

ELUXE

MAGAZINE



The Spring/Summer
Fashion Issue



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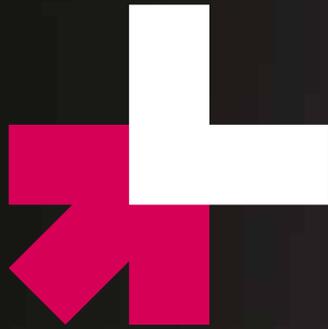


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HeForShe

IN BRIEF

HeForShe

UN Women Solidarity Movement for Gender Equality



What is HeForShe?

Created by UN Women, the United Nations entity for gender equality and the empowerment of women, the HeForShe solidarity movement for gender equality provides a systematic approach and targeted platform on which men and boys can engage and become change agents towards the achievement of gender equality. Achieving gender equality in our lifetimes requires an innovative, inclusive approach that both recognizes men and boys as partners for women's rights, and acknowledges the ways in which they also benefit from this equality. HeForShe invites men and boys to build on the work of the women's movement as equal partners, crafting and implementing a shared vision of gender equality that will benefit all of humanity.

Since its launch on 20 September, 2014, at the United Nations by UN Secretary-General Ban Ki-moon and UN Women Global Goodwill Ambassador, Emma Watson, hundreds of thousands of men from around the world including Heads of State, CEOs, and global luminaries, from all walks of life have committed to gender equality. HeForShe has been the subject of more than 2 billion conversations on social media, with off-line activities reaching every corner of the globe.

HeForShe Goals

Our ambitious aim is to mobilize 1 billion men to accelerate the achievement of gender equality. HeForShe uses innovative online, offline, and mobile phone technology to identify and activate men in every city, community, and village around the world. The HeForShe journey begins online with a simple affirmation that gender equality is not only a women's issue, but a human rights issue that requires the participation and commitment of men. HeForShe then moves beyond awareness to action, asking men to define what matters to them, and what they will do to make a difference.

Hundreds of thousands of men have made this commitment, and are now taking their own steps to change the world, sharing their stories to inspire others to follow suit. Their individual actions will collectively create the sustainable social and systematic change we need to achieve equality.

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LETTER *from the* EDITOR



It's a time of warmth, love and rebirth. When spring breezes breathily call us back outdoors, and the sun promises to lift our spirits and warm our bodies. We shed our heavier spirits, and somewhat symbolically, our heavier clothes, too.

This issue is dedicated to living lightly - be in sartorially, in terms of diet, habit or spirit. In this issue, we take on a slightly spiritual vibe, sharing information with you about the Schumann Resonance, which radiates out of the Earth, connecting to our bodies and guiding our health. We also present an inspirational story about one woman who studied medicine in order to help those who are ill, but soon learned the Western model was doing more harm than good. Learning about traditional cures from the Amazon transformed her life - and the lives of those she's worked with.

We hope this issue is inspirational, opening the eyes to new fashion, the tastebuds to vegan ways of eating, and heart and mind to new ways of thinking.

Chudi Borio

TABLE OF CONTENTS



48

IN EVERY ISSUE

- 8 Eight Eco Objects
- 10 Ma Vie En Vert: Chloe Keenan
- 16 From Medical Doctor to Medicine Doctor
- 22 Who's Who in Sustainable Fashion?
- 26 Eluxe Exclusive Interview: Georges Hobeika
- 118 Events: Street Style with Mercedes-Benz at LFW
- 120 Events

FASHION

- 32 A Midsummer Night's Dream
- 40 Minimalist Style Maximum Impact
- 48 Bali Boheme
- 54 Models Remodelled
- 60 Grunge Hair Styles Revival
- 64 Girls Girls Girls
- 72 Choose Love!
- 74 A New Spin on Vintage Fashion
- 80 From Salons to Superstars
- 84 Novamara
- 90 Summertime Blues

LIVING

- 100 Bending over Backwards in the Balkans
- 104 Fairmont Chateau Lake Loise
- 108 10 Super Easy Vegan Truffle Recipes
- 114 The Schumann Resonance



84



90



32

108



60



100



118



40



22

8 eco objects

Inika Liquid Foundation

This lightweight and long-lasting foundation has natural antioxidants, vitamins and minerals to create the perfect blend of non-toxic and vegan makeup. A hint of Argan oil hydrates the skin.

WWW.INIKAORGANIC.COM



Jes Maharry Jewellery

Good vibes all round! Pink tourmaline at the centre of these beauties touches and nurtures the heart while the stunning blue topaz is a symbol of love.

WWW.JESMAHARRY.COM



Gin and Tonic Cologne

So pure, it's almost good enough to drink! This perfume by Bloom Perfumery is fresh and citrusy with notes of frankincense and cucumber to create the perfect unisex scent.

WWW.BLOOMPERFUME.CO.UK

LUNETIST

Love vintage? This label knows you do. It proposes a range of sunglasses produced between the 20's and 80's, salvaged and meticulously restored by hand with that renowned French savoir-faire, like this chic Leo model - which is also made from eco friendly wood!

WWW.LUNETIST.FR



SVALA LINGERY

Pretty organic is the best way to describe this sweetly 'almost' innocent lingerie styles of Svala. Ethically made in LA, Svala is ideal everyday undies.

WWW.SVALA.COM



ONO Love Cork Shoulder Bag

This super stylish bag is perfect for all occasions - whether you're popping to the shops or carrying your laptop to a meeting. The soft and smooth texture of the cork makes the handbag luxurious and supple.

WWW.ELUXEEXCLUSIVES.COM



Infuse My Colour Hair Care

This vegan and biodegradable hair dye gives the ultimate boost for your colour that refreshes and revitalizes your hair colour - without any nasty side effects!

WWW.BESPOKEBRANDS.CO.UK

FROM Organic Yoga Gear

This organic cotton yoga bra by FROM is as supportive as it is beautiful! The simple and classic shape in the funky coral colour makes it the best yoga bra to have in your wardrobe this season.

WWW.FROMCLOTHING.COM





Ma Vie En Vert

Eluxe Exclusive Interview: Britain's Next Top Model Winner Chloe Keenan

By Arwa Lodhi

Back in March 2016, 22-year-old Chloe Keenan was crowned winner of TV's Britain's Next Top Model. She battled out weeks of tough competition to finally land the coveted prize – a contract with Models 1 and two exclusive campaigns: one with drugstore giant Boots, and the other with Head & Shoulders shampoos.

We got to catch up with her to find out what the BNTM experience was like, and to learn a bit about her views on nature and the environment.

How excited were you when you won BNTM?

Oh, it was a brilliant experience. I didn't expect to win but it was great and it's given me some great opportunities since. It was only really when I got to the top four that I thought, "Gosh I'm still here, maybe I could win it."

How did you decide to enter the competition?

No. I just saw the advert on TV after I'd just finished uni and I was home for the summer. My mum and sister kept saying "Chloe you should go on it!" I was like, "No, they'll never pick me." But I just thought I'd enter and see what happened.

Where is your 'happy place' in the great outdoors?

I may be biased but I absolutely love the North Wales coast, it is so beautiful and I have many happy memories there.

Which people trying to make a difference to the planet do you most admire?

I really admire Leonardo DiCaprio (not just for his acting ability!) but for all the work he is doing as an active environmentalist. He is helping so many realise the devastating effects of global warming on our planet and skilfully using his success as an actor to make people listen.

What are your greatest eco virtues? And sins?

I make sure I recycle everything at home and never waste food as I think it is crazy the amount of food that gets wasted across the world. I can be guilty of having longer than needed showers, but only when it's extremely cold in the winter or I get carried away singing!

Do you use any organic or natural beauty products? If so, which?

I try my best to eat only organic sources of food wherever possible as I do believe 'You are what you eat' and I believe many health problems can be addressed by what we put into our bodies.

I tend to use products with as little ingredients in as possible and always use sulphate free shampoos and conditioner. I have quite sensitive skin and find my skin tends to be at its best when I put very little on it but I do use products by Skin Genius and Sukin which contain a high percentage of natural ingredients and work well on my skin.

Also, working as a model means I have to take care of my skin as I regularly have a lot of different products and makeup put onto it so I always ensure I remove it as soon as possible with micellar water and use a good moisturiser afterwards.

I use organic apple cider vinegar regularly on my skin and hair as it works as a very good cleanser and makes your hair super shiny!

As a public figure, do you feel the need to promote any social causes? If so, which are nearest and dearest to you?

I am very passionate about healthy eating and leading an active and healthy lifestyle as I have experienced the massive difference it has made to my own life. I try to promote 'clean eating' as I feel so many people are very unaware of what they are putting into their bodies. So many foods are processed and have so many hidden chemicals and ingredients which are seriously damaging to our health and the increase of GMO foods in our supermarkets is very concerning and people need to be made aware of the dangers of these.

What's your greatest concern about the future of the planet?

The enormous issue of the impact of the agricultural industry on the Earth. I do feel that people are gradually becoming more aware of the effect it is having on our planet but I feel it is an issue that must be more widely addressed.

Where do you hope to be in 10 years' time?

I hope to be happy and healthy working as a professional actress and singer. It is what I have dedicated my life training for and is my true passion and what I love, I cannot imagine my life without it.

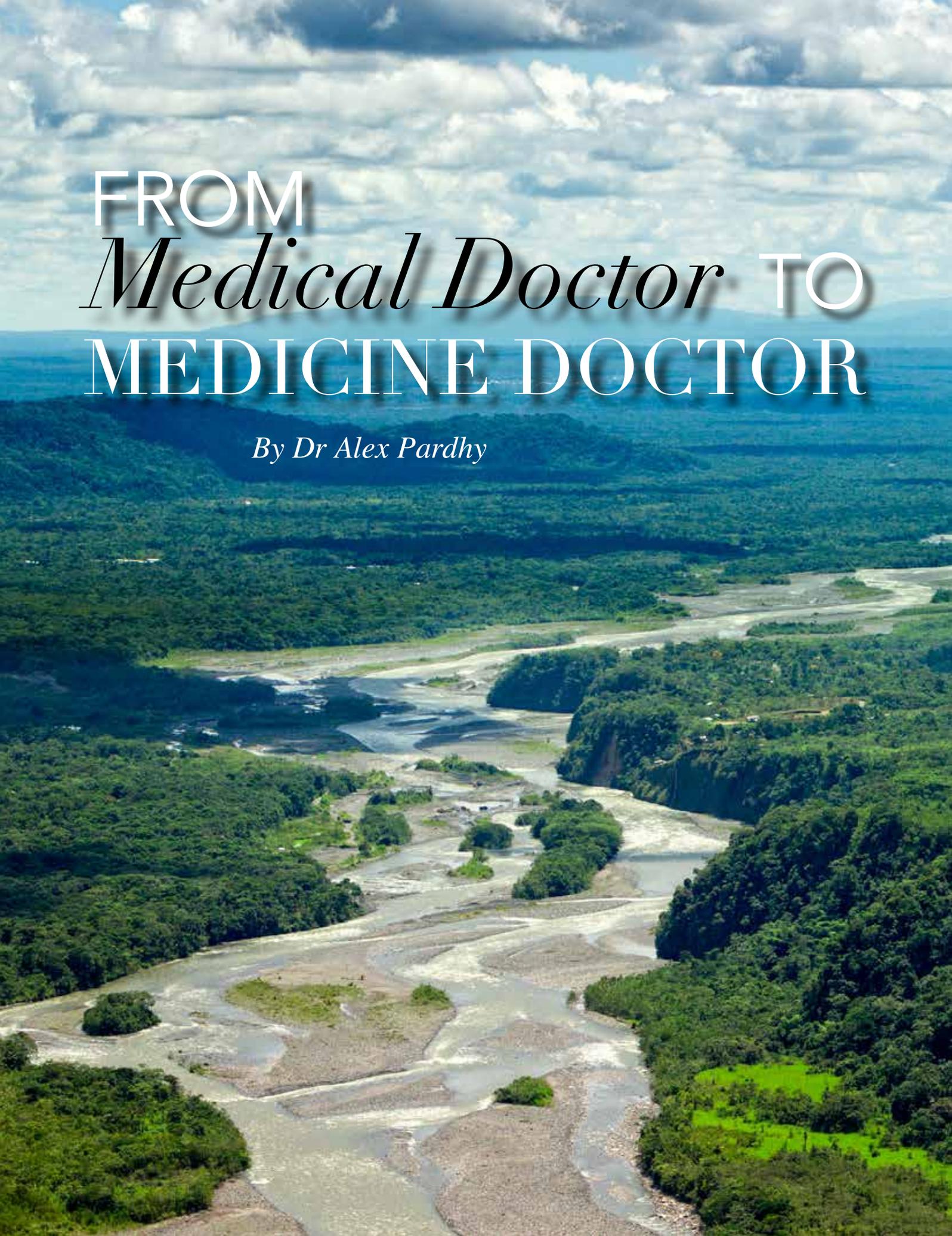








Model: Chloe Keenan @ Models 1
Designer: Alina O'Keeffe
Hair: Danielle Westlake
MUA: Mehreen Mughal
Jewellery: KiKi Tang Jewellery
Photo: Alice Chapman
Director: Tamara Rezvova

An aerial photograph of a wide, braided river system flowing through a lush, green tropical forest. The river has multiple channels and large, light-colored sandbars. The sky is filled with white and grey clouds. The text is overlaid on the top half of the image.

FROM
Medical Doctor TO
MEDICINE DOCTOR

By Dr Alex Pardhy

An aerial photograph of a vast Amazonian rainforest. The forest is a dense, vibrant green, covering the majority of the landscape. A winding river, likely the Amazon, flows through the center of the forest, its light-colored water contrasting with the dark green. The sky above is bright blue with large, fluffy white clouds. In the distance, the forest meets a hazy horizon. A semi-transparent white box with black text is overlaid on the upper portion of the image.

Alex Pardhy became a doctor because she wanted to help people, but soon learned there is more to good health than our Western model teaches. Here, she tells the story of her transformation from urban medic to Amazonian medicine woman



When asked to write about Kambo I felt both excited and nervous. Excited to share my experiences of this Medicine as a Kambo Practitioner. Nervous to do this incredible Medicine justice. As the saying goes, there's no time like the present, and I truly believe that this Medicine has come out of the Amazon at this time for very good reason. I see now that I am here to facilitate that process, for the healing of many, including the Amazon Rainforest. Having worked with this Medicine for some time now I feel the time is right to share my journey with it for this purpose. And so, I begin.

