out, and feel free and unencumbered? Are we constantly maneuvering things and remnants?

Do you think this way of life will become the norm?

Devin: Certainly for those who are looking to cope with the chaos of modern life in a highly productive way but then again, there is a point at which too much withdrawal could be harmful. The reality of our society is that technology and automation will play larger and larger roles in our daily lives. We must strike a balance in how we manage this transition.

The answer cannot be to drop everything and never engage with these tools. In many ways, they are useful. It is a matter of self moderation.

Emma: I think there will always be people who over-identify with material objects and items. I actually have no idea what the future of minimalism looks like, and guess I try not to get too caught up with future-oriented thinking like that; thinking that depends upon other people’s adoption of minimalist ideas. For me, it has served me greatly and carved out much-needed emotional, mental, creative, and physical space, but I am also completely open to the notion that this way of living could not be the same for everyone else. I think everyone’s got to find their own path when it comes to lifestyle.

For those reading that want to get on a more conscious, and minimalist path in their lives, what are some ways they can get started?

Devin: Observe the world. It’s a fascinating place. There is always another person to meet, language to understand, neighborhood to walk through. Engaging with subjects that can build curiosity and further exploration is so important. To be conscious is to be aware of what is in front of us, to appreciate it for what it is, and to make use of it. We’re on a pale blue dot and we have limited time. We have to look at the bigger picture, not just the tiny rectangle on our screens, in order to find meaning and purpose.

Emma: One huge benefit of living with less that I would invite people to consider is the joy of always knowing where everything is. I would encourage those who are curious or intrigued to ask themselves whether or not they can enjoy that earned privilege. For starters, not having repeat objects is key. For example, in our home, we have a drawer where we keep pens, and not an unlimited supply. We have a drawer where we know the screwdriver lives.

Our clothes always go into the same hamper, and we organize our clothes into drawers by category. Shoes stay on the landing outside of the main living area, and we rarely ever bring them into the house. Chargers live by the charging dock. So on, and so forth.

When my boyfriend and I moved in together, each of us got rid of a series of objects that we found were repeats between the two of us. Laying out every article of clothing that I own and ruthlessly separating into ‘need/keep’ and ‘don’t need/donate or sell piles’ is something I do almost on a monthly basis. My wardrobe is a living, breathing, and constantly evolving organism.

Another thing that is so, so paramount to my ‘less’ mentality, is rigorously getting rid of paper items that aren’t absolutely essential to keep hard copies of. With online banking, I almost never keep a paper receipt unless it’s something I need reimbursed by an employer (even then, sometimes e-statements suffice). Handouts, bills, tags, warranties, contracts, etc all fall into this category, among others. That’s definitely a starting point. After that, always checking in and re-evaluating is how maintenance and betterment is achieved.

If you could change 3 things about our society today, what would they be?

Devin: On a political level, I would advocate for more understanding. So much of what opposing political parties have come to think of the other is based on a lack of dialogue. On a social level, I would say openness to new ideas and meeting new people. Never has it been easier to communicate and yet we build barriers and roadblocks for doing so effectively. On a personal level, I hope individuals find methods of honest self assessment amidst the constant stream of nonsense thrown at us each and every day. Much of it is a distraction.

Emma: 1. Public and free health care 2. better education for the lower class 3. prison reform centered around rehabilitation and education opportunities for inmates 4. (bonus) - girls not feeling shitty about themselves and/or their bodies.

What do you hope people will come away with after watching LESS and hearing your personal journeys?

Devin: My hope is that its biggest impact is in showing people, especially young people like us, that they are not alone in trying to figure this out. The world is transforming before our eyes and in order to accommodate these changes, we have to realize the answer won’t always be to speed up with it. Slowing down, sifting through the elements of our lives and determining what is most essential, that is where we must focus our efforts. I have said before that this is no guide on how to deal with this new world. We are in uncharted territory. What an exciting time this is, though, and I remain absolutely optimistic that as our ability to create and change the world accelerates, so will our understanding of ourselves.

Emma: That living with less isn’t only about how we live our material lives. It’s about how our material and physical lives reflect and can bolster our spiritual and mental lives.

YOUNG VINTAGE

Guest Editor, fashion designer, animator, public speaker and eco-activist Maya Penn speaks out on the potential of Gen Z.

By Chere Di Boscio



This look is heavily 40's inspired! It features a black an ivory combination with colorful gem embellishments. Vintage sheer bishop-sleeve blouse, vintage 1970's black crepe palazzo pants, eco-friendly Maya's Ideas black cloche hat with vintage beadwork and embroidery and vintage 40's peep-toe shoes.

Eco - Friendly Cloche hat by Maya's Ideas
Vintage Blouse, Pants and Shoes

Maya Penn was born and raised in Atlanta. Since starting her fashion company Maya's Ideas in 2008, she's accomplished more than most adults have: she's spoken at the TEDWomen event in San Francisco, has given two TEDTalks and 1 TEDxTalk.

An avid gardener, she has also created an animated series called The Pollinators, which focuses on the importance of bees and other insects, and another series called Malicious Dishes.

Penn is also very socially active and has supported events such as One Billion Rising and Girls, Inc. and in 2011, she founded her own nonprofit organization, Maya's Ideas 4 The Planet. Penn's activism has been so prolific, she was named on Oprah's SuperSoul 100 list of visionaries and influential leaders in 2016.

Here, she tells us a bit more about herself, and what she thinks others of her generation can achieve.

Why do you think GenZ is important to the planet?

Every generation of youth is the future, and every generation is unique in what they bring as potential leaders. What makes GenZ particularly unique is that we are a generation that has grown up actually living with the effects of climate change. On top of that, technology has made it incredibly easy for us to educate ourselves, and share information with each other. We can learn, collaborate, and work quickly. All of this also is the reason youth activism is on such a large scale.

Which of your own activities that you've undertaken so far do you think will make the biggest impact on the future of the planet?

That's really hard to say, because since I focus on a multitude of projects. It's been incredible to see how my sustainable fashion line Maya's Ideas has really shifted a lot of people's view on the fashion industry and what it means to live a green lifestyle. But on the other hand, my animation and film work has created a passion for nature and the environment and animal conservation in youth. Both of these are big for me, and as I continue to incorporate education, art, and activism in what I do I will probably feel the same about all of my various endeavors and projects through the years.

Which way of shopping do you think is most sustainable for eco-fashionistas to fulfil their love of fashion, whilst not destroying the Earth?

First, try to avoid fast-fashion. This one is big for me. Buy second hand, vintage, etc - instead of going to a mall to update your wardrobe, go to your nearest thrift store. I've found so many amazing gems in thrift stores. Also there are tons of secondhand and vintage stores online! Buy items with less synthetic material. If possible, support eco-fashion brands, because they're definitely out there. Also for special occasions when you're buying an item you know you'll only wear one time (like a prom dress), try renting it online instead. You don't have to give up style to be more eco-conscious.

Where do you see yourself in 5 years? 10?

This has always been a tricky question, because I could never have envisioned where I am now 10 years ago.

What I can say for absolute certain is I'm excited and I can't wait to see what's next, because I'm not only doing something I care deeply about, but I know that it is making an impact.

I now speak to kids who are my age when I started in 2008, and they tell me about how they want to give back to their community, and to the planet, and how they're going to do just that. Little girls who want to become activists, entrepreneurs, animators, and filmmakers. Especially black and brown girls who can see a girl that looks like them, that started at their age, and are doing what they aspire to. That's something I never expected, but I feel so blessed to experience.

Long story short — no matter where I am 5 or 10 years from now I want to keep being able to inspire through my work. I know the importance of that, because there are so many people who have inspired me to take the first steps that have lead me to where am I now.

Photography: Deidre Penn (instagram @kickassmamabear)
Hair, Makeup, Styling: Deidre Penn (instagram @kickassmamabear)
and Janice Flanders Model: Maya Penn (instagram @mayasideas)



This look is simultaneously bright and earthy. Vintage 1960's floral mini-dress, vintage square toed boots, and green eco-friendly floral cloche hat from my Maya's Ideas line.

Eco-Friendly Cloche Hat by Maya's Ideas
Vintage Dress and Shoes



I wanted to really make this look quirky and fun so I started with my Maya's Ideas eco-friendly t-shirt featuring some of my animated characters, and added the cutest pink vintage embroidered caplet, G-Star RAW recycled denim jeans and vintage 90's booties, and Maya's Ideas vintage mushroom charm earrings.

