

Cocoa

Woman

INCREDIBLE
WOMEN
CELEBRATION
Supplement

“DETERMINE
TO LIVE LIFE
WITH FLAIR AND
LAUGHTER.”

Maya Angelou



Super
woman
Judi Love

COCOA WOMAN

Is a 16 page supplement created to celebrate women's achievements during Women's History Month. We have hand-picked some amazing women to celebrate and have written this section in a child-friendly way but some content you may find is adult appropriate. We hope that you are encouraged by each phenomenal woman's story.

Judi Love photoshoot credits

Art Director - Serlina Boyd

Hair - Lorraine Dublin

MUA - Fyza

Stylist Director - Denise Brown

Stylist - Nadia Lewis

Photography - Garry Carbon

Cover image retoucher - @boydvisuals

Dress - @virgoslounge

Sponsored by
sofufree
FOR
NATURAL HAIR

JUDI LOVE

“LAUGHTER IS HEALING”

“YES YES PEOPLE! IT’S THE ONE LIKE JUDI LOVE.”

We love Judi, who is a stand-up comedian and presenter. Comedians are incredible because they have the ability to entertain an audience whilst making them laugh through jokes or telling stories from amusing situations they have experienced - which is not an easy thing to do. What we love most about Judi’s comedy, is that it can appeal to all ages.

When you have a gift that makes people happy, smile and laugh, it should be cherished - especially when there are so many things in the world that can make people sad. During the COVID-19 pandemic, Judi continued to make people smile despite the worrying situation. As well as stand-up comedy Judi is also a panellist on the ITV talk show, *Loose Women*.

JUDI’S CULTURAL BACKGROUND

Judi Veronica Thomas was born on the 4th June 1980, in Hackney, London. Her parents are from Jamaica, which is famous for its beautiful beaches, talented athletes, delicious food, music and culture. Judi often talks about her parents on television and often shares fond memories of her late mother. She believes that life is precious and you must live it with purpose.

MULTI-TALENTED JUDI

Judi took part in the *MasterChef Christmas Special 2021* and won with her Caribbean-inspired menu. Judi Love also competed in the 19th series of *Strictly Come Dancing*, finishing in tenth place. She brought so much life to the dance floor, that every Saturday she performed she had the crowd on their feet and the viewers at home glued to their TV. What a superwoman!

PHOTOGRAPHER CREDIT: GARRY CARBON

cocoa

Hair

JUDI HAS BEAUTIFUL NATURAL HAIR. HERE ARE SOME OF THE PRODUCTS WE USED TO STYLE HER HAIR:

1. CURL ELONGATING GEL

Sofnfree for Natural Hair Curl Elongating Gel with Flaxseed Oil & Rosewater defies shrinkage, stretches natural curls with definition, and maintains a no-crunch shine. It’s the way to go for gravity-defying moisture-infused curls..



2. CURLING CRÈME

Sofnfree for Natural Hair Curling Crème with Coconut & Jamaican Black Castor Oils will turn up the volume on curl definition, body, bounce, and shine - without weighing curls down. It also provides an abundance of moisture to help restore natural shine and enhance definition for curls, without shrinkage.



3. CURLING MOUSSE

Sofnfree for Natural Hair Curling Mousse with Flaxseed Oil & Rosewater is rich in Vitamin E to help nourish and soften hair. It delivers defined curls, coils, waves, and twist outs; provides hold and adds body; and leaves hair soft and conditioned.



SOFNFREENATURALS.COM

“ DETERMINE TO LIVE LIFE WITH FLAIR AND LAUGHTER ”
Maya Angelou

WHY IS LAUGHING SO IMPORTANT?

FUN FACTS

Laughter is a great form of stress relief, with the following benefits:

ORGAN STIMULATION - Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

STRESS RELIEF - Laughter cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. This results in a good, relaxed feeling. Laughter can also help lessen depression and anxiety, and may make you feel happier. It can also improve your self-esteem.

PHYSICAL HELP - Laughter can ease pain by causing the body to produce its own natural painkillers.

IMMUNE SYSTEM - When you think negative thoughts, they can create chemical reactions in your body, which can create more stress in your system, which decreases your immunity. Positive thoughts can release neuropeptides that help fight stress and potentially more-serious illnesses.

Sponsored by
sofnfree
FOR NATURAL HAIR

cocoa
Heroes

Live your

dream



66
MY HERO JUDI LOVE
Hi, my name is Faith. I loved meeting Judi Love. She is one of the most beautiful and funniest people I have ever met. She is a great role model and encourages younger generations to live their dream.