Kambo is the poisonous secretion released as a defense mechanism from the back of the Giant Green Tree Frog (Latin – *Phyllomedusa Bicolour*). This Frog is native to the Amazon Jungle and its secretion has been used medicinally for hundreds, if not thousands of years, by many of those that dwell within her. The main traditional uses include the healing of physical ailments, obtaining keener hunting skills and protection from, or the releasing, of unwanted energies.

In the 1940s the Medicine moved from the tribes into the towns as the rubber industry boomed. Then in the early '90s, a few Americans brought Kambo out of the Brazilian Amazon. They took samples to labs and the strength of the compounds within this complex bioactive substance became clear, leading to scientific research, patents and the isolation of specific compounds for pharmaceutical use. Those who worked with it personally found the benefits remarkable, and a slow but steady following began in the West.

The Medicine is sacred, and should be harvested at dawn when the nocturnal Frogs are called down from the trees. They come fearlessly, having no natural predators. The extraction process takes five minutes and causes no harm to the frog if done skillfully and gently. They are handed as little as possible and quickly released, not to be harvested for at least

another two months. This is so that both they and the Medicine can be strong before the next harvest. This is how the frogs should be treated, not kept in boxes or over harvested. It is of utmost importance that all those who chose to work with this Medicine are sure it is sourced ethically. Your practitioner should know.

To administer the Medicine, the dried poison is reconstituted using water. Small burns are lightly made on the skin and the top layer is scraped off, revealing the shiny wet lymph below. This is the highway into the body's lymphatic system, our immune hub. The medicine is applied onto these openings, or dots as they are called, and rapidly disseminates throughout the body causing changes in blood pressure, temperature, smooth muscle contractions, tear production and much more. Kambo is not psychedelic and does not cause visual hallucinations. It's a deeply purgative substance, causing one to vomit primarily, though purging can take the form of crying, diarrhea, sweating and so on. One never knows quite what frog has in store.

Whether surprisingly easy or a real ordeal, you are always invited to welcome this Medicine in with gratitude and a deep breath. As they say, "resistance is futile" and the ceremony is a truly visceral event, a commitment to experiencing your reality NOW. Kambo is without a doubt an initiatory experience, (something we are sorely lacking in society today), with the energy of the Warrior at its core. This does not mean a gentle release cannot occur too. Indeed I have seen many cry the whole way through, finally releasing the sadness or grief they carried for so long. A powerful cathartic Medicine, Kambo works in many mysterious ways. To try to understand too deeply would be to do it a disservice. The proof is in the frog, one could say!

The process lasts about 30 minutes to 1 hour, depending on the person. After a short period of rest, most people can continue about their day. You may feel completely Zen, exhausted or hyperactive. Either way, it is advised to take it easy for the remainder of the day. It can bring up intense emotions or worsen physical conditions temporarily, as most of these Medicines uproot the true causes of illness, so the focus is always on self-care for this period.

A New Trend Towards Alternative Health

These last few years have seen a massive boom in Frog Medicine. Often administered before Ayahuasca to cleanse the physical body prior to the visionary substance; today it has become a Sacred Medicine used by many in its own right.

The main ailments I see people seek it out for today are: depression/apathy, addictions, recurrent infections, allergies, chronic pain, inflammatory diseases of all varieties, heavy or painful periods, candidiasis, HIV, insomnia, cancer, general detoxing... the list is endless. The results range from almost nothing notable to the near miraculous. A familiar saying within the Medicine community is that "the Medicine will go where it's needed", and what you get is not always what you thought you wanted or needed.

Many report increased energy, decreased pain, recovered sleep patterns, greater stamina, the clearing up of skin conditions/infections and so on. Kambo works truly holistically, appearing to innately understand the role of emotions and repressed trauma in creating physical disease. I have learnt not to question why something occurs in a Ceremony. I always know the Medicine will be working for the good of my client, even if it is not apparent exactly how. To me the Medicine has a Spirit - an energy to be admired, thanked and trusted. It is this way with all sacred plant/animal medicines, as Healers from many countries over thousands of years will tell you.

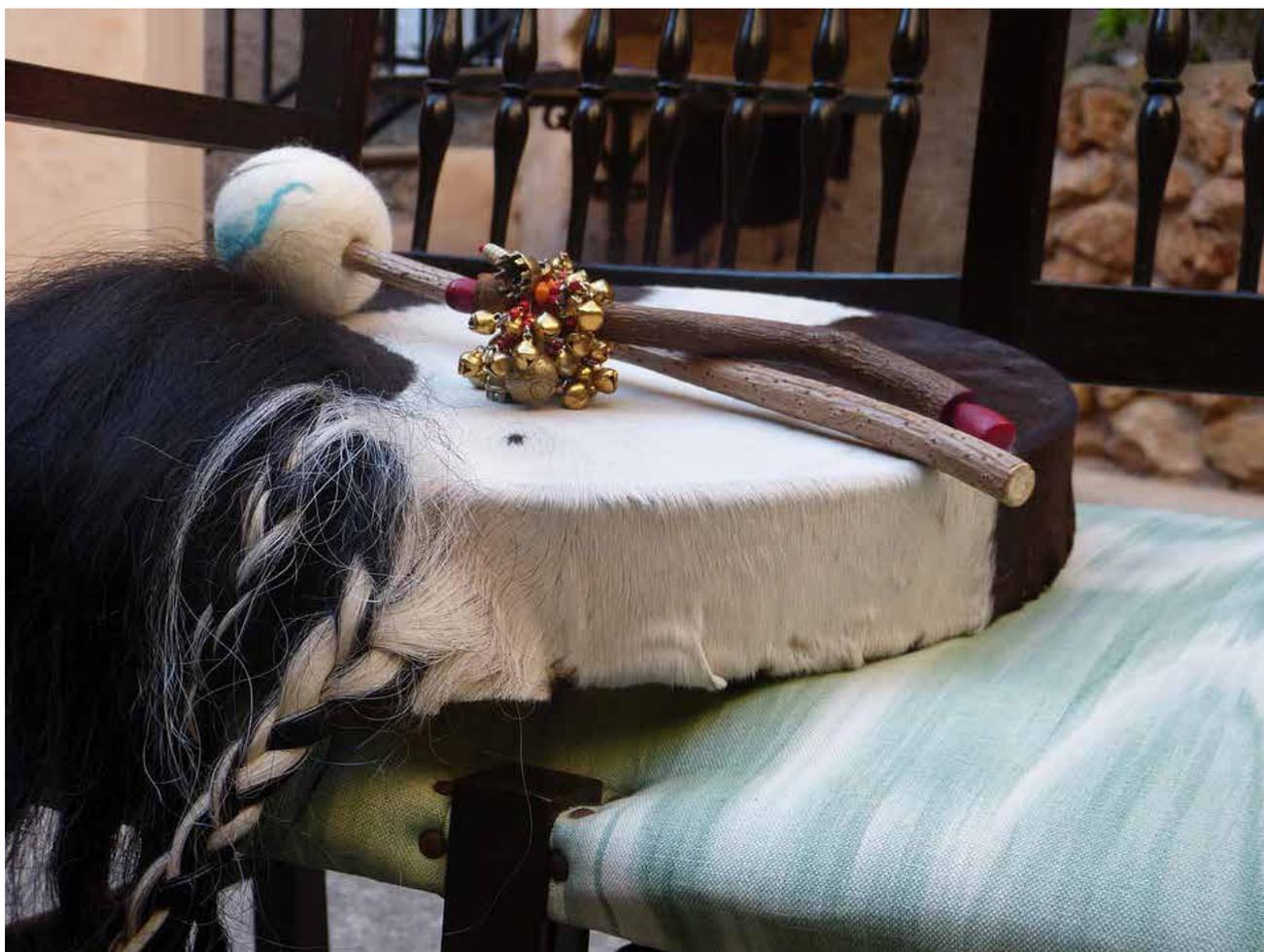
My Own Journey

If you had told me 4 years ago I would have written this, I would have outright laughed in your face. How times change. And how wonderful that they do!

My personal journey into this realm began as a Medical Doctor. At the age of 24 I graduated from Medical School in the UK and began working a grueling Junior Doctor Rota in London. Just as I began my training my dear stepfather was diagnosed with bowel cancer. As his disease progressed I moved into my long awaited oncology rotation in the esteemed St. Bart's Hospital - A regional referral Centre for Cancer within the UK.

My sights had been set on becoming an Oncologist, but the overwhelming presence of cancer in my personal and professional life day-in-day-out became too much. As is the way for many doctors, I drank and partied myself into oblivion on my days off. I left my Junior Doctor years depressed, confused and lacking in any passion for life. At





that time I knew I had to take a year out. It was decided. A friend and I would travel to Mexico for the end of the Mayan Calendar before heading down to South America for 6 months.

I arrived in Mexico, feeling excited for something new, anything! I was ready for change, whatever that meant. On the night of the Full Moon of Dec 28th 2012 I went out to a party and met some incredible beings. After a night of getting to know one another they told me that it was time for me to drink Ayahuasca. I trusted them and accepted their offer of drinking with a Shaman they knew a few weeks later. What followed was a profound, paradigm shifting unravelling of all I thought I knew to be true. If everything hadn't been so weird in my life already this could well have been a massive sidewinder, but like I said, I was asking for it.

I was blown away. I connected to my heart and intuition in a way I could not remember since being a child. I invited my Mother and Brother to come and drink it with me. Then I decided it was time to head to the Amazon for a 10 day Dieta- this is where you eat a very clean diet and develop a special connection with a specific plant that you 'diet' with in the form of tea every day.

Ayahuasca is drunk every other night. Towards the end of this experience our Shaman asked if anyone there wanted Kambo. Most of our group raised their hands. I had no idea what it was so I didn't! Unfortunately he was unable to get hold of any so that was that. So deep in my Ayahuasca experience, I was not particularly interested to find out anything more about it. I returned back to England none the wiser.

A few months later, now back in London, a good friend of mine asked if I would like to join him for a Kambo Ceremony the following week. Of all places! Vague recollections of this word ignited my interest. I did a bit of research and was amazed by what I read. Ever since microbiology lectures in my second year of University I has been quietly concerned about the situation with antibiotic resistance and what it meant for our future. My brief research on Kambo displayed good evidence that Kambo was an excellent antibiotic, alongside an array of other physiological benefits I was sold. Handing out the same antibiotics to increasingly desperate individuals for the same recurrent infections was doing my head in!

My First Experience

Kambo felt quite quick and easy. I was still very much in my logical left-brain when I first partook and was coming more for reconnaissance than a true wish for any deep healing. The main thing I noticed was that I couldn't smell myself for a week afterwards. Most peculiar! The detox was profound and I definitely felt light and energised the following days. I read more and became convinced that this poisonous secretion was a truly valuable skill to have in my arsenal as I began to think about leaving Medicine and my other options. I signed up for training and had the great fortune to study with Karen Kanya-Darke, lead Practitioner of the International Association of Kambo Practitioners (IAKP) in Portugal that summer.

It was a truly life changing experience and I came back not realising



just how much a part of my life this was to become. Within a few weeks I was running 1-2 circles every few weeks, then it became 1-2 a week. The benefits speak for themselves and word of mouth was all the marketing needed. I was giddy to discover that all my inherent talents: singing, agility, rhythm and strong, healing hands, all melded perfectly for this work. I was in heaven. I had found my 'Ikigai' as the Japanese call it, a reason for being. This is a balanced and potent combination of that which you are good at, that which you love, that which you can be paid for and that which the world needs. It so much more suited me than the fluorescent lighting and rigid system of Hospital Medicine! Kambo also allowed me to practice deep gratitude and this has been a Medicine in itself for me.

My Life Today

That was 18 months ago. Though still a baby in this arena I have seen many incredible things through this work, and continue to do so. As a doctor, it has been at times quite hard to reconcile what I witness Kambo facilitate in the psycho-spiritual realms with medical thinking. So, I have learnt not to. It has been a journey into surrendering to the greater consciousness and trusting that this force of nature is here to do deep work on this planet now. To the average person, this work seems most urgent in these arenas: a) Grounding those stressed from a goal orientated tech-transfixed lifestyle so they can actually be present in life b) Releasing repressed emotions hidden, sometimes for decades, to conform to societal norms or to achieve safety in some way c) Reminding us of our connection to nature, specifically to the home of this precocious Frog and to the need for us to protect it.

Amazingly, the Frog's secretion is completely inert when it is transported from its natural habitat into captivity. I believe the Amazon is communicating with us. She is calling for our help. As such, I, and many other practitioners, donate a percentage of every treatment towards protecting the Amazon. And so, in this way, the cycle of life continues - hopefully for much time to come.

Alex is a Kambo Practitioner, Emergency Medicine Doctor and Transformational Health Coach. She is currently based in an around Mexico where she continues her studies into Sacred Medicines. <https://pardhy37.wixsite.com/holisticalchemy>





| Anna Juliana Jann June



| Robin Basler Vinokilo

WHO'S WHO IN Sustainable Fashion?

One photographer tells their stories



| Sonja Lotz Moeon



| Thekla, Wilkening Kleiderer



| Anne Christine Bansleben, *Deepmello*



| Anna Kessel, *Kunstkinder*

After quitting her job as Creative Director of a ‘regular’ fashion company to pursue a more ethical way of working and to promote sustainable fashion, photographer Cherie Birkner had an idea. She created #RealMatterz to showcase her admiration for those making a difference in the world of fashion. “I came up with the name #RealMatterz: because what we do really matters!”. By sharing the stories of eco-fashion influencers, Cherie hoped others in the industry would take the same path. “It all starts by informing yourself and reaching out to like minded people...each and every one of us CAN

make a difference, by being more conscious of how we consume and create,” she says.