Eco-Friendly T-shirt and Earrings by Maya's Ideas
Vintage Embroidered Cape and Shoes
Recycled Denim Jeans by G-star RAW



This has an elegant Hollywood regency-esque feel. Vintage 1930's red crepe gown with gold satin accents. Vintage 90s velvet beaded Ferragamo shoes, all tied together with a beaded and embroidered Maya's Ideas eco-friendly headdress.

Eco-Friendly Headband by Maya's Ideas
Vintage Dress, Earrings, and Ferragamo Shoes

How This 11 Year Old Is Saving the Planet - And Money!



It is often said that ‘kids are the future.’ But at the age of only 11, one Peruvian kid strongly disagrees. José Adolfo Quisocala Condori, from Arequipa, Peru, believes children are the present. And that they’re perfectly capable of taking that present into their own hands.

When he was just 7 years old, Quisocala started the Banco del Estudiante Bartselana, a cooperative bank that both helps students not only save money, but recycle, too. He noticed his classmates were given pocket money and spent it all on candy and toys, without saving a dime. After having being taught the value of savings by his parents, he came up with a new financial system that would allow his classmates to save money, but here’s the twist: doing so helps benefit the planet.

Here’s how it works: students bring in plastic waste – bottles, old flip

flops, containers, you name it – and in exchange, they get a credit in their accounts. The money can only be withdrawn whenever an individual’s savings goals are met, and the plastic is recycled into new products by a local company.

It’s a great way to not only learn about money management, but to also help clean up the environment in Peru, where few recycling facilities are available. With a client base of initially only 20 students, his bank now counts over 2,000 members, and it’s growing.

“In the beginning, professors thought I was crazy or that a kid couldn’t start this type of project,” Quisocala told Peruvian newspaper *Correo*. But he has proved them all wrong. Peru’s congress has recognised him by giving him the National Volunteer Award in the environmental category, and in 2015, Queen Elizabeth II and the United Nations also honored the youngster.

Interestingly, the Bartselana Student Bank isn’t the world’s only financial institution for children. Back in 2012, an efficient banking system was created by street kids in India, but Quisocala’s is the first one we know of in South America. Currently he’s in talks with executives from one of Peru’s biggest banks, Banco de la Nación, to create a system that would bring the Banco del Estudiante Bartselana to the entire country.

Although the Bartselana Student Bank started out as a savings bank, it now offers children a variety of financial products, including loans, capital investment, microinsurance, as well as access to financial education through a series of courses. Jose strongly believes that instilling a culture of saving from childhood is one of the formulas to promote real change in Peru.

His eco-bank now has 10 educational centers with more than 3,000

children members who learn to invest and manage circular economic systems. The bank allows kids to maintain financial independence by caring about the environment.

“Children can generate the change our climate needs,” Adolfo insists.

It may seem odd for an 11 year old to be so focused on business and money, but Quisocala truly enjoys what he’s doing, and feels it’s benefiting people and his country. He’s a bit of an ‘old soul’ as well, and states: “To be honest, I feel more comfortable dealing with adults, who understand the projects I’m proposing.” We hope his project inspires other kids of his age and beyond that they are indeed capable of creating projects and ventures that make the world a better place, and motivate children to take the power of whatever finances they have access to into their own hands. After all, to paraphrase what Quisocala says, it’s not about their future; it’s about their present.

Young Girl, Old Soul: *meet* HANNAH ALPER

By Maya Penn



I 6 year old activist, blogger, motivational speaker, and author Hannah Alper is truly a testament to the power of speaking up and speaking out. At 9 years old she launched her blog Call Me Hannah to share her concern and passion for environmental issues. She believes and lives by the idea that “we all have the capacity and responsibility to create change” and it’s clear to see that her calls to action resonate deeply with others.

Though she is based in Toronto Canada, she has gone cross country in North America speaking for 3 WE Day Tours and to speak at schools, conferences and more. She has also spent time Kenya with the organization ME to WE and Costa Rica with National Geographic. Hannah Alper is no doubt a powerhouse and a force to be reckoned with. Here’s my utterly inspiring Q&A with her.

Was environmental activism always part of your life?

When I was 9, I started a blog but I had no idea what I wanted it to be about. My parents told me my blog had to be something I was passionate about, something I wanted to tell the world. I’ve always loved animals. I have two dogs and I’ve never walked by a dog without asking if I can pet it. They’ve been a huge part of my life. My love for animals started introducing me to issues like deforestation and animal habitat loss. I got really upset by this, but I turned that devastation into motivation and action. I never thought ‘I’m only 9. I can’t solve the world’s problems’ — because I knew that if I could convince people to take steps in their own lives to take action, it would create tangible change. Ever since then, my goal has been to inspire people and let them know that regardless of anything, they have the power and capacity to change the world.

What achievements are you most proud of so far?

Definitely my book, *MomentUs: Small Acts, Big Change*. It was the biggest way I could amplify not only my message, but the journeys and messages of people that I’m inspired by. My role models. I interviewed 19 people, each with a different issue and gift. I interviewed incredible changers and entrepreneurs like activist and Nobel Peace Prize recipient Malala Yousafzai, TOMS shoes founder Blake Mycoskie, actress Lily Collins, Youtube Personality and actress Lilly Singh and an awesome girl named Maya Penn!

Another accomplishment that stands out to me was being nominated by Lilly Singh for Bloomberg’s 50 One To Watch In 2018. I was the youngest person on the list by at least 10 years. Last December, I attended the Bloomberg gala and it was so surreal. At the gala, I was seated with prestigious, well-known people who I’m in awe of and I was talking to them as a colleague. Being the only young person (on the list) proved that young people aren’t just the leaders of tomorrow



but also today. I was proud to represent our world changing generation.

Do you think being a Gen Z activist comes with it’s own unique challenges?

Anyone that’s successful has faced challenges along the way that lead to a success. Being a youth activist definitely comes with obstacles, one of them being that some of my peers look at my activism super negatively. They tease me about it and 8th grade was especially hard. It even came to bullying. When I said something about it, some people would mockingly be like ‘Oh are you gonna go write a blog post about it?’. So, I did write that blog post. It was called ‘Sticks and Stones May Break My Bones, But Words Will Stay Forever’. Ever since, I have chosen to ‘kill ‘em with kindness’ and I have never wished that my life could be different because I love what I do and I know it matters.

If you could change one thing about the state of our world or society, what would it be?

I would give every child around the world an education. Quoting Malala Yousafzai, ‘One child, one teacher, one book and one pen can change the world.’

What’s next?

I’m gearing up for an initiative called #FeedTO, focused on feeding people experiencing homelessness in Toronto. I’m partnering with different companies that are providing clothes, food, dog food and more so we can inspire more people to give back during the week of love since the event is taking place on February 11th. It’s a passion project I am so excited about! I’ll be using social media throughout that day so stay tuned!

Learn more about Hannah Alper’s work at callmehannah.ca



ILLUSTRATING

Port Douglas

By Chiara Spagnoli Gabardi

Where the Rainforest Meets the Reef

Queensland is a treasure trove of Mother Nature's utmost beauties; a place of fairytale settings and uncontaminated wonders. I had the chance to visit Port Douglas during Eco Fashion Week Australia and discover some of the most mesmerising places on Earth, through excursions organised by Tourism Port Douglas Daintree.

The Great Barrier Reef

The Great Barrier Reef is known as one of the seven wonders of the world, representing the world's largest coral reef system with almost three thousand individual reefs stretching for over 2,300 kilometres — this is the planet's biggest single structure made by living organisms.

Quicksilver Cruises grant the opportunity to truly engage with the magic of this marine realm, which is an important place for local groups' cultures and spirituality.

Once you board the wavepiercing catamaran, the vessel and a friendly crew will take you out into the ocean at the very edge of Australia's Continental Shelf. You will be provided with snorkelling equipment from the storage containers on the platform, to dive into the underwater world and discover the abyss, whilst swimming amongst turtles, clownfish and baby sharks. If you want the entire mermaid experience, you can also opt for scuba diving or helmet diving, like a real deep-sea diver.

For those who are less adventurous and want to gaze at the dazzling kaleidoscope of colour and brilliance of the Agincourt ribbon reef



without getting wet, there is an underwater observatory. Here you will see dancing before your eyes from behind the glass, butterfly fish, parrot fish, angel fish and elegant nudibranchs and coral gardens.

One of the most fascinating experiences I have ever had is visiting the Daintree Rainforest with Ngadiku Dreamtime Walks. This is a "must do" for every visitor that comes to Mossman Gorge and wants to engage with the local Indigenous people.





Ngadiku (Nar-di-gul) means stories and legends from a long time ago in the local Kuku Yalanji language. My guide was Mooks (that means friend in the Kuku Yalanji language) who lived in the woods until the age of 16. After welcoming my group with a 'smudging' ceremony to cleanse our aura and ward off bad spirits, he led us through 180 year old forest (it's older than the Amazon!)

Mooks explained the healing powers of certain plants to us - who knew that clay could harden the bones, that plants could be used to cure migraines, and that a certain nut could act as soap?

After our tour, we indulged in a lovely tea, served with dampers (Australian scones), butter and jam, and concluded our enchanting day.

Wildlife Habitat

Another extraordinary venue to gain a full grasp of Australia's incredible nature is the Wildlife Habitat.

Unlike zoos, this place allows visitors to experience a wildlife via full immersion in natural habitats. Guests and animals mingle in a spacious natural setting. In fact, the Wildlife Habitat has an Eco Certification that attests to its sustainability.

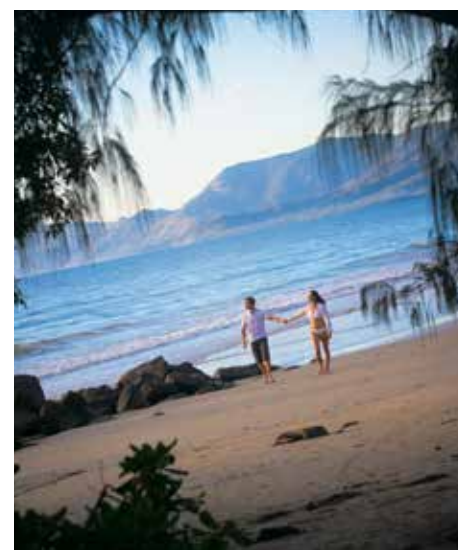
I wandered along elevated boardwalks, observing crocodiles from the predator plank, and heard chirping polychrome birds flying overhead the whole time. I hugged a koala, hand-fed a kangaroo, and saw first-hand the exceptional animals that can be found only in Australia, including wallabies, wombats and cassowaries. This ecotourism experience will conquer children and adults alike.



Brett's Outback Tasting Adventures

Last but not least, the area around Port Douglas offers a great opportunity to delight the tastebuds. Brett's Outback Tasting Adventures started our tour at the Tjapikau Aboriginal Cultural Center where we sampled rare tropical fruits such as lilly pilli, dragon fruit, finger lime and pomegranate. From there, we moved on to Jaque's Coffee Plantation. 85,000 Arabica Coffee trees grow in their rich soils to produce a smooth and vibrant flavour.

Our gastronomic journey continued to Mount Uncle Distillery for a delicious fresh lunch of local produce and a taste of their award winning liqueurs and spirits. Gallo Dairyland offered us some exquisite cheese and chocolate tasting, and the climax of our trip was held at the Golden Drop Winery, where we tasted Mango Wine.





Chill Out At The Icehotel, Sweden



Wilderness Dinner © Asaf Kliger



Icehotel #29- Art Suite 'Spruce Woods' by Christopher Pancoe & Jennie O'Keefe. Image by Asaf Kliger



Icehotel #29- Art Suite 'Haven' by Jonas Johansson, Jordi Claramunt & Lukas Petko. Image by Asaf Kliger



Icehotel #29- Art Suite 'Flock' by Lisa Lindqvist & Ulrika Tallving. Image by Asaf Kliger

For those who are well travelled – who have been there, done that – there's one hotel that must be on your bucket list, and that's Icehotel Sweden. Once reserved only for the intrepid, Icehotel has become ever-more luxurious, and artistic, too. The concept was launched in the 1970's by Yngve Bergqvist, who ran a summer resort offering white-water rafting, saunas and traditional

meals to visitors. But once the warmer season was over, no guests would come to witness the beautiful winters in Jukkasjärvi. Inspired by the Japanese ice sculpting tradition, Bergqvist invited artists to attend a workshop in 1989 to create a building made entirely of ice.

The igloo palace — which was initially meant to serve as an art gallery called “the ARTic Hall” — became so popular that it was also used for church services, film showcases and a bar. One evening, a party of guests asked if they could stay the night with reindeer skins and sleeping bags to keep them warm, and woke up refreshed and enthused by the experience. This serendipitous occasion gave birth to a new kind of travel experience and building technique, which was refined and patented in Sweden and Norway.

Creating a new ice hotel is definitely a sustainable process, but it takes over a year to do. The first step is to harvest 2,500 tons of ice from the Torne River in March, and then store it until October, when the building starts. The entire Icehotel is made out of “snice” (a mixture of snow + ice), and with the advent of spring it slowly melts. Each different hotel is a love letter to natural cycles.

2019 marks the 29th annual incarnation of the ephemeral hotel,



Icehotel #29- Main Hall by Marjolein Vonk & Maurizio Perron. Image by Asaf Kliger

which will stand for only three months. This year's snow castle was brought to life by thirty-four artists from thirteen countries who spent a fortnight in Jukkasjärvi. The total amount of ice used by the hotel equals 10 seconds' water flow along the River Torne, indicating the potency of this body of water.

You may either choose to fly to Sweden and then to the Icehotel, or take an exclusive Iceflight with Discover the World (the UK's leading independent specialist travel tour operators). This option offers the only direct flight to the Icehotel from the UK, departing from London Heathrow to Kiruna.

If you decide to spend the night here, you'll be utterly entranced by a variety of phantasmagorical features, including a candy shop filled with giant sweets; a flock of Arctic terns; a bathing ice woman, and an aquarium. You'll marvel at twinkling chandeliers that hold 1000 ice crystals, sculpted and mounted by hand. And you'll be surrounded by 30,000 cubic meters of 'snice' — the equivalent of 110 million popsicles — used for the floors, ceilings and walls of the hotel.

There's plenty to keep you busy, too, with snowmobile excursions, husky sledding, ice plunging, cross country skiing, reindeer sleigh rides, Northern Lights photography classes (and why not get a collage maker for your pictures?), wilderness dinners and of course, ice sculpting classes.

A stay at the Icehotel offers the chance to combine sleeping 'on ice' in unique suites, like the one designed by British father and daughter duo Jonathan Paul Green (TV production designer) and Marnie Green (London-based art student). Their 'Living Ocean Suite' depicts an eerie underwater world inspired by the negative effects of climate change and overfishing, complete with ice-carved corals, shells and fish.

Other designs allows guests to sit around a fire (of ice) in a forest camping site adjacent to a vintage VW camper van; be immersed in a magical portal of ice guarded by a clever fox and fiery phoenix, or enjoy the icy Aurora Borealis surrounded by frozen flower blossoms.



Ice Sculpting © Asaf Kliger



Cross Country Skiing © Markus Alatalo

Whether you were fond the Snow Queen or Elsa from Frozen during your childhood, or simply always dreamed of seeing the Northern Lights, a stay at the Icehotel allows you to re-write your own winter wonderland fairytale.

IN PICTURES:

The London That Could Have Been



As the capital city of England, London has some pretty iconic architecture and landmarks. From Big Ben to the Tower of London, it's estimated that over 20 million tourists visit the city each year to take them all in.

But how would London look if these landmarks were different? To find out, we've unearthed plans for some of the capital's most ambitious construction projects that unfortunately never saw the light of day. Bringing to life plans for new transport infrastructures, alternative landmarks and lost buildings, we've showcased five of the most jaw dropping designs that would have completely changed the landscape of London. This is the London that could have been...



Central London Monorail

Given the current traffic problems in the capital, it's a shame this one was never given the green light. In the late 1960s, bus use within the city was on the decline, with residents of London preferring to commute via personal vehicles, causing congestion.

As the buses were mostly empty vessels taking up valuable space on the road, the plan was to get rid of them altogether, with the Central London Monorail taking over public transport duties.



Westminster City Airport

Back in 1934, plans were drawn up for an airport above the River Thames to provide London with a new transport hub in the heart of the capital – ideal for national and international business travel.

As the design from Popular Science Monthly (1934) illustrates, this airport would have been situated right next to the Houses of Parliament, in between Westminster Bridge and the relatively new Lambeth Bridge.

According to the project specifications, the airport would have been tall enough to accommodate the, "tallest masts of ships" (p28 Popular Science Monthly) and long enough to land a single propeller aircraft.

Additional aircraft and fuel storage would have been housed underneath the runway, with the upright support pillars containing elevators to enable travellers to reach the ground safely after landing.

For the purpose of this design we have made a couple of modern upgrades. Given the proposed runway was rather short, we have taken inspiration from contemporary aircraft carriers and added a ramped runway to aid take offs.