Each portrait is showcased in a gallery online, accompanied by information on what each subject does, a link to their webpage, place, month and year the photo was taken. As with all things photographic, Cherie believes her portraits are a time capsule of sorts: “I like the thought of looking back at this in the future when stronger regulations about the production of clothing reach politics and seeing the happy faces who, even ‘back in 2017,’ had already been paving the way for others to go sustainable.”



| Beatrice Apya, *Productions*



| Chandra Prakash, *Jha Coccon*



| Christina Feldner, Madame Chriśi



| Doyel Joshi, Creative Director



| Ester Ruehe, Kunstkinder



| Hellen Gimber, Clean Clothes Campaign





| Jovan Vialva, *Jjackman*



| Katya Hermann, *Sleeping Gypsy*



| Kim Gerlach, *Kimgoesoeko*



| Livia Firth, *Ecoage*





An Exclusive Interview with Haute Couturier GEORGES HOBEIKA

A Quick Interview on the Art of Slow Fashion

By Chere Di Boscio



Internationally known for his signature expression of femininity, romance and elegance, haute couture designer Georges Hobeika has captivated the fashion world with his creative style and his consistent crafting of statement pieces admired as being the utmost expression of slow fashion; fashion as art.

After initially studying civil engineering studies, Hobeika discovered his innate passion for clothing design when he began sketching dresses to help his mother, the owner of a fashion atelier. Pursuing this new passion, he left to Paris during the height of the Lebanese War and was directly immersed into the world of fashion with an internship at Chanel.

He later took this knowledge and experience to Beirut, where he established his atelier and was ready to debut on the Paris couture runway in 2001. Today, Georges Hobeika enjoys an ever-growing haute couture clientele and has successfully established Bridal, Signature and GH by Georges Hobeika lines. Here, he designer talks about fashion history, what luxury really means, and his designer to make couture furniture.

The history of couture goes back centuries. Which epochs do you most admire, in terms of style?

There are many different eras that I find lovely, but I find the theme of mythology to be a steady source of inspiration. Myths are so diverse and it's always a pleasure for a designer to play with those themes.

You interned at Chanel. What did you learn about artisanal techniques when you were there?

I realised that there is a multitude of traditional couture techniques, all of which require a lot of patience and concentration. You really need to be skilled and assiduous to be able to master them.

You work often in both Paris and Beirut, two cities known for women with style. How would you define the difference between your French and Lebanese client's styles, in general?

I don't think there's a huge difference. The Lebanese tend to select colours that are bolder and stronger, while the French prefer more sombre, neutral shades. But all of these women end up looking very refined in their selections.

In which ways, if any, does the nature surrounding Beirut - the beaches, the cedars, the mountains - inspire you?

Nature is always different; it's in constant flux. There's a kind of death in winter and a rebirth in spring. I may pass by the same places, but the landscape is ever-changing. So my inspiration is also always different.

How would you define 'luxury' with regards to clothing?

For me, 'luxury' means refinement and elegance. I pay very close attention indeed to all the textiles and other materials I use. Luxury isn't only about the garment itself; it's a part of a larger embodiment which also relates to the allure of the person wearing the clothing, too.

You design both pret-a-porter and couture collections, but are best known for the latter. What is it about couture that so appeals to you?

Haute Couture allows for all kinds of variations and customisations. Thus, when a client orders a couture dress, it's one of a kind - there is no other like it anywhere in the world. Couture always allows you to create and adapt a style for each individual client.

From Eva Longoria and Marion Cotillard to Elle Fanning, you've dressed loads of the world's most famous and beautiful women. Is there anyone you'd love to design for?

I have no preference: the important thing is that my clients be refined, feminine, elegant and delicate.

If you weren't a clothing designer, what would you do instead?

My other passions are architecture and interior design, so I would probably still work in one of these creative fields.

What are the proudest moments of your career so far?

For me, it was being invited to participate as a Membre Invité for the Parisian Haute Couture calendar. This is a true recognition of my work, after so many years.







FASHION



Mark Southerland
hand-sculpted
leather bodice, Asi-
atica earrings, Katy
Mcroberts leather
and pearl hat

A Midsummer Night's Dream

Recycled textiles, vintage jewellery, upcycled materials and eco-friendly fabrics form the basis for these dreamy looks



Tabbatha Mcale Evans
green olive gown, hand-
knit and felted sweat-
er, and earrings, Katy
Microberts orange leather
harness, Enve Designs
rings, stylist's own gold
panties



Oblivion Clothing x Lucia's Sarto wool and leather tailored coat, Katy Mcroberts black leather body harness, stylist's own gold sequin panties, Enve Designs body jewelry



Paige Beltowski and Caroline Allander black and red hand beaded draped coat, Katy Mcroberts black leather harness and floral leather hat, Ki-ana Godsey Designs lace dress, Asiatica earrings, Sydney Pener ring, Cheryl Eve Acosta ring



Tabbatha Mcale Evans hand-painted plaid skirt, Cheryl Eve Acosta sculpted breastplate and necklace (as headpiece), Tabbatha Mcale Evans necklace (as belt) and earrings, Enve Designs ring and cuff



Tabbatha McAle Evans
hand-painted plaid pant
and earrings, Paige
Beltowski and Caroline
Allander hand-woven
shawl, Cheryl Eve Acosta
sculpted breastplate and
bracelet



PHOTOGRAHER

Brad Austin, www.bradaustinphoto.com

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Morgan Geiffer IG @mogief

MAKEUP

Hailey McFarland IG @whereishailey

CO-PRODUCER

Mark Southerland IG @marksoutherland

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Mariah Hall, Roya Rafiq

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Caroline Allander @carolinethefakenerdgirl

Asiatica @asiaticakc

Katy McRoberts @mcrobertskaty

Mark Southerland @marksoutherland

Larae Fashions @laraefashions

Kiana Godsey @kianagodseyofficial

Cheryl Eve Acosta @cheryleveacosta

Alicia Janesko Caftans @aliciajanesko

Lucia's Sarto @lucias_sarto

Minimalist Style

MAXIMUM IMPACT

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Xiao Li dress
Made jewellery
Emmaus Vintage heels



Rockit culottes
King & Tuckfield blazer
Emmaus Vintage heels

Thought culottes
Thought duster jacket
Finsk shoes





Irynvigre blazer
Irynvigre top





Irynvigre shirt dress
Finsk shoes

Rockit blazer dress
Finsk heels
Made jewellery



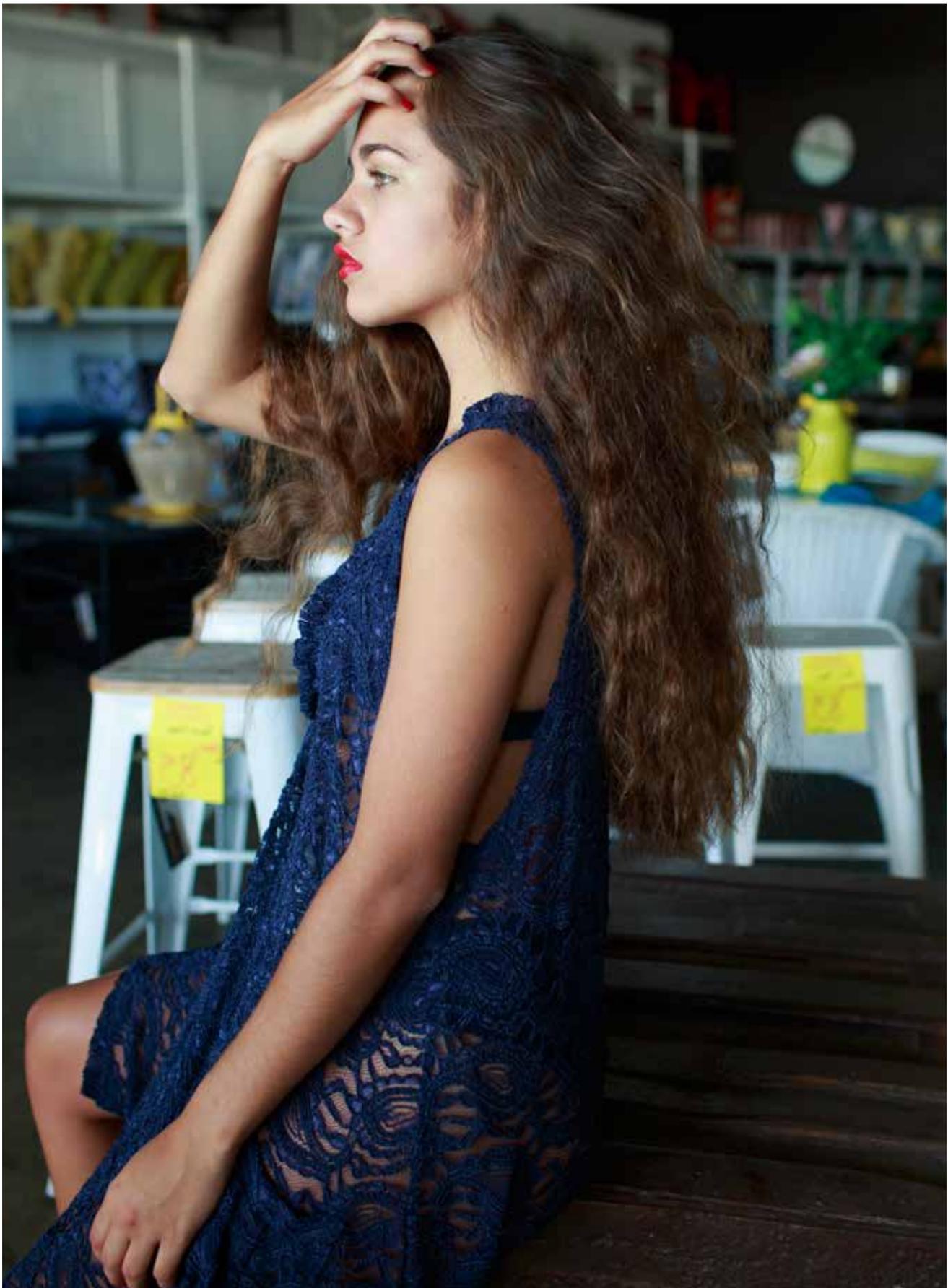


A photograph of a traditional bamboo chair with a lattice backrest. The chair is adorned with two cushions: a large, plain tan one and a smaller, patterned one. A lush green plant with long, pointed leaves is positioned in the foreground, partially obscuring the chair. The background is softly blurred, showing hints of a blue wall and other furniture.

Bali BOHEME

Vintage clothing isn't for urbanites only. It can rock your holidays, too.









Find Vintage Clothing in Bali
www.senyumbali.org/the-smile-shops.php
www.balichildrensproject.org/
www.inbali.org/markets-in-bali/

Photography: Bharathan Kangatheran www.TheShedStudios.com.au
Styling: Mel D Facebook: @MelInteriorPersonalStylist
HMUA: Simone Smith - @team.mermaid.makeup
Models: Paige, Danara and Paris all of Indi Models™
Insta: @IndiModels



Models Remodelled

Charity shop garments get creatively remodelled by
Studio 842 to create unique looks









Designer: Nina Dornheim
Photographer: Lena Shkoda
Models: Julia Vils &
Rebecca Echevarria
Sunglasses: Duane Littles
Info@studio-842.com





How to do the *Grunge* Hair Style Revival

NATURALLY

By Joana Taeixeira

As everyone knows, fashion goes in cycles. What was glorious twenty years ago now seems new again. With hair it's no different – it can also go in and out of fashion. Decades-old hairstyles make a comeback every now and then and a current hot hair trend is a classic from the 90s: grunge hair.

This can be defined as a messy, untamed (and possibly unwashed) mane with lots of volume and a rebellious personality. This straight-out-of-bed hair look is a favourite amongst urbanites and fashionistas both – and it works beautifully to form sloppy ponytails and messy braid hairstyles. Embrace the undefined waves, split ends and the not-so-fresh look, and say goodbye to bad hair days – messy chic is trending now!

Inspiration

The grunge look emerged in the mid-80s in Seattle, Washington via grunge bands – a post-punk subgenre of alternative rock. Anti-capitalist musicians wore thrift store clothing, took loads of drugs and ignored mainstream culture, thus inadvertently creating a whole new look which went against the mainstream image of the time. Grunge style worked as an anti-consumerist movement – the less groomed you looked, the cooler you were. By not polishing their look, grunges-ters were rebelling against the flashy, bling style of the 'greed is good' decade, the 80s.



Get the look: The basics

You might think not shampooing or leaving your hair all greasy are the essentials for a grunge hairstyle – maybe that was true ‘back in the day’, but you can also try using thickness and volume enhancement formulas now to give a bit more texture. You can also use a blow-dryer diffuser on your hair, while upside down, when it’s 90% dry, after applying a good heat protector spray. Plus, you can always try the good old trick of teasing your hair at the root for extra volume: gather a few strands at the crown of your head and backcomb the hair down the roots. And last but not least, if your hair is giving a good fight over volume, just cut it into layers and dye a few strands for a texturised effect.

Try using: Yarok Feed Your Roots Mousse. This is all natural, cruelty and scent-free, and gives amazing volume!
shop.yarokhair.com

Get the look: Messy waves

Grunge hairstyles are all about messy waves. In order to give the perfect grungy texture to your hair, apply sea salt spray to your hair right after you wash it and let it air dry. Then, apply a heat protector spray and get your flat iron ready: section by section, bend the hair all the way around in one loop, pull the hair down and before you get to the end let it go. Afterwards, just curl the hair strand with your fingers to give it a bit more movement.

Follow these steps throughout your whole head of hair and don’t worry about getting a structured look, just work differently on each section so the overall effect is a bit tousled. Finish by spraying a bit more sea salt all over and giving your hair a good scrunch.

Try using: Octavio La Playa Sea Salt Spray with Algae. Not only gives the perfect messy waves, but is good for your hair, and the environment. A great all-natural heat protector spray is by Antonin B – just apply on damp hair before styling.
<http://octaviohair.com>

Get the look: Crazy colours

Forget chestnuts and subtle auburn highlights: totally ‘unnatural’ and pastel shades define grunge hair. If you’re fair haired, go for an overall look; otherwise, highlights will do the trick. Whilst most of these are highly chemical and horrendous on the environment (see why here), there are a few products you can use to achieve the look that won’t kill your hair, your health, and marine life.

Try using: Rootflage gives blondes some temporary highlights so you



can check out whether you like that look or not. If you do and want to go permanent, try NATULIQUE Douce Hair Colours. They've got a wide range of shades, from lavender to lemon, and unlike most other hair dyes, NATULIQUE organic colours don't contain cancer causing PPDs – in fact, this is the only brand offering crazy colours without seriously nasty chemicals that we know of.