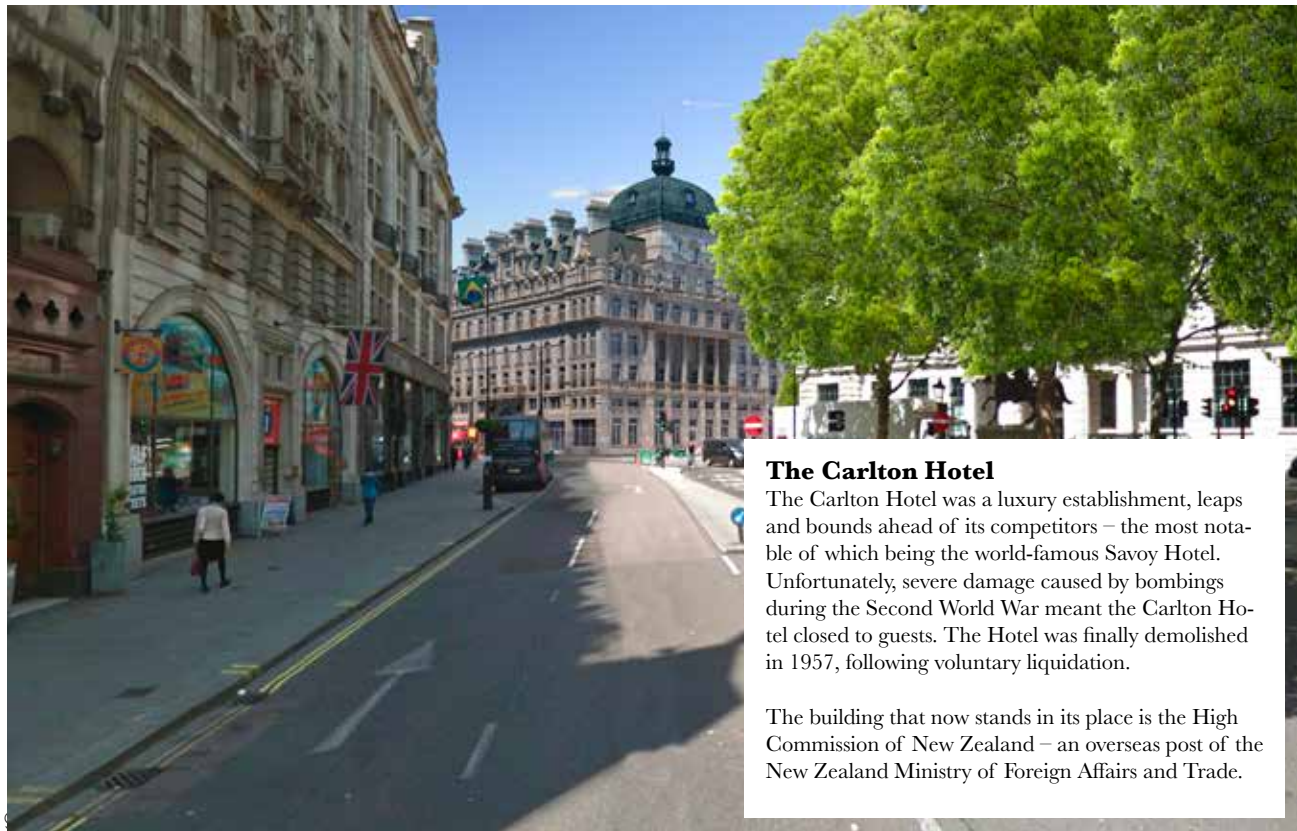
Furthermore, to make full use of the River Thames, we've also added a riverside check in lounge for those wanting to beat the traffic and enjoy a luxury waterside reception.

Trafalgar Square Pyramid

Approximately two hundred years ago, plans were put in place to build a 300ft pyramid right in the centre of London to commemorate the victories of the Battle of Trafalgar and the Battle of the Nile. Blueprints for the monument reveal that the building was to be taller than St Paul's Cathedral, with 22 steps

paying tribute to each year of the two Anglo-French wars.

While no specific location was marked for the monument, it was decided that the top end of Whitehall would be suitable. As it so happens, in the 1820's this land was cleared to make way for what we now know as Trafalgar Square...



The Carlton Hotel

The Carlton Hotel was a luxury establishment, leaps and bounds ahead of its competitors – the most notable of which being the world-famous Savoy Hotel. Unfortunately, severe damage caused by bombings during the Second World War meant the Carlton Hotel closed to guests. The Hotel was finally demolished in 1957, following voluntary liquidation.

The building that now stands in its place is the High Commission of New Zealand – an overseas post of the New Zealand Ministry of Foreign Affairs and Trade.

The Victorian Skyscraper

In 1851, in the midst of a manufacturing boom, England hosted the Great Exhibition in Hyde Park to showcase over 100,000 revolutionary and contemporary creations to its trading partners from around the world. All housed in a huge temporary structure made of glass and iron, the building became known as the Crystal Palace.

Once the Exhibition finished, the building was relocated to Penge Place in Sydenham (since renamed to Crystal Palace Park) where it stood until 1936 when it was destroyed in a catastrophic fire.

However, before the Crystal Palace was moved to Sydenham, an alternative proposal was put forward on what to do with the huge amount of glass and iron. Charles Burton pitched a 1,000ft skyscraper not too dissimilar in design to the modern skyscrapers we see today.

As this structure would have been the same height as The Shard, a vertical railway was proposed to carry visitors to the top and back down (what we now think of as an elevator).

Fortunately the skyscraper was never built, as modern architects believe that the building would have most likely collapsed under its own weight.

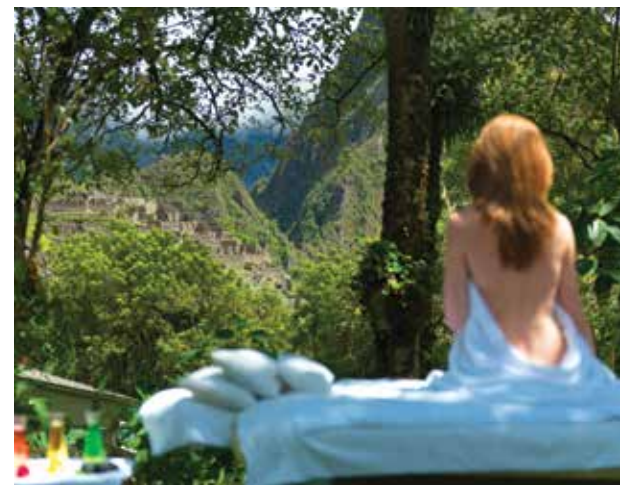


Location, Location, Location

BELMOND

Sanctuary Lodge

By Chere Di Boscio



direct views of the Huayna Picchu Mountain. For those who found climbing Machu Picchu a bit demanding, aromatherapy massages are available at the spa. Guests can dine à la carte at Tampu Restaurant, with large sliding windows and panoramic views of the lush jungle. Alternatively, the Tinkuy Restaurant offers Andean flavours and has rustic stone interiors and a fireplace.

One core highlight of our stay included the fact that the concierge saved the day - we thought we had booked our tickets to Machu in advance, but apparently the card details didn't go through properly and our reservation was not confirmed. We would have ended up having gone all the way to the site, without any means of entering it - had it not been for the Belmond's help. Eventually, the whole fiasco was sorted and we enjoyed an afternoon marvelling at not only the ancient ruins, but the jaw-dropping beauty of the verdant nature surrounding them.

After spending the day atop the mountain, we retired to the hotel for a lesson on how to make the perfect Pisco Sour, and a history of the drink, given my the Belmond's charismatic bartender, Victor. The class, of course, involved tasting the grape-based alcohol, and by the time dinner rolled around, we were feeling pretty good. Luckily for me, there was a vegetarian menu that offered asparagus and mushroom ceviche, veggie curry, and mushrooms and potatoes in a Peruvian chili and cheese sauce, so I could refuel with healthy food after a very busy day.

It was only a short stay here - 24 hours, to be exact - but our time spent at Machu Picchu was memorable thanks to the Belmond. For the price, it may not be the poshest place, but luxury has many definitions for different people. There's no doubt that if convenience, locating and saving time are priorities for you, the Belmond Sanctuary lodge is about as luxurious as it gets.



There are some hotels in the world that are blessed with privileged locations: the Sheraton in the heart of Iguazu Falls, Argentina; the Fairmont, on the base of Canada's stunning Lake Louise, and the Ritz at the centre of Place Vendome in Paris, for example. But one hotel whose location really stands out is the Belmond Sanctuary Lodge.

Located at the base of one of the Wonders of the World in Peru, this is the only hotel set right beside Machu Picchu. Whilst throngs of tourists make their way to the stunning mountain via bus every day, guests at the Belmond are able to drop their luggage off in their room and simply walk up to behold the splendors of the ancient Inka ruins.

The lodge itself is comprised of cozy rooms with incredibly comfortable beds, surrounded by landscaped ponds; some rooms have





Boho Beach Chic Heaven

Welcome to Kichic

By Chere Di Boscio



I have a confession to make: I am not much of a beach person. I don't know how to swim very well, and avoid the sun at all costs to protect my skin. Sand and sea looks pretty much the same to me everywhere, and when I'm on holiday, I prefer exploring the cultural centres of cities, or going on a yoga retreat where the sun doesn't punish you if you step out at noon.

That being said, there's something special about the grandeur of the ocean: its size, its power, its murmur. Plus, my husband's 'happy place' is beside the sea. So when we do choose to go on a beach holiday, for me, it's all about the hotel.

A superlative beach hotel, in my mind, is a destination in itself. It should have a strong personality (no corporate chain hotels for me!); intimate, hidden corners you can curl up in with a book; incredible views, unique, healthy food - and of course, it should be environmentally conscious.

I found a sweet boutique hotel - KiChic in Las Pocitas, Peru, that ticked all of those boxes. Located one hour from the bleak oil town of Talara, the place was founded by a pioneer in the area, Cristina Gallo, who was attracted to the area's long stretches of isolated - and at the time, rather desolate - sandy beaches. Deciding she wanted to raise her five children there, Cristina bought some property and set out to 'greenify' the place.

Neem trees, aloe vera, honeysuckle and other flora were artfully planted and an organic food garden was installed. To construct KiChic, part of which is still her home today, Cristina used sustainable, natural materials like adobe, eucalyptus wood and stone.



She based KiChic on two core concepts: Ki, which is like 'chi' - the spiritual concept of the life force that flows through all things. The 'Ki' part of the hotel is exemplified by the vast, open yoga studio, where daily classes are held each morning; in the positive affirmations subtly placed around the hotel, and in the sumptuous vegetarian menu that offers Peruvian specialities like causa (mashed potatoes topped with avocado and diced tomatoes); zucchini ceviche; Peruanita salad (Andean potatoes, greens, lentils and corn topped off with a cheesy chilli dressing) and my favourite, malfatti (spinach dumplings smothered in a pomodoro sauce).

Ki is also seen through the hotel's energy healers. I was given reflexology by Oscar, a ridiculously handsome and soulful practitioner whose hands sent my body on a journey of pain and pleasure, after which I felt utterly renewed.



The Chic part of Cristina's boutique hotel concept is visible in the unique, artisanal decor - much of which was created by the owner herself. It's a study in creativity: there are lamps made from paper and pebbles; decorative items made from used tea bags and feathers; and tie dyed cotton pillows scattered over wood framed sofas.

But that's not to say the hotel is rustic; far from it. Luxury abounds here by way of alpaca blankets, Pima cotton robes' thick cotton towels and dense thread count sheets supplied to each room. And speaking of rooms, there are only six here, and each one has a special feature, be it a private plunge pool or particularly spectacular garden. Ours boasted a patio that stretched out to the sea from our bedroom, allowing us to marvel at the setting sun each evening.

Besides surfing and other water sports, yoga classes and spa treatments, there's plenty to do: there's a cozy reading room with a well stocked library and comfy mattress; board games to play, and for those who don't mind crowds, you can take a taxi to the nearby town of Mancora to shop for (rather tacky) souvenirs.

But in all honesty, I had no desire to do anything but enjoy the beauty of KiChic. It's a hotel that's so charming, so well located, and so well run, it truly is a destination in itself.

For more information or to book please visit www.kichic.com



All Hail KALE!

*BBC presenter Tim Samuels cuts through
the crap about food fads*

Tim Samuels is an award-winning documentary maker, broadcaster - and a sucker for any health fad that comes his way. He's the entertaining voice of sanity in a new BBC podcast called 'All Hail Kale!' that cuts through the hype and hysteria of the three-trillion-dollar wellness industry. Tim investigates which foods, therapies, gurus and lifestyles you should be embracing, and others which are just plain nonsense.

In each episode of his six-part podcast, Tim is joined by different wellness experts such as Gretchen Rubin and Dr Michael Greger as he explores extreme diets, whether you can eat yourself happy, undergoes brain rewiring, alters his gut, faces the truth about scary dairy and uncovers the dream anti-aging routine.

The first episode will be available on BBC Sounds from 1 January with new episodes every Monday.

Here, he shares why you needn't worry too much about dairy, why the potato is mighty, and which foods he'd recommend in an apocalypse.

Why did you feel it necessary to launch this podcast in the first place?

We get so much advice to eat this or that, follow this fad or the other - but you never know who to trust and what's actually going to work. Wellness is a free-for-all where anyone can set themselves up as an expert. So I wanted to bring some journalistic rigour to wellness - with proper experts - and really find out what we can all do to make ourselves healthier, happier, and even age better. So at least you know you're not wasting your money on the next fad that comes along.

What are some of the biggest food myths you've debunked over the course of the podcast so far?

Milk is such a hot topic these days - but it seems like as adults we don't actually have any need to drink it, even for calcium. Hmm, drinking lots of water doesn't stop you from ageing... And if you had to survive for the longest time off only one food it'd be potatoes - though you'd probably lose your eyesight and get all sorts of illness on a spud-only diet.

Knowing what you know, which global culture would you say does nutrition the best with their typical diet? Worst?

It gets a lot of hype - and the Mediterranean diet still seems to be very strong. But the foods our ancestors once would have eaten as hunter-gatherers would have gone down a storm with the gut: having loads of variety and diversity, still eating foods that have (non-fertilised) soil on them - all of which does wonders for the trillions of bacteria in your gut which are so crucial to our own health. Worst - the modern American hyper-processed diet, where cheese comes out of a can, leafy greens barely get a look in, sugar is in everything, and sodas are the size of a small car. When I'm filming in the US I always put on half a stone - even though I make an effort to at least find a kale leaf.

I love the idea of the Doomsday Diet - the foods you should hoard if there's an extreme event. What would be in your pantry?

Mountains of dark chocolate. I've gone from being a 60% kind of guy to the seriously hard stuff. 85% Green & Blacks is about as

low as I go - there's a 92% Montezuma's with cacao bits which is outstanding. And then nudging up to a 99% fix. You'd also have to have some apple cider vinegar in there - as it seems to do wonders (maybe even with a mushroom cloud). And to keep the gut chipper as the world ends, some kombucha, kimchi and sauerkraut could join me in the bunker.

What's your guiltiest food pleasure?

Cheesecake. I could happily intravenously take in proper New York cheesecake with that delicious biscuity base. Which perhaps explains that half a stone.

In the Beat Your Brain episode, you aim to transform from an owl to a lark through neurofeedback therapy. Did it work in the long run?

My sleep has definitely improved. I'm not waking up as much during the night now - and I've got better concentration during the day. I don't want to jinx it, but mornings are feeling more tolerable - though I still pray I don't bump into anyone I know on the Tube.

The beauty industry is full of outrageous claims. What advice do you have that really works for those looking to turn back the clock a bit?

I guess prevention is the best bet - and that really means keeping unprotected sunlight at bay with a serious SPF of 50, even when it's cloudy outside. And preferably separate to a moisturiser - which probably won't do much in any case.

What was it like meeting some modern-day 'gurus' on your show, like Deepak Chopra and Tony Robbins?

I saw Tony Robbins perform in New Jersey at a stadium packed full of incredibly excited Americans - who had a real thing for high-fiving. But by the end, my British cynicism had melted away - and even I left jotting down changes I was going to make in my life. Whilst Tony is high-octane, Deepak has a more serene presence. The stuff he talks about is fascinating and inspiring - especially around how we're not so beholden to our genes, and what the future of rewiring your brain might have in store for us.

Who would be some 'dream guests' you'd like to get on the show next?

I love meeting the scientists who've been burrowing away for years on something obscure - then hit on a breakthrough which could change our lives. Like a scientist who was doing poop swaps with mice who might have found a probiotic that can help improve your mood. So more of those obscure scientists please. And it'd be fun to do a meditation and meaning of life session with the Dalai Lama, if he's at loose end one day.

What future plans do you have for the podcast?

Hopefully to keep going! There are so many different areas of physical and mental health to look into. We're living in a time when the news is so depressing, yet there are some amazing breakthroughs and insights happening that could really affect our lives. And it'd be great to get more involved with the audience - and see what they want me to look into, if anyone has any suggestions...