Get the look: Half bun

Use a wide barrel curling tong to softly curl a few sections of your hair, to give it a bit of texture, then apply dry shampoo or sea salt spray to your hair to get more fullness. Afterwards, take the top half of your hair and tie it all pulled back in a ponytail. Then wrap the ponytail around in a bun and secure it with bobby pins. Remember that this shouldn't look too tight nor structured, but more loose and messy.

Try using: Acure dry shampoo is pretty much a staple for any grunge look. What I love about Acure is that it's Vegan friendly, and free sulfates, parabens, phthalates, petroleum products and other nasties, and is 100% biodegradable and easy to use, too – just click here to see how. <https://organics.com>

Get the look: Wrapped pigtails

To get a grungy braids, just tease your hair at the roots for more volume and, if you don't have bangs, part it in the middle. Tie your hair in two low pigtails, then roll each pigtail in a messy bun and fix it in place with some bobby pins – you can go for low pigtail buns or side buns. You can also leave one strand of hair loose on each side for extra grunginess.

Get the look: Vintage looking head-gear

If you really want to see how this is done, just Google the queens of vintage headgear: Courtney Love + Amanda DeCadenet. Back in the 90s, these two rocked tiaras like no others. Sure, you can try doing the



same on a night out, but a more viable everyday option is a vintage turban or wide headband. A great way to end a bad hair day – in fact, the messier your hair is under these, the better!

Try using: If you can't find a real vintage turban, these cool vintage style headband/turbans from ASOS are pretty cool. shop.yarokhair.com

When it comes to Grungy hairstyles go from effortless waves to deep side parted hair, from faded dyed strands to grey hair, from messy curls to voluminous afros. It's all about that untamed, uncombed hair look! Give a rest to the sleek, super shiny and groomed locks – let your hair riot for a season, get rebellious!



Eco fashion by Speidel Lingerie Jewelry by Anette Rack - Eco Cosmetics by Und Gretel Berlin



GIRLS GIRLS GIRLS

*What makes us feel
more feminine than
silky, sustainable lingerie
under an outfit?*



Trousers by Versace Intimo Vintage. Bra by Speidel Lingerie



All by Speidel Lingerie



All by Speidel Lingerie



AIKYOU Lingerie, Alina Schuerfeld Shoes, Vintage jacket. Eco Cosmetic : Living Nature and Cobicos

Photography and Styling:
Melina Johannsen (www.shotbylina.de)
Model:
Alina Kükenshöner
Eco cosmetic:
Und Gretel Berlin



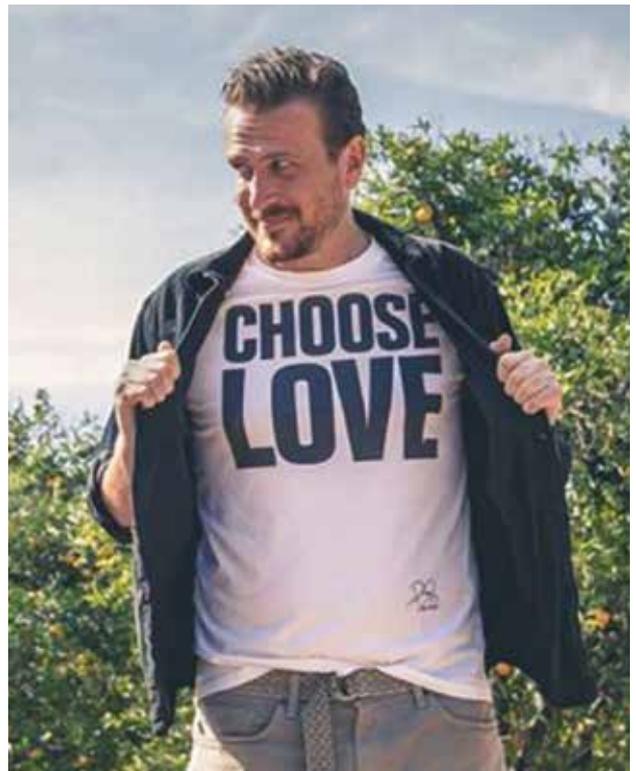


Robe: Versace Intimo Vintage. Bra and knickers: Speidel Lingerie



Choose! Love!

*Tee Shirt Queen Katherine Hamnett
Teams Up with Rapanui to Help Refugees*



If there's one thing Europeans have been made aware of over the past year or so, it's that there's a serious refugee crisis happening. Thanks to the disastrous policies of the United States and its allies, millions around the world are escaping the devastation of war, seeking a safer place to live. Unfortunately, these desperate people are not always welcomed with open arms - so the designer Katherine Hamnett decided to do something about it.

Riffing on her popular Choose Life tee shirts from the 90s, the eco-minded designer created a whole range of pro-refugee tee shirts. Ethical clothing brand Rapanui's founders Rob and Mart Drake-Knight said were delighted when their printing platform, Teemill, was chosen to produce T-shirts designed by Hamnett — the original mastermind behind the slogan T-shirt movement.

Of course, all proceeds from the tees will go towards helping refugees affected by the conflict in Syria and Iraq. To help the cause, a number of celebrities, including comedian John Bishop, actor Jude Law and model Alexis Chung wore the T-shirts at a Letters Live event recently in London, and also helped the cause by taking loads of selfies of themselves in the clothing.

Rob, 31, said he was proud Teemill had been used to support such a worthwhile cause. "It is a tremendously emotive and distressing situation and we are so happy that Teemill has helped raise funds for the cause," he said. "We now have a range of digital printers in Cowes and this allows people to use Teemill to print their own clothing line, which is exactly what the Help Refugees UK campaign organisers did." It is really cool to see celebrities wearing clothes that were printed on our premises."

Please visit teemill.co.uk for more information.





A NEW SPIN
ON VINTAGE FASHION











Photographer: Melissa Miroslavich
MUA: Teneille Corrigan
Hair: Aileen Hurley
Stylist: Lisa Shortridge
Model: Elle Williams @ Ignite Models
Producer: Amy Kalbrener
Location: Hymie's

From Salons to **SUPERSTARS**

The History Of Runway Fashion

By Chantal Brocca



Ahh Fashion Week! It's the pinnacle of the fashion season; the event that sets fashionistas off into a frenzy and most importantly, a very loud and interactive business card for any designer worth his salt.

For some today, getting on the FROW kind of feels like receiving a Golden Ticket to Willy Wonka's chocolate factory, setting the stage for an aftermath of besotted industry insiders to contemplate their short term purchasing decisions before they're rendered obsolete by the next cycle.

All this extravagance appears fully justified, you see. In a world that runs on image, 'presence' is basically an obligatory life skill. And in a market that is fuelled by continuous consumption, creating an environment that encourages more 'want it now' consumerism is the only way to fuel the endless hunger of modern capitalism.

The runway went from being a very private, tiresomely long business affair that catered to a few rich clients to a globally promoted marketing tactic so overblown it begins to defy the logic that made it necessary in the first place.

But the purpose, however flou, remains the same: commercialization of a product. What we see is simply an evolution of the runway in line with the exponentially rising effects of modern consumer culture in the 21st Century. Here's a brief history of runway fashion.

From Europe to America

Besides the shows, the concept of models has evolved too. At the time, it was unthinkable to glorify the occupation, let alone a single model. They were generally 'kept women' as the pay was low; weren't much thinner or more beautiful than the average woman, and it was common practice to number them in line with the designs they wore so that buyers could easily identify what they wanted to purchase.

As demand from foreign buyers increased at the end of WWI, so did the organizational requirements of couture houses, who started to schedule their fashion shows in fixed, biannual seasons.

Although the modern catwalk originated in Europe, or more specifically Paris, American department stores got in the habit of organizing similar shows depicting Parisian bought or knocked off designs – a signal to their clientele of their authority in taste, as well as a means to align the exclusive with the mass produced, a practice in luxury marketing which has survived to this day.

At the onset of WWII and eventual German occupation of Paris, the American fashion industry was finally forced to stand on its own two feet for the very first time, prompting reputed fashion publicist Elea-



nor Lambert to organize New York's first actual Fashion Week, initially called 'Press Week,' in 1943 as a means to fill the massive trend spotting gap left by the French capital. Without guidance, American designers were free to innovate and the likes of Harper's Bazaar began to feature previously anonymous local designs, boosting New York on the global plane as a Fashion Capital to be reckoned with.

Putting the 'Show' in 'Fashion Show'

After that things only got bigger and louder – Fashion Shows were hugely publicised, and paradoxically, their perceived exclusivity multiplied. It was no longer a sales channel, but entertainment: a highly attended social event. Disruptive crowds gathered in excitement, famous journalists littered front rows while buyers took a little side step, and models became serious, stylized and unattainable.

The next big revolution in the industry came when the more lucrative ready-to-wear replaced dwindling couture revenue streams in the 1960s. Fashion Shows lost their traditional luxury format when youth culture hit the fan and the ever growing voice of mass consumerism incited a need to be different.



Designers. Went. Rogue.

Locations became unusual, models loosened up on their rise to their current celebrity status and shows became steadfastly more and more extraordinary all the way into the 80s, blurring the lines between art and fashion. And things only got more extravagant with time (Karl Lagerfeld anyone?), reaching new heights when brands were eventually grouped together into one big centralized Fashion Week in Bryant Park in New York City in 1994, and in 1995 with the advent of one of the most widely publicized events of the year, the Victoria's Secret Fashion Show.

A Parade of Pressure

Now, to say that productions have gone theatrical is a wild understatement: Fashion Shows have included anything from creepy immersive carrousel to whole stage constructions mimicking random settings like airports – because clearly, nothing says haute couture quite like an airport (yes, I'm still talking about Karl).

Fact is, most creative industries need to renew themselves, revamp, freshen up, add a bit of citrus and shake things up as our dwindling attention spans constantly distract us to new avenues for consumption – but at what cost?

What we see today in the current catwalk innovation of 'buy it fresh off the runway' – as instigated by Burberry and followed by others, like Tom Ford – is sure to lead to lower wages and more strife for garment workers as they feel increased pressure to produce clothing faster than ever. This new runway practice will also hurt smaller designers. As awesome independent designer Barbara i Gongini says: "unfortunately this is a concept which can only be executed by the big players of the industry who are strong in capital."

But in terms of psychology, the BIG factor, the extravagance, all that carefully curated drama, has become something so inextricably linked to the identity of Fashion Week and style that we can no longer separate the fantasy from our wardrobes. With the rise and rise of social media, we feel increasing pressure to consume, to display, to participate in the spectacle that is modern consumer society.

And of course, chasing that fashion dragon is not sustainable ecologically, or healthy, mentally. No wonder scores of fashion editors and designers are becoming exhausted with the whirlwind pace of the fashion cycles – just think of how many Creative Directors for the big houses have had breakdowns or quit recently.

It will be interesting to see how the runway will evolve as fashion embeds itself more deeply into the realm of entertainment – but that's exactly how we should see it: a spectacle to be observed, something for our amusement; not necessarily for our consumption.

Time Travelling

1858 - The Chic Capital

Possibly the world's first fashion designer to market himself as such, Charles Frederick Worth started showing clients a pre-prepared selection of original designs in Paris, and introduced the notion of a collection.

1900 - For Elites Only

'Lucile' Lady Duff Gordon launched a series of very hush hush, invite only events in Paris catering specifically to buyers and elite clients who were served canapés and tea while they enjoyed a défilé of models in a theatrically inspired stage setting complete with curtains, music, gift



bags and lighting to set the mood. Fancy. And that's not all she did – because damn did Lady D G know her marketing. Besides also being the first to train professional models, she founded the first global couture brand, laid the foundation for modern PR practices, astutely integrated dance and music into her show and found the time to take a life threatening trip on the Titanic – and back.

1903 - Across the Pond

Over in America, a New York City store called Ehrich Brothers put out what's thought to be America's first fashion show. Within years, most big department stores were holding fashion shows of their own, inspired by the "fashion parades" held in Parisian couture salons.

1943 - Press Week

World War II made it impossible for America's wealthy to go to Paris to shop, so Eleanor Lambert launched the first "Press Week," to showcase American designers, which led to journalists covering more local designers.

The popularity of 'mannequin parading' eventually gave way to a more formal salon-hosted format, allowing for the development of sales through scheduling for different groups of buyers. They were incredibly long compared to today, typically running between a torturous one to three hours, or even weeks if shows has to be repeated for different groups.

1944 - Fashion Calendar

Ruth Finley was behind the launch of the first ever Fashion Calendar, compiling all of the week's events into one comprehensive guide that included buyers, manufacturers, designers, and editors to cover news and shows from the fashion and beauty industries.



1975 - America Nails It

Designers continued showcasing their collections twice a year in September and February in an event that would eventually become known as New York Fashion Week. Other cities caught on, with Milan starting its own fashion week in 1975 and London following in 1984.

2017 - Fast Forward

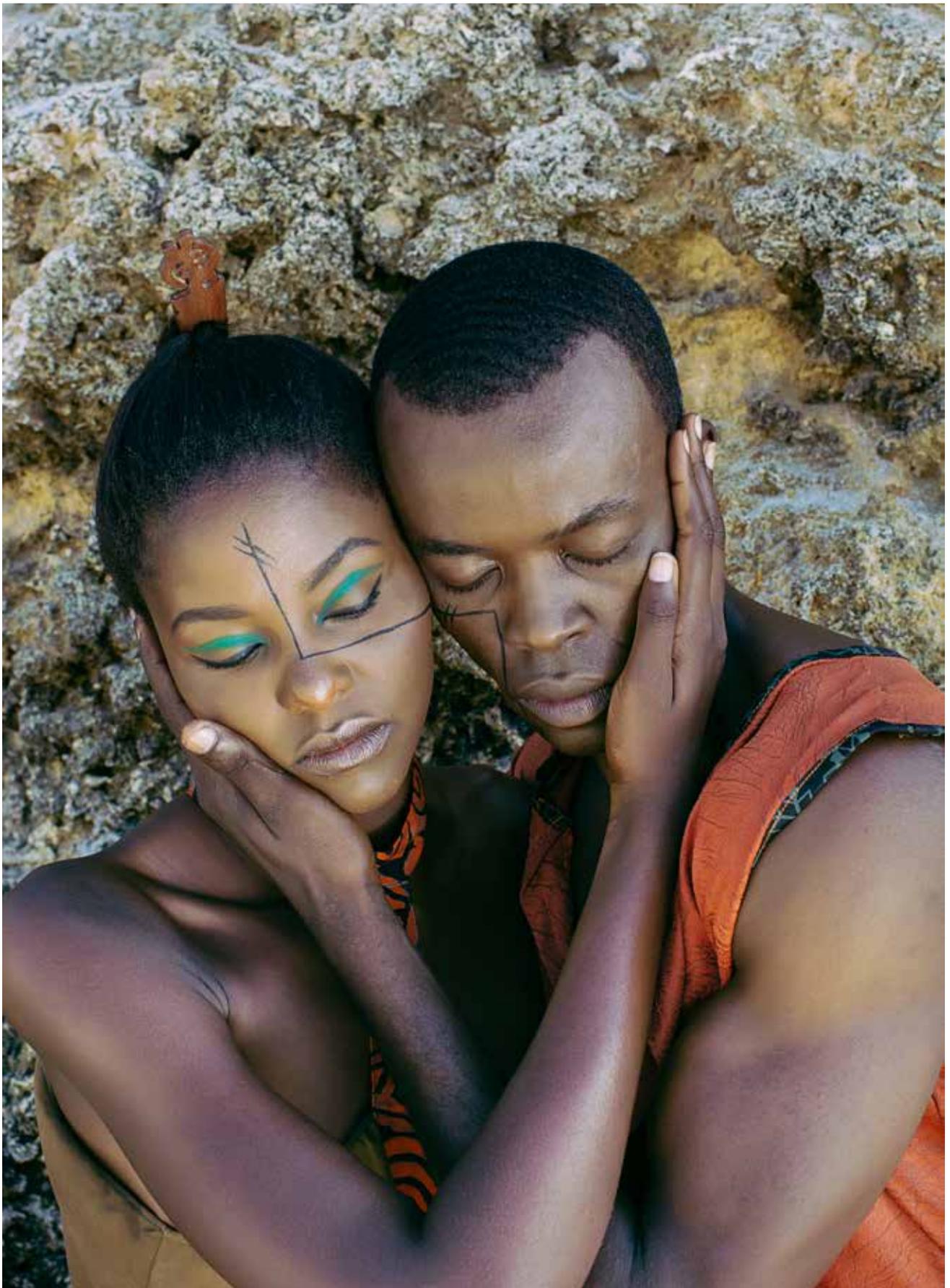
Today, Fashion Week is still one of the most important times of the year for those in the fashion industry, as well as for fashionistas. But with increasing technology, anyone can watch live streams of certain shows and gain access to the backstage action with just a scroll through their social media feeds. Could virtual fashion shows be the next big thing?

Chantal is the girl behind *Underneath My Silk*, a thought catalogue on fashion, culture and style.

NOVAMARA

Inspired by the Masai Mara tribe, African designer Kahvarah created a collection around the environmental issues affecting those people. Her ethically made Novamara collection symbolises survival through connection and community to preserve Tanzania's land and traditions











Photographer: Elle Emmanuel Photography
Models: Jessie and Tyga
MUA: Valerie Amani
Designer: Kahvarah

Summertime Blues

Inspiration for the Clouded collection by designer Kim Stevenson's brand The Autonomous Collections comes from Mongolian Natives, their use of woven fabrics, natural fibres, relaxed belted silhouettes all with minimal waste.

Frayed linen and cottons create a soft, edgy fabric made by John England. Hand dyed Marino yarns create a knitted effect that's light and cool to wear.













Photography: Charlie Burgio
(www.charlieburgio.com)
Clothing and styling: Kim Stevenson.
Model: Katja Cemic
Make-up: Krystle Rose
Assistant: Luca Scalici





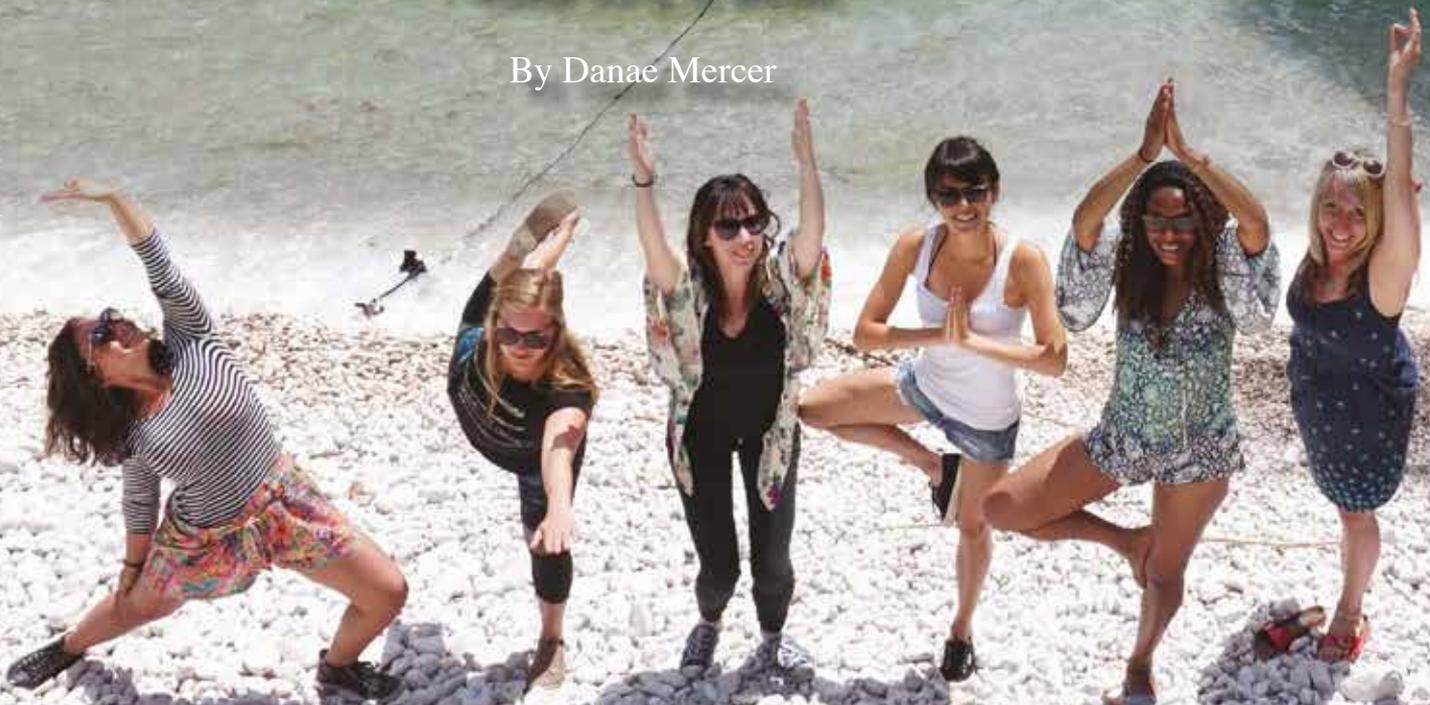


LIVING

Bending Over Backwards in the *BALKANS*

Dreaming of yoga, sunshine and sustainable luxury? Then catch the next flight to increasingly eco-conscious Croatia. Here's one refined retreat not to be missed.

By Danae Mercer





“I still haven’t fully discovered how it works, but when I practice yoga, I feel more centred,” says Milda Urban, the striking blonde founder of Summersalt Yoga. “Even though I live in a place that’s super chilled, I’m kind of anxious. You have work, stress, and doing yoga just balances things physically.”

Three years ago, ex-journalist Urban launched Summersalt Yoga on Vis Island in Croatia. It was, some might argue, an unusual choice. Closed from the 1950s to 1989 to foreign visitors, Vis is sleepy and quiet. It lacks the central buzz of Dubrovnik or the luxe party vibe of Hvar. And yet the silence, the way the marina is filled with sounds of waves lapping against the pier, the great expanses of empty nature, are all what give Vis its uniquely serene appeal — one perfectly suited for a week-long yoga retreat.

The retreat is structured as seasoned retreat-visitors would expect. Breakfast, lunch and dinner are catered for, consisting of simple but simply exquisite fare cooked by Urban. Yoga happens twice a day, with a vigorous flow-focused session in the morning and a yin session as the sun sets. People arrive and depart at the same time. But by throwing in a few clever additions — a luxury villa with its own private plunge pool, SUP boards and bikes to use at whim, airy modern rooms, and coffee and tea upon request — Urban has given the traditional yoga retreat an upgraded feel.

Between yoga sessions, guests chat in the lounge area, a slick space filled with plush couches and natural light from ocean-facing windows. While the villas tend to change with the retreat, Urban expects the next Croatia programme to have two options: a roughly 300-year-old villa along Vis’ small promenade that offers historical luxury; and a super-modern new build with gorgeous views.

Retreat numbers are kept deliberately low. “I like how yoga — I know it’s a little cheesy — but it unites people. There’s a connection. In society, there’s this idea that ‘I’m a strong person, I don’t need anyone’. Then you come here and find people who are also like you. You connect. It’s a community,” says Urban.

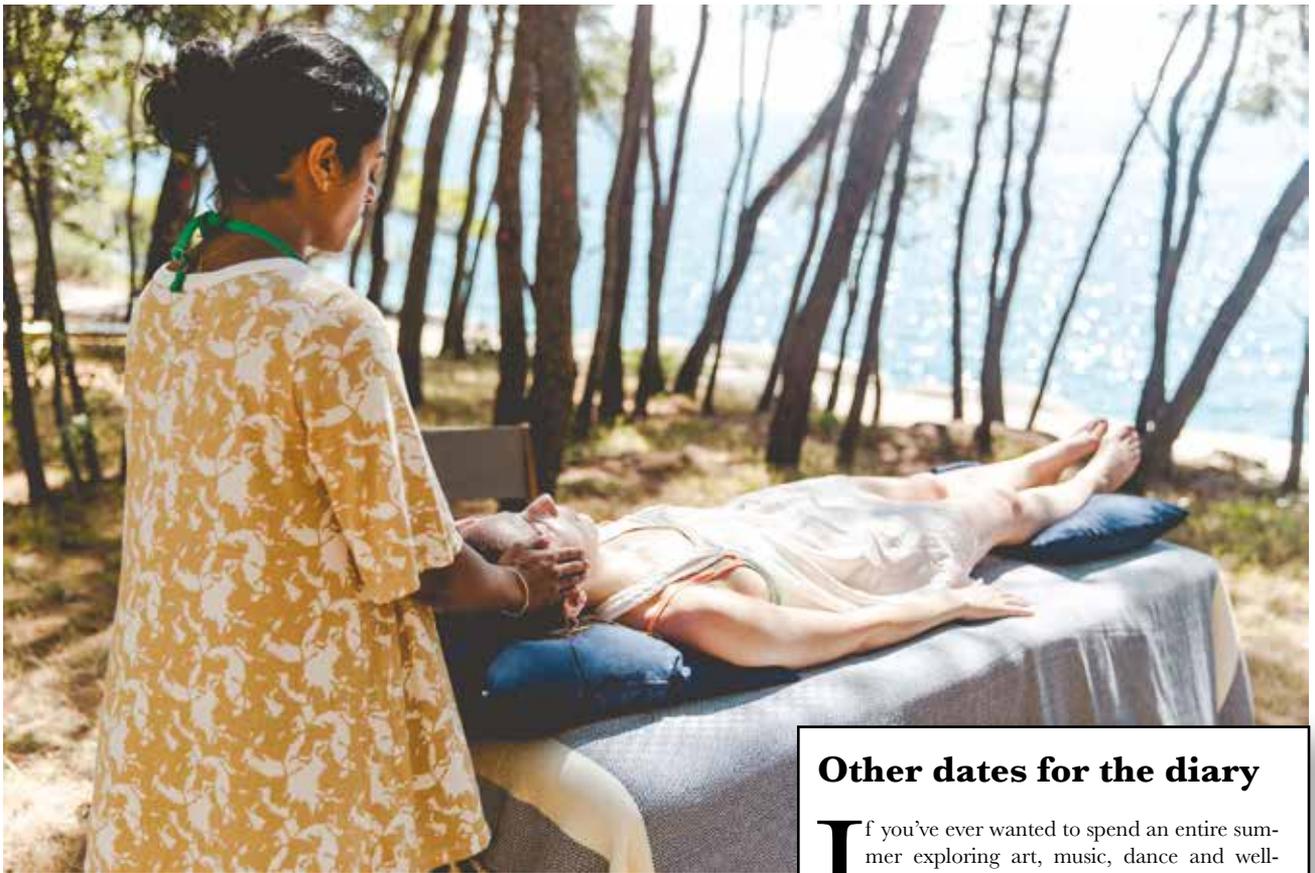
Activities are included several times during the week, including a visit to a nearby Instagram-worthy cove and a historic tour of Vis’s promenade. Some guests go on long walks through Vis’s rolling — and pretty much traffic-free — streets during the warm afternoons. There’s even a special evening meal at a family-owned fish-focused restaurant, where heaped plates of octopus and rice are joined with rich wine and spirits, all served on wood tables under the stars.

As for sustainability? “It’s something we’re actively focusing on,” says Urban. “Currently our food is sourced from Vis or the nearby area. We recycle extensively. We do little things like saving water, saving electricity and not having things blasting all night long.”

Future goals include donating part of the profits to a UNICEF charity. “We also want people to get to know the island.” Given Urban’s husband is a Croatia local and previous tour guide, the goal isn’t impossible to achieve. “It’s allowing guests to experience local tourism, not offering them something that’s bought from god knows where.”

Ultimately, like most yoga retreats, this one is comfortable, but not over-the-top decadent. But it’s luxurious in a more refined and basic way, doing what it does extremely well. There’s good, fresh food, great teachers, stunning natural surroundings, an ethical focus and a small-community feel. What more could you ask for?

Retreats run throughout the year in Croatia and Thailand. summersaltyoga.com.



Other dates for the diary

If you've ever wanted to spend an entire summer exploring art, music, dance and well-being, Croatia's got the answer. Welcome to Obonjan Island, launched for the first time last year. This ten-week upmarket island festival focuses on independent travel, offering everything from workshops to comedy sessions, all set against Croatia's blue seas and pine forests.