How To Go VEGAN

By Chere Di Boscio

After being diagnosed with Polycystic Ovarian Syndrome and endometriosis, chef Bettina Campolucci Bordi reconsidered her lifestyle and began to adjust her approach to food. Looking at ways to heal her body and mind, she soon set up health retreats and workshops worldwide and started documenting all her recipes on bettinaskitchen.com.

She currently hosts successful workshops where she teaches people about how different foods can affect mental health, wellness and female health in particular. During the workshops, Bettina teaches how to make your own cheese, bread and milk without dairy or gluten/wheat, and how to use foods that last for weeks in the fridge for single people or families.

She is also determined to teach the nation that junk food isn't always the cheapest option for many families, and shows her fans how to make cheap, tasty and nutritious food.

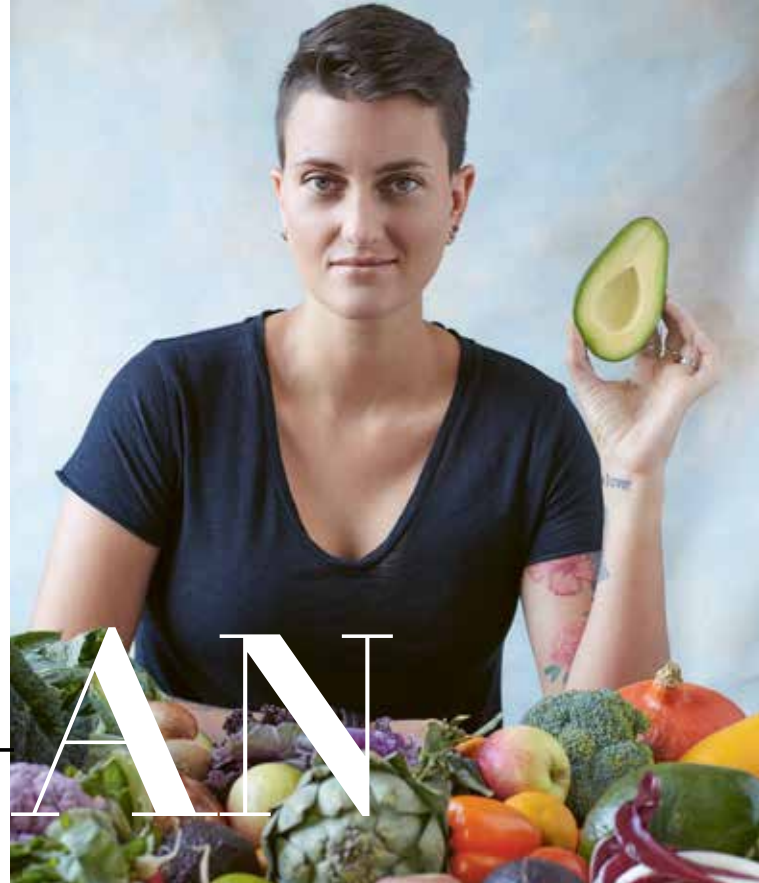
Here, she gives us some advice on how to transition into veganism, and shares some of the recipes from her new book, *Happy Food*.

What would you say to someone that is vegan curious?

If you are curious about veganism, I think the best thing to do would be to just give it a good go. You don't know what it's like until you try it! Start off by stocking up properly with plant foods. Sign up to a vegetable box scheme where you get veggies delivered a few times a week - I'm talking lots of great varieties of veggies, nuts, seeds, pulses - the basics. Even if you don't fully dive into veganism, perhaps try and do 5 days a week to begin with and see how you feel. A little veganism can go a long way.

What are your top tips when cooking a vegan dish?

Be generous on all counts. I love using great olive oil as something that gives flavour and is something people are unnecessarily scared



of using. Include a variety of plant foods into your dishes - the more the merrier. Texture is super important: crunchy, creamy and fresh. Imagine a vegetable curry that has a lovely creamy raita to go along with it and some toasted nuts, seeds and coconut flakes to top it off with along with bursts of pomegranate seeds. All of those components matter. Use spices and herbs generously to spice and flavour dishes - no one wants to eat bland food, let alone if you are embarking on veganism. Furthermore don't over cook your veggies, timing is everything. For example, when I make a veggie curry, I cut up my vegetables according to cooking times. Potatoes in smaller pieces and courgettes in bigger as they cook at different times. Last but not least have fun in the process, don't see this as deprivation and what you "can't have" but more of an opportunity of endless options of foods that you haven't yet tried or had the pleasure of experiencing!

Which foods would you recommend as meat alternatives?

I have never been a big fan of "meat substitutes" or soy products. Instead, I have tried to use plant foods to mimic textures and flavours. I use pulses, grains and seeds, flavoured with spices and herbs throughout a lot of my cooking. For example, I do a "non meatball" that includes black beans, oat bran, onion, thyme and brown rice. The rice mimics gristle and give the meatballs a textured dimension that does not just consist of mushy beans. That principle is something I follow as much as possible in my cooking and recipe development. This year, jackfruit is really on trend when it comes to "meatiness" it has great texture, absorbs flavour well, and is easy to work with. If you still want to give soy products a go, then choose good quality products. If I had to choose, I'd prefer to eat and work with tempeh, which is a type of textured, fermented and pressed soybean. I use it in cooking when I do retreats in Bali when I worked in Japan.

What's your latest project as a chef?

I've just published a book called *Happy Food* with Hardie Grant. Nassima Rothacker did the photography. It's packed with great recipes, and I hope more people will be encouraged to go vegan after reading it!

Chickpea Omelette, Rocket, Avocado & Mango Salsa

Makes 1 big omelette for 1

- 70 g (2 1/2 oz / 1/2 cup) chickpea (gram) flour
- 125 ml (4 fl oz / 1/2 cup) water
- 1/2 teaspoon salt
- a small pinch of ground turmeric (for colour)
- 1/2 tablespoon apple cider vinegar
- 1/2 teaspoon bicarbonate of soda (baking soda)
- 1 shallot, finely chopped
- 1/4 red (bell) pepper, finely chopped
- olive oil, for frying

For the filling

- handful of rocket (arugula) or baby spinach
- 1 avocado, sliced
- 1 small spring onion (scallion), chopped
- 1 tablespoon pomegranate seeds, optional

For the mango salsa

- 1 tomato, finely chopped
- 1/2 mango, flesh finely chopped
- 1 tablespoon chopped coriander (cilantro)
- salt and black pepper, to taste
- 1/2 red chilli, chopped
- drizzle of olive oil

Start by putting all the omelette ingredients into a bowl except for the shallot and pepper.

Give everything a good mix and set aside for 10 minutes.

Meanwhile, make the salsa. Add all the ingredients to a bowl, give it a good mix and set aside.

In a hot frying pan (skillet), add a drizzle of olive oil and fry the shallot and pepper for about 5 minutes.

Next, add the omelette mixture to the pan exactly as you would a traditional omelette and make sure it is evenly spread over the base. Fry for 5 minutes and then flip it over to cook the other side.

Get out a serving plate and transfer the omelette to it. Add one handful of rocket on one side, a spoonful or two of mango salsa, some sliced avocado, some spring onion and the pomegranate seeds, if using. You can choose to eat the omelette flat or fold it over on one side so that it's shaped like a half moon. This recipe is best eaten and served immediately.





Korean Pancake With Sliced Roots & Chilli Sweet & Sour Tamari

Makes 1 big pancake, serves 2

Ingredients

- 70 g (3 oz / 1/2 cup) Gluten-free Flour Mix (see page 146)
- 160 ml (5 fl oz / 2/3 cup) water
- pinch of bicarbonate of soda (baking soda)
- olive oil, for frying
- 100 g (3 1/2 oz) asparagus spears (1/2 bunch), sliced lengthways
- 1/2 leek, sliced lengthways
- 1 carrot, chopped into thin sticks

For the dressing

- 60 ml (2 fl oz / 1/4 cup) tamari soy sauce
- juice of 1/2 lime
- 1 tablespoon sesame oil
- 1 teaspoon maple syrup
- 1/2 garlic clove, peeled and grated

To serve

- 2 spring onions (scallions), chopped

- black or white sesame seeds
- coriander (cilantro), optional

Start off by mixing all the ingredients for the dressing in a small jar, pop the lid on, give it a shake and set aside.

In a bowl, mix the flour, water and bicarbonate of soda and set aside.

Heat some oil in a frying pan (skillet) over medium heat. Add all the veggies and fry for 5 minutes until brown.

Spread the veggies out evenly in the pan and pour over the batter until you have a big pancake.

Cook for 5 minutes on each side until crispy and golden brown.

Serve immediately, cut into slices, topped off with the spring onions, sesame seeds, coriander and the amazing dressing alongside.

One-Cup Sticky Banana Bread

Ingredients

- 2 carrots, peeled and sliced
- 200 g (7 oz / 2 cups) almond flour
- 140 g (5 oz / 1 cup) Gluten-free Flour Mix (see page 146)
- 250 ml (8 fl oz / 1 cup) Almond Milk or any plant milk, shop-bought or home-made
- 200 g (7 oz / 1 cup) coconut sugar
- 125 ml (4 fl oz / 1/2 cup) melted coconut oil
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon bicarbonate of soda (baking soda)
- 1/2 teaspoon ground cloves
- 1 teaspoon ground cardamom
- 1 teaspoon vanilla pod (bean), scraped, or ground vanilla
- pinch of salt

To serve

- Almond Butter, shop-bought or home-made
- dollop of Coconut Yoghurt, shop-bought or home-made (see page 142)
- your favourite fruits

For the topping

- 1 banana, thinly sliced horizontally into 3
- pinch of coconut sugar
- 1 ground vanilla pod (bean)

Preheat the oven to 180°C (350°F/Gas 4). Grease and line a 900 g (2 lb) loaf tin, or use a silicone mould.

Start by boiling the carrots, then once soft, purée in a food processor and measure out 125 g (4 oz / 1/2 cup) and set aside.

Add all the other bread ingredients to a food processor, including the puréed carrots and blitz together until you have a lovely smooth mixture.

Pour the mixture into the loaf tin, and place the banana slices carefully on top. Sprinkle over the coconut sugar and ground vanilla.

Bake for 40–45 minutes. When ready it should feel firm and a toothpick inserted into the centre of the cake should come out clean. Once out of the oven, let the cake cool a little, then turn it out of the tin and let it cool completely on a wire rack.

Enjoy as it is or with any of the serving alternatives, such as nut butter, a dollop of coconut yoghurt or some fruit.





EVENING

199Z Diversity Revisited

Sustainable Fashion on Exhibition
at Saatchi Gallery

By Chere Di Boscio



In an effort to elevate the insufficiently-crossed bridge between the fashion industry and academic research, the LSEU Fashion Society hosted a Fashion Show last October at Saatchi Gallery, showcasing the work of 9 emerging designers and award-winning collections.

This was the flagship event of a larger project entitled 199Z: Diversity Revisited, which aims to take a moment of reflection in both visual and intellectual discourses, and re-focus on the nuances and problems within discussions around 'diversity' overlooked at the current moment. The show begs us to ask the questions: what does the term 'diversity' really mean? What are we really trying to achieve here? What ideas surround and are evoked when one hears the word diversity?

This project began with two public academic panel lectures at the LSE in October—with panelists ranging from Sociologist of Fashion Dr. Joanne Entwistle and Political Anthropologist Dr. Mukulika Banerjee to Madeleine Østlie of AAMO Casting—and a series of video interviews over the summer with industry figures and creatives such as Caroline Issa, Crack Stevens, Alizé Demange and Helene Selam Kleih; engaging in this same critical discussions and questions and giving it a platform in lecture and documentary form.

Following on from these contributions were our 9 designers—Louise Poet (France), Jakeyoung Shim (Korea), Maddie Williams (UK), Yujin Pochkun (Ukraine), Sijia Wu and Ziyu Zhang (China), Memunatu Barrie (Netherlands/Sierra Leone), Timna Weber (Austria/Slovenia), Peiyang Zou (China)—themselves coming from a range of academic backgrounds.

The show manifested as a joining of forces between LSE students (who were the 5 main organizers and most of the models) and creatives (MUAs, stylists, photographers and models) from London's



LGBTBQ+ and POC communities. The catwalk show was a stunning reminder of the vastness and dynamism of the intellectual space behind a term and an end such as diversity. The beauty of seeing the artistic power in which the materialism and its aesthetics on display can communicate such ideas had the effect of not only evoking such a power to the viewer, it provided a visual ingress to the vastness of this intellectual space and the need to go searching for more within it—rather than simplifying it.

WWD**MAGIC's** Vegan Thanksgiving Brunch with **PETA**

In a season that is all about coming together, WWD-MAGIC, the largest womenswear trade show in the US, gathered top influential bloggers and celebrities in the fashion community for a Vegan Thanksgiving Brunch. This cruelty-free afternoon, filled with vegan entrees and cocktails from Plant Food + Wine Venice, celebrated the PETA x Coalition LA collaboration that is bringing animal-friendly outerwear to the industry. Representatives from WWD**MAGIC**, Coalition LA, and PETA spoke to the table, which seated Model and TV Personality Rachel McCord, Days of Our Lives Actress Sal Stowers, Actress and Blogger Samantha Gutstadt, and Founders of Conscious Living TV Bianca & Michael Alexander, to encourage a more ethical way of thinking.



MONDRIAN
LOS ANGELES

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THE FUTURE
*Sustainable
Fashion Events*

FUNKSHION'S

FUNKSHION's special edition platform, THE FUTURE, is a special edition platform focusing on the bigger picture of the fashion industry: eco-conscious brands, sustainability in development and how "influencers" can help change the way of and what consumers are purchasing.

They showcased the collections of eco-conscious and sustainable brands on The Setai Miami Beach last November 8 - 10. Featured designers included Argentinean brand Chain and an Eluxe favourite, Antidote collaborated with the Miami City Ballet School, subbing

their models with ballerinas for its runway show at The Setai.

Miami, the ground zero of warming and sea-level rises, was deliberately chosen for this series of events, which included hosting some members of the Global Fashion Exchange swap party.

Overall, the events were incredibly inspiring, and full-houses were seen at the Soho House and Setai. Each show had its own look and feel to it, inspiring even more people to choose sustainable fashion.





MANISH'S NUMEROSCOPE

(1.1.19 – 31.3.19)

Determining Your Life Path Number: Your Life Path number is derived from the sum total of the digits that make up your birth date. Begin by converting the month, day, and birth year to *single digits and adding them together. The total sum is further reduced by adding the remaining digits together until a *single digit is obtained. [*The exception to this rule is with the 'Master Numbers' 11 and 22 – i.e. November the 11th month, birthdays on the 11th or 22nd, or sum totals of 11 or 22. These numbers are not converted to single digits.] So, for example, if your birthday is the 17th of May, 1980, you would find your life path this way: 1+7+0+5+1+9+8+0=31, so take 3+1 to get 4.

1 Life Path No 1
This period starts with a whirlwind of activity that should keep you too busy to think very far ahead. Competition is high, but you come out on top if you are patient. Work should be very fulfilling though, and this is a good time to get some recognition there. Travel will be minimal, unless it relates to work or family. Your creative energy is high, and if you are single,

this is a great time for romance. If you're married, you will find lot of happiness with the family. **Favorable Dates: Jan 4, 5, 13, 14, 22, 23 Feb 4, 7, 11, 16, 22, 28 Mar 5, 10, 14, 19, 23, 28 Favorable Colors : Yellow & Green**

2 Life Path No 2
This is an excellent period for social activities with friends or lovers. It may be your time to shine. It would be filled with lots of opportunities for short trips. You'll be able to reach your goals more easily, though, it will be well worth your time and energy to put everything else aside. You may also find yourself studying or teaching something from February. Your perseverance in the love department pays off in a lovely way. Couples make interesting new sparks, while singletons can find someone to warm their heart in this period. **Favorable Dates: Jan 2, 6, 11, 15, 20, 24 Feb 3, 7, 12, 16, 21, 27 Mar 4, 9, 13, 19, 22, 27 Favorable Colors : Red & White**

3 Life Path No 3
This is a wonderful time to learn something new. You'll feel the need to expand your horizons, either through travel, moving or connecting with like-minded others. Basically, the universe is giving you the chance to break out of your rut and learn something new. Social opportunities at work may be fun to pursue too. It is a good time to cement a partnership or friendship. Expect long-distance friends and family to come along during the March weekends, making them especially merry. **Favorable Dates: Jan 1, 6, 10, 15, 19, 24 Feb 3, 8, 12, 17, 21, 27 Mar 6, 11, 15, 18, 21, 31 Favorable Colors : Blue & White**