Thanks to 'The Zen Den', the island's dedicated wellness centre, there's a strong focus on yoga, pilates, massage and meditation.

Eco-chic accommodation is available for up to 600 guests each week. All units are eco-friendly and durable, spanning from fully furnished tents to safari-esque lodges. This year, the island promises a focus on waste reduction, increased recycling and a reduced usage of plastic containers.



Dress *for the occasion*

Whether you're planning to visit Croatia for a single yoga retreat or a month of multiple exclusive exercise-focused activities, there's an eco-look for you.



Teeki

Teeki provides yoga leggings made from recycled plastic bottles. Plastic PET containers are picked up by the community, sorted and cleaned, then chopped into pellets. These are melted into a fibre that's cut, crimped, and stretched into a lovely fabric.

www.TheHotBoxKit.com



Under The Same Sun

Under The Same Sun is a sustainable Swedish fashion label based in Sweden, providing swim, surf and yoga wear using eco-friendly practices. Making this company's fabric requires 53 percent less energy and water, and produces 54.6 percent fewer greenhouse gas emissions.

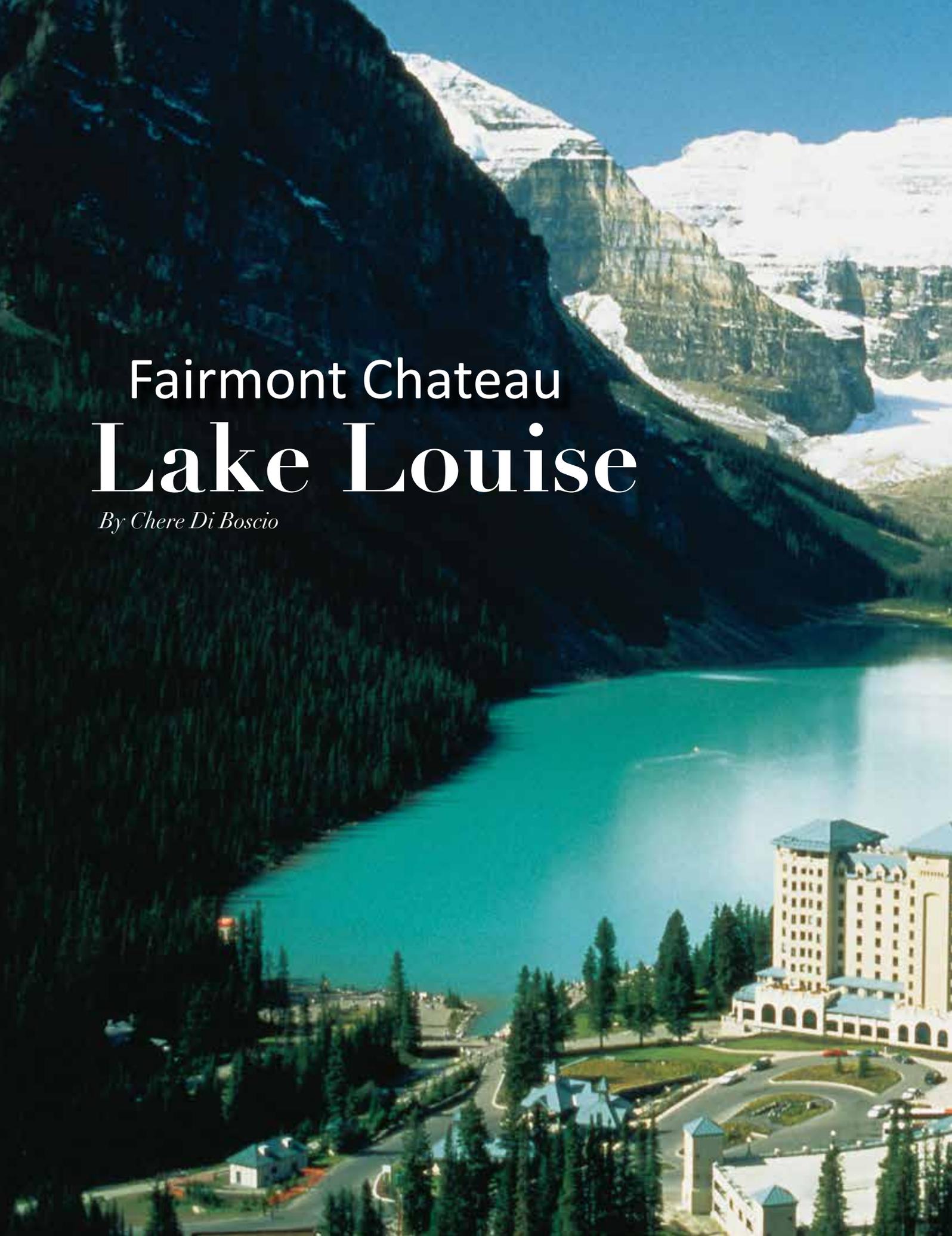
www.underthesamesun.se



YK Apparel

YK Apparel, a newly launched American company, is all about sustainability. This brand-new vendor reduces waste by getting clever about how garments are cut and created. Anything not used is offered to third parties for recycling. Based in California, the company uses solar-panel installations to provide up to 150 kilowatts of clean production power.

www.etsy.com/uk/people/ykbrand

An aerial photograph of the Fairmont Chateau Lake Louise, a grand, multi-story hotel with a light-colored facade and blue roofs. The hotel is situated on a lush green hillside overlooking the vibrant turquoise waters of Lake Louise. The lake is nestled in a valley, with steep, dark green forested slopes on the left and snow-capped, rocky mountains in the background. The sky is a clear, bright blue. The overall scene is a picturesque representation of a luxury resort in a stunning natural setting.

Fairmont Chateau Lake Louise

By Chere Di Boscio



When the Victorian English began their Grand Tours of Europe, they became well known for demanding a ‘room with a view’ so they could escape the dreariness of grey old ‘Blighty’ and enjoy the sight of families sharing time in public squares in Italy, canopies of grape vines in Portugal, or the sun-kissed rose trellises in France. Had they ventured out as far as Alberta, Canada, their minds would have been blown – visions of eagles gliding over imposing mountains and a lake with the opaque brilliance of a blue opal surrounded by rich, green forest are nothing less than poetic. No wonder the legendary Fairmont Chateau Lake Louise is called Canada’s “Diamond in the Wilderness.”

Named after Queen Victoria’s fourth daughter Louise, Lake Louise, or as the First Nations Canadians called it, “the lake of little fishes,” this became a travel destination in 1890, when the Canadian Pacific Railway built its first log chalet along the lake. Later, a split-level structure was built, followed by two timber wings—in Tudor and Victorian style—in 1900. The 94-room Painter Wing was created in 1913 but a catastrophic fire in 1924 destroyed it. Concrete was used to structure a replacement wing a year after the fire, but the current Fairmont Chateau Lake Louise’s architecture dates back to 1913 when architect Walter Painter was inspired by the Palladian villa designs of the Italian Renaissance period.

This Chateau is delight no matter what time of year, and came into its own as an all-season resort in the early 1980s. Visit in winter, and you can go ice skating, on horse-drawn sleigh rides, or ski down Mount Victoria – but be careful. The thunderous crashings you may hear are actually avalanches breaking and swooshing down the nearby mountains and glaciers; a reminder of the mighty power of nature. Prefer cross country skiing or trekking? Reward yourself after some vigorous activity with some of Canada’s finest ice wines, which the concierge here will be more than happy to pack for you in a picnic basket, along with other warming treats.

Springtime is when the resort focuses on mindfulness, meditation and yoga retreats with experts such as Tracy Delfs, a passionate yoga & mindfulness instructor and long-time student of world-renowned Zen and mindfulness master Thich Nhat Hanh, Dr. Eva Selhub, internationally known medical doctor, author, stress management and resiliency coach, or

Shannon Kaiser, author and life coach, named “Top 100 Women to Watch in Wellness” and “Top 25 most influential wellness writers” by MindBodyGreen.

These women can help you overcome your fears, live more mindfully, relax, and generally fall in love with life again. This is the perfect setting in which to tune out all noise, in order to better hear your inner voice – and channel it creatively. Yoga, meditation & creative writing retreats are held here by Sean Murphy, author, Zen meditation practitioner, teacher for creative writing and Kim Roberts, yoga instructor, psychotherapist and author, whilst creativity retreats are led by Cynthia Morris, acclaimed creativity coach, writer, artist, who has mastered the art of staying inspired, productive and access instant creativity.

With the sun shining here in springtime, you’ll want to be outdoors exploring the dense surrounding forests and lake. But indoors, it’s pretty wonderful, too. Rooms are plush, with bathtubs to help you warm up and unwind, and all the amenities you’d expect from a five star hotel, including tea and coffee stations in the room, nightly turndown service and chocolates and bottled water left daily for each guest.

The Chateau has eight dining options that offer something for everyone, including vegan and vegetarian options. Choose from the elegant Fairview Dining Room or the Walliser, the Tom Wilson Dining Room and Victoria Ballrooms (both open seasonally), the casual Poppy Brasserie, the Chateau Deli or the Glacier Saloon. But whatever you select, don’t miss the spectacular Lakeview Lounge, boasting immense views of the lake and Victoria Peak with its celebrated hanging glaciers. Sitting here in the evening, watching the twilight veil the mountains in shades of jewelled pink gold and orange, you’ll understand why the Chateau is praised for having “the best hotel view in the world.” The Victorians would have been jealous.

Guests looking for centering, holistic wellness experiences that complement their stay in a truly breathtaking and spectacular setting do well to inquire about availability in time. Space is limited and retreats book out quickly.

For more information or to book your wellness getaway contact Davina Bernard at davina.bernard@fairmont.com or call directly at +1 403 522 1638.



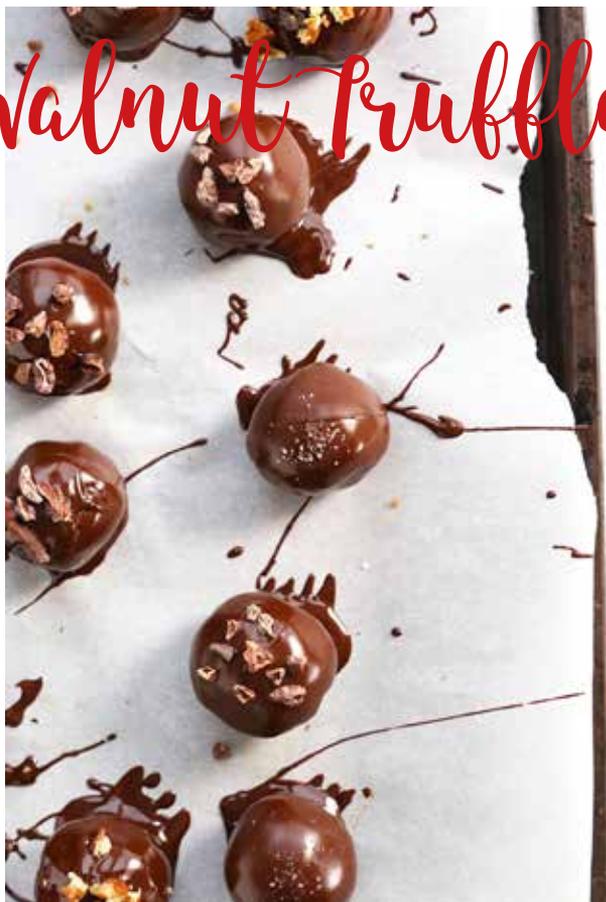
10 super easy

Vegan Truffle

Recipes



Walnut Truffles



INGREDIENTS

- 1 cup raw pecans**
- 1 cup raw walnuts**
- 1 Tbsp cacao powder or unsweetened cocoa powder**
- 1/4 tsp sea salt**
- 1/2 tsp ground cinnamon (optional)**
- 10 medjool dates, pitted**
- 1 1/4 cups roughly chopped dairy free dark chocolate**
- 1 tsp coconut oil**
- 1/4 cup cacao nibs, crushed pecans/walnuts, and/or sea salt for topping**

INSTRUCTIONS

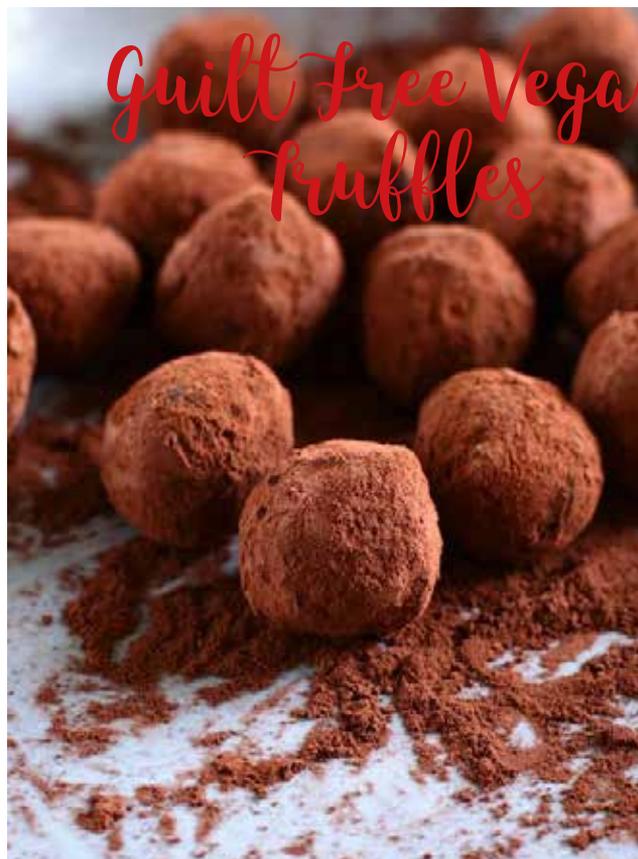
- Place pecans and walnuts in a food processor and process until it reaches the consistency of a meal.
- Place pitted dates in the food processor and process until small bits remain and/or it forms into a ball.
- Add in the cocoa powder and 1/2 of the nut meal and pulse.
- Add the nut meal a little at a time until a loose dough is formed.
- Scoop out 1 Tablespoon amounts and roll into balls.
- Set on parchment paper and place in freezer to chill (14 truffles)
- Melt chocolate in a double boiler or in the microwave in 30 second increments. Be careful not to overheat.
- Once melted, stir in coconut oil to help the chocolate thin and ease the dipping process.
- Remove truffles from freezer and, dip them into the melted chocolate. Tap away excess chocolate. Transfer back onto parchment paper and top with sea salt, crushed pecans, or cacao nibs.
- Let set at room temperature.