4 Life Path No 4
This is a good time to work hard and to ask about raises and promotions. Big rewards start to roll in for you. This period will take your passion and aggression further, turning up the volume on your level of assertion. It also gives you opportunities in the realm of romance you can really sink your teeth into — the juicy kind that please both your emotional side and your intellect. Toward the end of the period, you might make a valuable connection with someone outside your industry. **Favorable Dates: Jan 3, 6, 12, 15, 21, 24 Feb 3, 6, 12, 15, 21, 27 Mar 2, 7, 11, 16, 20, 25 Favorable Colors : Yellow & Blue**

5 Life Path No 5
This is a time of work and if you are willing to put the time and effort in, you can accomplish a great deal and get both financial and social recognition. You shall have a very active life with home, family and career all demanding your time and attention. You might achieve especially good results in meditation or charity during this period. Relationship finds you beginning to focus on a special someone in earnest; it will either be very romantic or very combative. Take a good vacation as the period comes to a close. **Favorable Dates: Jan 1, 8, 10, 19, 20, 29 Feb 3, 9, 12, 18, 21, 26 Mar 2, 6, 11, 19, 21, 24 Favorable Colors : White & Purple**

6 Life Path No 6
This period begins with a real bang for on an emotional and physical high. Put your energy into something constructive so you don't antagonize people. Keep your relationships balanced. The period after 10th February gives added responsibilities at work, at home, and in anything else that you do. You will have the opportunity to establish a strong foundation in all that you do. This is perfect time to delve deeper into your personal romantic philosophy — and to realize giving up a little control and keeping your expectations flexible can bring unexpectedly fabulous results. **Favorable Dates: Jan 4, 8, 13, 17, 21, 26 Feb 1, 9, 10, 18, 21, 27 Mar 4, 10, 13, 18, 24, 31 Favorable Colors : Green & Blue**

7 Life Path No 7
You will need to make some financial decisions, but to make them on instinct because you will not have all the pieces. Making the right decisions can lead to positive growth in your career. Put your energy into something constructive and make it work for you. Your urge to find a place for everything and get everything in its place kicks in, especially as you think about realizing your sweet little romantic

resolutions. This is a good time to travel or move your residence or expand your social activities at home. **Favorable Dates: Jan 2, 7, 11, 16, 20, 25 Feb 6, 9, 15, 18, 21, 27 Mar 3, 9, 12, 18, 21, 30 Favorable Colors : Yellow & Green**

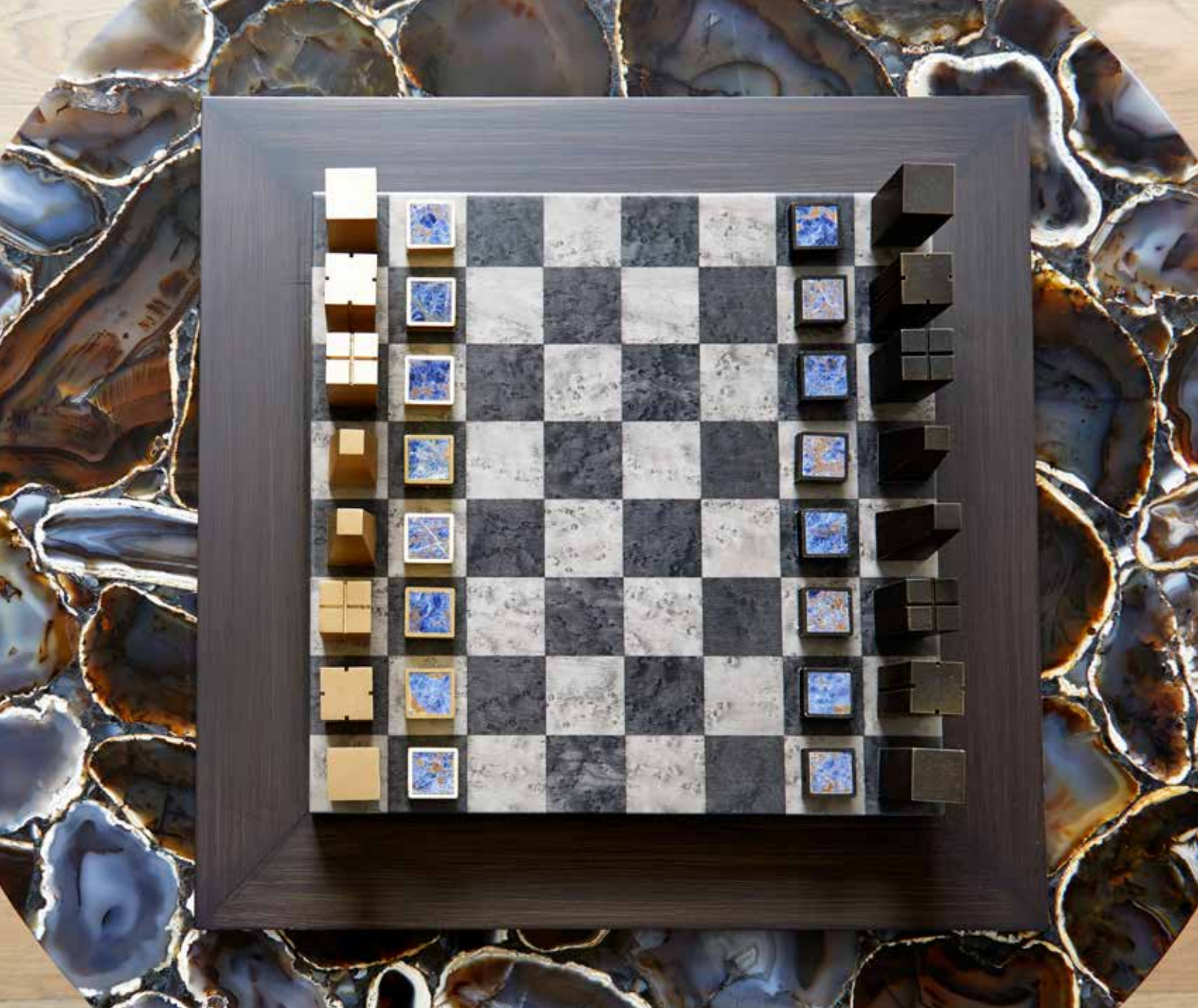
8 Life Path No 8
You should be able to take a breather in the beginning of the period. This period is wonderful for your creativity, and you find yourself doing a lot of behind the scenes work. This is a good time to communicate your goals and aspirations as well. Watch for someone who perceives your bountiful passion through your external reserve after 23rd February — and watch for things to progress beautifully. Those already coupled up may find their relationship rather suddenly at an entirely new level. **Favorable Dates: Jan 1, 6, 10, 15, 19, 24 Feb 3, 6, 12, 15, 21, 24 Mar 5, 9, 14, 18, 23, 24 Favorable Colors : Yellow & Red**

9 Life Path No 9
Things at work are beginning to take off in a big way and you may feel like you are a bit over your head. Things can move very smoothly around you if you follow your intuition. Finances require some creative planning. You are focused on a relationship and a soul mate or dream. You can make it happen if you think it through. Romantically anything can happen if you are looking for romance. You might even run into an old flame with passion. **Favorable Dates: Jan 2, 7, 17, 16, 20, 25 Feb 3, 8, 12, 18, 21, 25 Mar 4, 7, 11, 18, 23, 25 Favorable Colors : Purple & White**

11 Life Path No 11
This period gives an opportunity to move forward with your goals. Finances should be improving. This will bring you a new opportunity that will be exciting, and the ride will be exhausting but fulfilling. Your intuition, especially relative to career matters, is high. You would be thanking your lucky romantic stars and this period brings new sparkling joy to your heart. You will find your natural charm turned way up; the coupled up can enjoy some extra coziness, while singletons can attract someone as loving and loyal as they themselves are. **Favorable Dates: OJan 1, 7, 10, 18, 21, 30 Feb 5, 7, 14, 16, 23, 28 Mar 4, 10, 13, 19, 22, 28 Favorable Colors : Blue & Yellow**

22 Life Path No 22
You can shine all through the period. Your personal skills receive recognition. You might gain a new understanding of where you'd like to go. Your relationship is stable, but family concerns are an issue all through this period. If you are single, you may very well be pursuing that special someone. Keep an eye on your finances because they are wildly fluctuating all through the period. This period also finds you in caregiving mode, but you'll want to make sure the recipient is absolutely worthy of your attention before moving forward. **Favorable Dates: Jan 4, 5, 13, 14, 22, 23 Feb 4, 7, 11, 16, 22, 28 Mar 5, 10, 14, 19, 23, 28 Favorable Colors : Yellow & White**

Manish Kumar Arora, 91-9871062000
manish@manishastrologer.com.



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