INGREDIENTS

- 2 cups unsalted cashews, soaked overnight in water and fully drained**
- 6 tablespoons agave nectar**
- 1/4 cup coconut oil, at room temperature**
- 1 tablespoon food-grade cocoa butter, at room temperature**
- 1/2 teaspoon finely ground sea salt**
- 1/2 vanilla bean**
- 1/2 cup dairy-free unsweetened cocoa powder + more for coating, if you like**

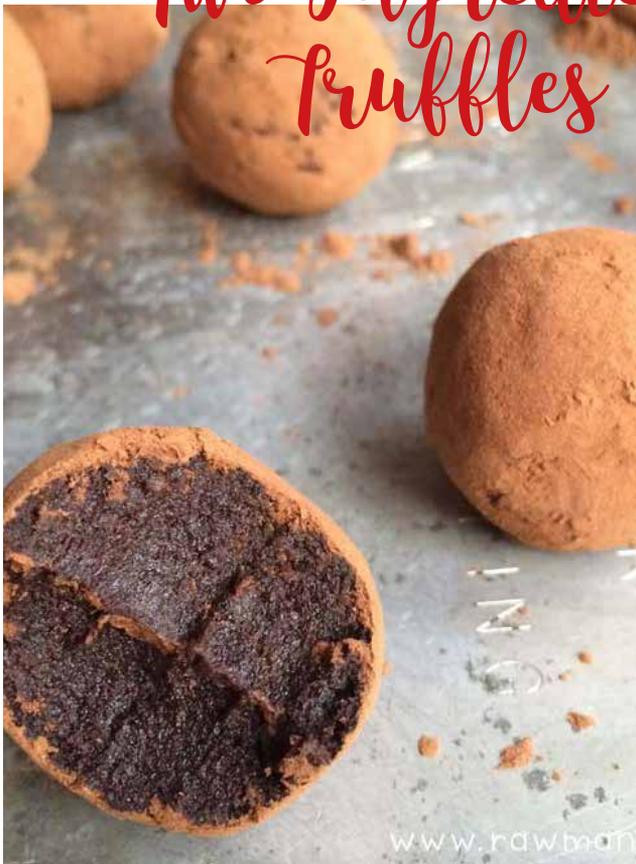
INSTRUCTIONS

- In the pitcher of a blender, combine cashews, maple syrup, coconut oil, and salt. Using a sharp paring knife, slit the vanilla bean down the center and use a spoon to scrape out the tiny beans, adding them to the blender. Discard the empty pod. Blend to a smooth paste. Add cocoa powder and continue to blend until you've got a smooth, velvety texture.
- Spoon fudge into a bowl and cover. Place in the refrigerator for 20 minutes to solidify. While the fudge is chilling, line a plate with a piece of parchment.
- Once the truffle mixture has chilled, use a 1/2-tablespoon cookie scoop to drop scoops of truffle mixture onto the parchment. Place the scooped truffles back in the refrigerator for 10 minutes. Once they're cool, roll the truffles into balls. If you like, roll them around in a bowl of cocoa powder to coat. Store in the refrigerator, in an airtight container, for up to 2 weeks.



Guilt Free Vegan Truffles

Two Ingredient Truffles



INGREDIENTS

2 cups high quality soft dates, pitted
2-3 tablespoons raw cacao or carob powder, additional for coating
optional ingredients: 1 tablespoon coconut oil, 2 tablespoons chopped nuts, 1 teaspoon vanilla essence, sea salt to taste

INSTRUCTIONS

- Blend your high quality soft dates and cacao/carob powder in a high speed blender or food processor until you have a very smooth uniform consistency. Use your tamper or spatula to scrape the dough down until it's well combined as you blend.
- Scoop out mixture, roll into small balls and place on parchment lined baking sheet. Mixture will be very sticky, wet or lightly coat hands with coconut oil to make it easier to manage.
- Roll balls into cacao/carob powder.
- Place truffles in the refrigerator for at least one hour to firm up.

INGREDIENTS

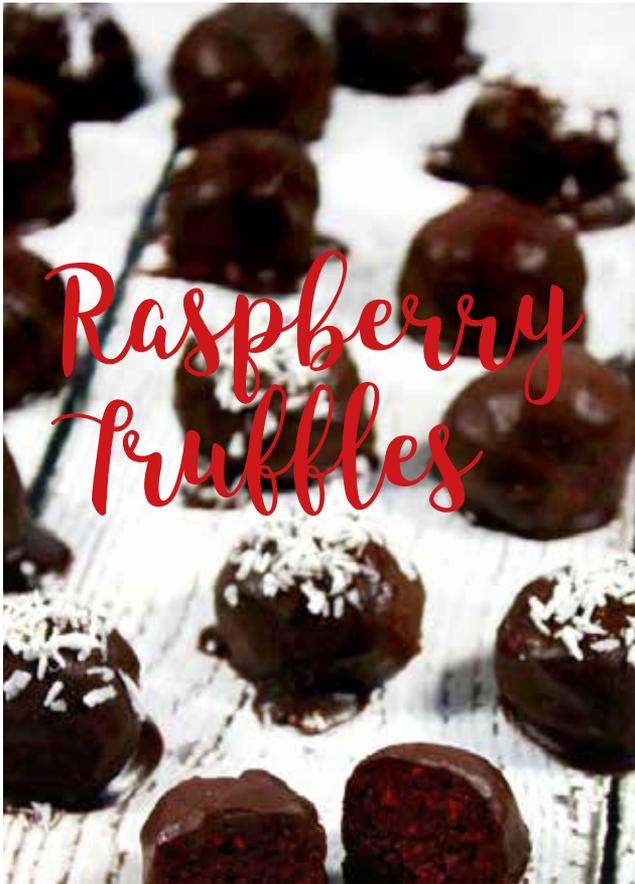
1 cup rolled oats
1/2 cup + 1 tablespoon cooked (or canned) chickpeas
1/2 cup cashew butter
1/4 cup maple syrup
1-2 packets of stevia (optional)
1/4 teaspoon salt
1 cup bittersweet/dark chocolate chips
cacao nibs for sprinkling

INSTRUCTIONS

- Add oats and chickpeas to a food processor and pulse until they are in small pieces.
- Add the cashew butter, maple syrup, and salt and process until it forms a smooth ball. Add the stevia if you want it sweeter.
- Line a baking sheet with parchment paper. Scoop spoonfuls and roll the filling into balls. Freeze for 20-30 minutes.
- Melt the chocolate chips in a small pot on low heat.
- Drop the balls into the chocolate and use a spoon to completely cover it, scoop it out and place back on the baking sheet.
- While the chocolate is still wet, sprinkle a tiny bit of cacao nibs on top of each truffle.
- Once they are all done, allow them to sit at room temperature until the chocolate is set.
- Refrigerate until ready to eat (the chocolate begins to get a little melty after about 5-7 minutes, so it is best to keep them refrigerated until right before you eat them).

Chickpea Truffles





Raspberry Truffles

INGREDIENTS

FILLING:

1 1/2 cup organic freeze-dried raspberries

1 cup organic almond butter

8 organic medjool dates (pitted)

2 tablespoons organic coconut oil

1 tablespoon organic beet juice

CHOCOLATE COATING:

2 tablespoons organic raw cacao powder

2 tablespoons organic coconut oil (melted/liquid)

2 tablespoons organic maple syrup

INSTRUCTIONS

FILLING:

- Add all ingredients for the raspberry filling to a food processor and pulse on low speed until the dates are broken down and it is thick paste-type consistency. Don't over process it.

- Take out a spoonful at a time and roll into a ball shape.

- Place them on a baking sheet lined with parchment paper and place in the freezer while you prepare the chocolate topping.

CHOCOLATE COATING:

- Add all ingredients for the chocolate topping to a small bowl and stir until it is well blended and smooth.

- Remove the truffles from the freezer and gently place them in the bowl of chocolate topping.

- Optional: sprinkle organic shredded coconut flakes on top.

- Place them back on the baking pan and return to the freezer to harden for approximately 30 - 60 minutes.

- Store them in the refrigerator or freezer until ready to serve.

INGREDIENTS

1 cup quality semisweet chocolate chips

1 small avocado, mashed

1/2 t vanilla extract

1/4 t espresso powder, optional, but you should really add it

INSTRUCTIONS

- Place avocado meat in food processor.

- Whip until smooth, making sure to scrape down sides of bowl.

- Place chocolate chips in microwave safe bowl and heat for 90 seconds.

- Every 30 seconds, remove bowl and stir chocolate.

- Once the chocolate is fully melted add the whipped avocado and mix well.

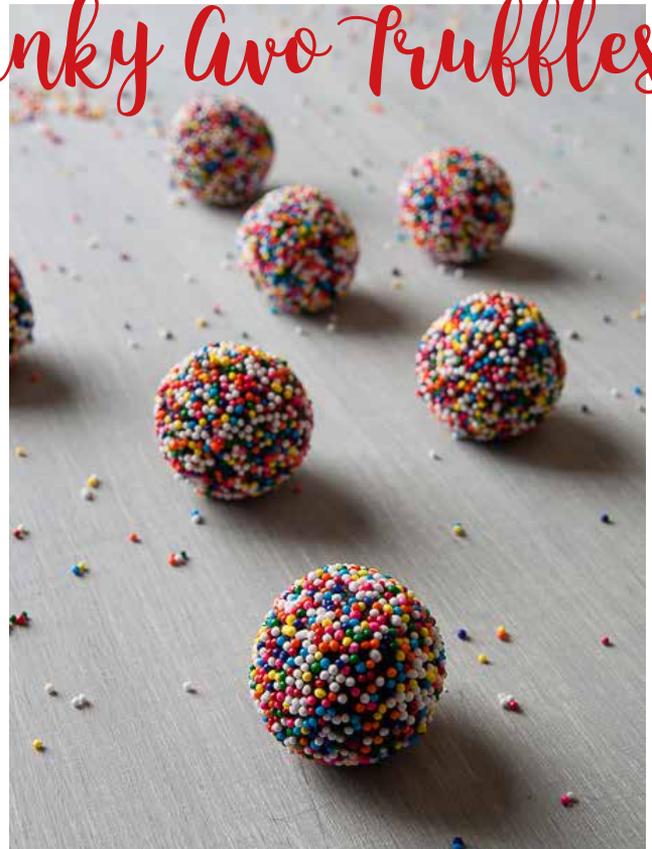
- Add espresso powder and vanilla extract and mix well.

- Cover with seran wrap and chill until solidified, approximately 3 hrs.

- Use 2 t scoop to make truffles, I used a leveled size 70 scoop.

- Coat with sprinkles, powdered sugar, chopped roasted walnuts or whatever your heart desires.

Funky Avo Truffles



Superfood Truffles



INGREDIENTS

2 cups dates, pitted (about 10)
1 cup dried cranberries
1 cup raw almonds
1 cup unsweetened shredded coconut
1/2 cup dark cocoa powder
2 tablespoons chia seeds

INSTRUCTIONS

- In a food processor, combine all six ingredients until the mixture is finely chopped and sticks together. (If you like a crunchier truffle, don't process the ingredients as finely.)
- Roll the mixture into 1-inch balls and enjoy right away, or keep these bites refrigerated for up to a week in an airtight container.

INGREDIENTS

TRUFFLES:

1/2 cup coconut oil
1/4 tsp fine sea salt
1/4 cup clear honey
1 cup cocoa powder
6 1/2 tsp cold water

OPTIONAL ADD-INS:

1/4 tsp cayenne pepper
1 tsp vanilla extract
1/4 tsp peppermint extract

POSSIBLE TOPPINGS:

Dessicated coconut, ground hazelnuts, cocoa powder.

INSTRUCTIONS

- Melt coconut oil in a pot on low heat, then transfer it to a bowl.
- Add salt and honey, and whisk until evenly distributed in coconut oil.
- Add cocoa powder and whisk thoroughly.
- While constantly whisking, add cold water, 1/2 tsp at a time.
- Cover the bowl with cling film and put into the freezer for about 30 minutes or until the chocolate mixture sets solid.
- Take the chocolate mixture out of the freezer. It should be solid, but malleable.
- Spoon about 1 tbsp of the chocolate mixture and form it into a round truffle with your hands.
- Roll each truffle in the desired topping.

Raw Vegan Truffles



Pumpkin Pie Truffles



INGREDIENTS

FUDGE

- 1 cup -8oz pumpkin puree (fresh or canned)**
 - 1/2 cup coconut butter that has been softened**
 - 3-4 tablespoons maple syrup (or agave nectar, or coconut nectar)**
 - 1 teaspoon cinnamon**
 - 1/2 teaspoon ginger**
 - 1/8 teaspoon cloves**
 - 2-3 tablespoons chocolate chips**
- ### CHOCOLATE SAUCE
- 4 tablespoons cacao powder**
 - a few drops stevia or 1-2 teaspoons maple syrup**
 - 2-3 tablespoons coconut oil**

INSTRUCTIONS

FUDGE

- Place all ingredients into a food processor. Soft the coconut butter first before measuring out 1/2 cup.
- Blend till smooth and creamy. This works best if all ingredients are at room temperature.
- Set in freezer or fridge for 3-5 hours, or till firm to touch.

TRUFFLES

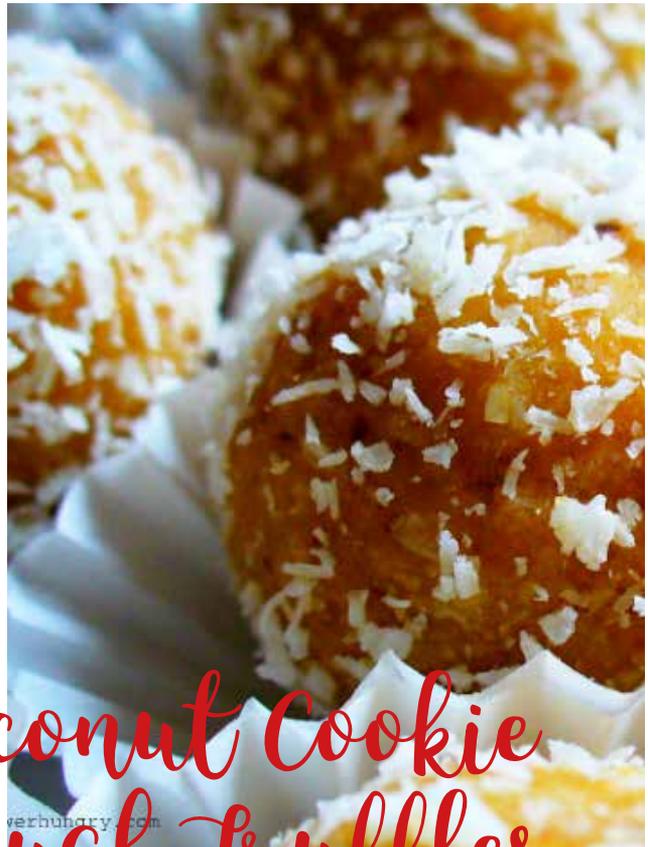
- Stir in chocolate chips.
- Scoop fudge balls onto a plate.
- Make chocolate sauce.
- Place cacao, stevia and coconut oil into a bowl and stir together
- Dip fudge balls into chocolate sauce.

INGREDIENTS

- 1/2 cup whole pitted dates**
- 1 15-ounce can chickpeas drained and rinsed**
- 2 tablespoons virgin coconut oil, melted**
- 1 teaspoon pure vanilla extract**
- pinch of fine sea salt**
- 1/3 cup natural vanilla vegan protein powder**
- 1/4 cup unsweetened flake coconut . finely chopped**

INSTRUCTIONS

- Soak the dates in 1 cup hot water for 10 minutes; drain, reserving liquid.
- In a food processor, process the dates, chickpeas, oil, vanilla and salt until mixture is smooth. Add the protein powder, pulsing until blended into a cohesive dough (add a small of reserved soaking water if needed).
- Place the coconut in a shallow dish. Scoop and shape the dough into 1-inch balls; roll in coconut, pressing gently to adhere.



Coconut Cookie Dough Truffles

THE SCHUMANN RESONANCE: WHY WE NEED EARTH'S HEALING VIBRATIONS

By Jody McCutcheon

Isn't it a nice feeling to know you're surrounded by family, with all the loving support and positive energy necessary to achieve optimal health and success in life? Conversely, aren't these achievements far more difficult when that support network is removed? Well, like a loving, caring family, our planet possesses a special ability to nurture all life on it. But rather than using encouraging words or children's aspirin, Mother Earth supports its denizens with resonant frequencies.

I'm referring to the Schumann resonance (SR), which consists of naturally occurring, extremely low frequency (ELF) electromagnetic waves that inhabit the space above the Earth and below the ionosphere. It sounds trippy, but this is a real thing. Discovered—or more accurately, mathematically predicted—by Winfried Otto Schumann in 1952, SR is sustained by the energy created by the 2000 or so thunderstorms that produce about 50 flashes of lightning around the planet every second.

The SR ELF electromagnetic waves encircle the globe, hug-like, with the lowest-frequency mode occurring around 7.83Hz. Higher resonance modes peak every 6.5Hz or so (14.3, 20.8, 27.3 and 33.8, etc, up to about 60Hz), but this article is concerned with that predominant wave of 7.83Hz.

POTENTIAL IMPACT ON HUMAN HEALTH

Obviously, our survival is dependent on the Earth's atmosphere for oxygen and its terrestrial bounty of food and water. But ever more evidence is suggesting that we also require a steady diet of geomagnetic resonances to maintain optimal health, and the Schumann resonance in particular. Upon discovering that the fundamental Schumann frequency of 7.83Hz is very close to that of human alpha wave rhythms, Schumann's doctoral student Herbert König was one of the first modern researchers to associate SR with human bioactivity.

Centuries before König, though, ancient Indian Rishis also knew about it, enhancing it with the isochronic tonal frequencies of the sound 'OM'. In fact, plenty of anthropological evidence suggests humans of all cultures have, over the millennia, attempted to achieve trance states by synchronizing with planetary resonances, before even knowing precisely what those were. This was done through various rituals like shamanic drumming and dancing, or religious behaviours such as bobbing and swaying during prayer.

Isochronic tones are regular beats of a single tone used for brainwave training. They differ from monaural beats, which are constant sine wave pulses rather than entirely separate pulses of a single tone. As the contrast between noise and silence is more pronounced than the constant pulses of monaural beats, the stimulus is stronger and has a greater effect on brain entrainment. This frequency has been associated with high levels of hypnotizability and meditation, increased GHG levels, and enhanced cerebral blood flow levels.

In our brains, alpha waves span the frequency range of 7.5–12.5Hz. They're present in our brains during deep relaxation, dreaming and light meditation. This state brings us to the tip of the creativity iceberg that exists just below conscious awareness. It could be said that alpha waves are a "gateway" of sorts to deeper states of consciousness: artists and other creatives often report that they get their best ideas just before falling asleep. These waves have been proven to promote mental coordination, calmness, alertness, inner awareness, mind/body integration and learning.

Since alpha waves closely resemble the fundamental SR frequency, the thinking is that by intentionally generating them (through the aforementioned methods), the two frequencies combine, thus increasing the strength of our own alpha waves. Shouldn't this in turn make us feel better and refreshed and in tune with the planet, like a form of environmental synchronization? Indeed, theories abound that since we



(indeed, all Earth creatures) evolved in the figurative embrace of SR, somehow we must have incorporated it into our brainwaves, much in the way that animal blood plasma is chemically similar to seawater, since animals evolved in it.

Following from this: If humans are basically in tune with Earth's natural electromagnetic frequencies, it stands to reason that disruptions of these frequencies may affect human health.

CIRCADIAN RHYTHMS AND THE SCHUMANN RESONANCE

Scientist Rütger Wever researched the circadian rhythms of human beings (our 'internal clock'), and how humans behave when placed in an environment in which they have no external time cues and are free to choose their own sleep/wake and light/dark schedules.

Working with fellow German researcher Jürgen Aschoff, Wever created an underground bunker to use as a laboratory in which human subjects could be shielded from any external time cues, including variations in light, temperature, electromagnetic fields – and the Schumann Resonance. Between 1964 and 1989, this bunker was used to conduct 418 studies on 447 human volunteers.

One of the key findings of these experiments was that when free to self-select their schedules, humans ran on an approximately 25-h day, and chose to go to bed at a much later circadian phase, resulting in a lengthening of the sleep/wake cycle period due to the delaying effects of light exposure at these nighttime circadian phases.

Another seminal finding that came out of the Andechs bunker experiments was the discovery that human sleep/wake cycles could desyn-

chronize from the circadian rhythm of core body temperature, a phenomenon known as 'Spontaneous Internal Desynchrony'. Endocrine function, thyroid function, depression and other affective disorders manifested in the bunker subjects. However, when a machine that resonates at 7.83Hz was placed in the bunker, the subjects found that their malaise and illnesses disappeared or were alleviated.

BEEES, POLLINATION AND SR

But humans aren't the only ones affected by The Schumann Resonance – all animals are, too, including bees. To say that bees are a keystone species feels like a massive understatement. Without bees, the vast majority of food crops wouldn't get pollinated, and we and every other species that rely on those crops for food, either directly or indirectly, would struggle for survival.

The effects of neonicotinoids and GMO's on dwindling bee populations are well-documented. Yet there's also a considered consensus that an overload of electromagnetic frequencies are jamming bees' internal orientation, navigation and communication systems, for which they rely on the Earth's natural magnetic field. As a result, bees are simply getting lost, unable to return to the hive, and dying off. Of course, Schumann Resonance signifies the Earth's natural magnetic field; so in fact the bees rely on SR for navigation. But all the geomagnetic disturbance or "electro smog" we produce (such as that from wireless technologies like cellphones and Bluetooth) has obscured SR, which may well be impacting the bees' ability to navigate—to the detriment to all life on the planet.

Scientists also state that animals that migrate, from birds to whales, could be affected by even small changes in the Schumann Resonance.

EVOLUTIONARY SENSE

Many studies have addressed the ideas that disrupting SR may impact human health, starting with L.B. Hainsworth's pioneering research, which lent credence to previous hypotheses (like König's) on the human health correlates of SR. Hainsworth recognized that the frequency of the dominant human brainwave rhythm (10.5Hz) and the average frequency at which there is minimal natural interference in the Earth-ionosphere cavity are identical. He understood that this shared frequency makes evolutionary sense, with the human brain operating on a "channel" jammed by minimal "noise." Assuming our brains are sensitive to Schumann resonance signals, and that these signals have remained at consistent frequencies over evolutionary time, it's fairly safe to accept the possibility (as Hainsworth and others have) that our central nervous system has evolved to rely on them to synchronize internal biorhythms.

Furthermore, any alteration or occlusion of these signals—as from electro smog—may cause a breakdown or blockage of this synchronization mechanism on which we rely, thus drowning out the health-promoting, possibly formative frequency of SR. Many people believe this is one reason for the putative increase in cancers and other diseases we have experienced over the last half-century. While evidence is growing that mobile phones may cause cancer, further study is required to determine more precise consequences of electro smog on human health.

But research on electromagnetic energy's effects on human wellness offers more clarity. Since Hainsworth's work three decades ago, multiple studies (such as this one and this one) have strengthened links between SR and other geomagnetic resonances and human health, cognitive function, emotions and behavior. Some (e.g. this study) suggest that any de-synchronizing geomagnetic disruptions can interfere not only with sleep, mental equilibrium and energy levels, but also with brain, cardiovascular and autonomic nervous system function, circadian rhythm, hormonal secretions and reproduction.

WE ARE HUMAN ANTENNAS

While the literature highlights these specific effects, the mechanism(s) accounting for how these effects actually occur isn't fully understood. Theories abound, of course. One suggestion (e.g., here and here) is that extreme swings in solar-geomagnetic activity (as from solar flares or storms) may disrupt the brain's levels of melatonin, a powerful antioxidant and hormone that plays a significant role in circadian rhythm regulation and immune system function.

Another intriguing possibility (explored here) concerns the ferrous mineral magnetite, which may transduce received magnetic energy into a nervous signal, thus facilitating the ability of electromagnetic radiation to produce biological effects in organisms. Multiple studies (e.g. here and here) have identified magnetite in human and other animal tissues, strengthening this theory.

Whatever the true nature of the relationship between SR and other ELF electromagnetic waves and human health, the best way to enhance our understanding of it may be through the kind of multidisciplinary approach that's required to study interconnectedness. The study of interconnectivity is still in its infancy, not yet accepted by the mainstream scientific community. But it incorporates such disciplines as geosciences, astrophysics and human and animal studies.

As psychologist and author Louise Samways notes, the human body is like a radio transceiver connected to an aerial—it's able to transmit and receive energy from the surrounding environment, and one of those radiant energy signals originates from Schumann Resonance, a frequency that evidently impacts our sense of time, bio-cycles, and our health.



EVENTS



Street Style with **Mercedes-Benz** *at London Fashion Week*

Mercedes-Benz saw British street style at its strongest at London Fashion Week. As the official car sponsor of the event, with its 15th season supporting British fashion, the brand provided luminaries at London Fashion Week with a luxurious and stylish fleet of cars, including the iconic G-Class and Mercedes-Maybach. The chauffeur-driven cars are currently moving UK and international media, bloggers, celebrities, buyers and designers around the capital to the 51 catwalk shows and 32 presentations.

The relationship between Mercedes-Benz UK and London Fashion Week started in 2009 and Mercedes-Benz supports more than 50 fashion platforms in over 40 countries worldwide. The partnership in the UK includes London Fashion Week and London Fashion Week Men's and cements the brand's reputation for style and design. Now, if only they'd use hybrids...



EVENTS



Maison Makarem, LONDON FASHION WEEK February 2017

Imagine a family holiday just after a very festive Christmas and New Year in the New Forest: a magical world of unity with nature, where the children are like the wild horses that roam freely in the land.

The Autumn/ Winter 2017 collection from Maison Makarem gives that feeling.

Maison Makarem's interpretation of the New Forest theme for Autumn/ Winter 2017 was shown during London Fashion Week this season, where elegance is a given and comfort is a result of the sumptuous fabric used. Working with the finest of wool, silk shantung, organza and cashmere this versatile yet luxurious collection envisions the life of a child of nature.



Charity Fashion LIVEN LIVE

In February 2017, Charity Fashion Live hosted an inspirational London Fashion Week event called “The Barnardo’s Edit,” recreating London Fashion Week catwalk looks in real time as they appeared on the catwalk.

Stylist Emma Slade-Edmondson recreated London Fashion Week looks in the Barnardo’s Brixton store just moments after they emerged on the catwalk. Using only the second-hand clothing found in that shop, Emma created looks from Chalayan, Ryan Lo, Molly Goddard, Henry Holland, Jasper Conran and Ports 1961 shows.

The looks that Emma recreated got the seal of approval from both Henry Holland and Jasper Conran via social media.

Henry Holland has been an ambassador for the event and features in a short film that shows Emma in full creative flow, educating us in the art of putting outfits together based on live designer looks and demonstrating the benefits of re-styling second hand clothing.



EcoSessions PURPOSE X FASHION

Ethical Fashion advocate Kate Black is at it again. In addition to her blog (Magnifeco.com), book (Magnifeco: Your Head to Toe Guide to Ethical Fashion and Nontoxic Beauty, New Society Publishers, 2015) and weekly podcast series (Magnifeco Radio , iTunes), Kate has launched a global event series that gathers leaders in the latest in ethical fashion, clean beauty and sustainable living in conversations for change.

Shares Kate, “They are so many new and innovative products and business models that are devoted to people and planet (in addition to profit), that I wanted to create a series that shares new stories, a chance to meet like-minded people and get inspired.”

The next London Event, EcoSessions: Purpose x Fashion explores the opportunities and challenges of operating a socially conscious business, featuring Andrea Bury (founder of Abury), Leona Mani (owner of The Good Place) and more. March 21 from 7:30-9:30 pm. For ticket information or to see other cities where EcoSessions are held, visit www.ecosessions.co



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