



THE LA FASHION MAGAZINE

**BIKINI  
READY**  
IN 15 MINUTES

**EAT  
SEXY**  
WITH SERENA

**CHARISSE  
MILLS**

SUMMER 2017



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YOUR  
SUMMER  
**MUST**  
LIST

BEST  
**SWIM  
SUITS**  
FOR YOUR  
SHAPE

*one million* IN A  
million



THE LA FASHION MAGAZINE

WHY HE **NEVER  
LISTENS**  
TO **ANYTHING**  
YOU SAY

*Love, sex  
+ lingerie*  
WITH **MADAME  
METHVEN**

SUMMER 2017



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**HOT  
SUMMER  
GET  
AWAYS**

WHAT  
YOUR **SIGN**  
REVEALS ABOUT  
YOUR **SEX  
LIFE**

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We share with you how to create this seasons beauty looks by providing on-trend products for those style savvy fashionistas who always want to be on the cutting edge of today's beauty styles.

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# SUN KISSED

SUMMER  
**KISSES,**  
SUMMER  
**TEARS.**  
THAT WAS  
WHAT SHE  
GAVE TO ME.

— ELVIS PRESLEY —

Thought it was a toad  
we were supposed to kiss?  
Or have we been wrong  
this whole time?

Featuring  
**KAYLA  
FITZGERALD**

Photography  
**DREW DAILEY**



**DON'T LET HIM SWIM AWAY!**

Scoop up this totally kissable  
**KOA WOOD TURTLE PENDANT**

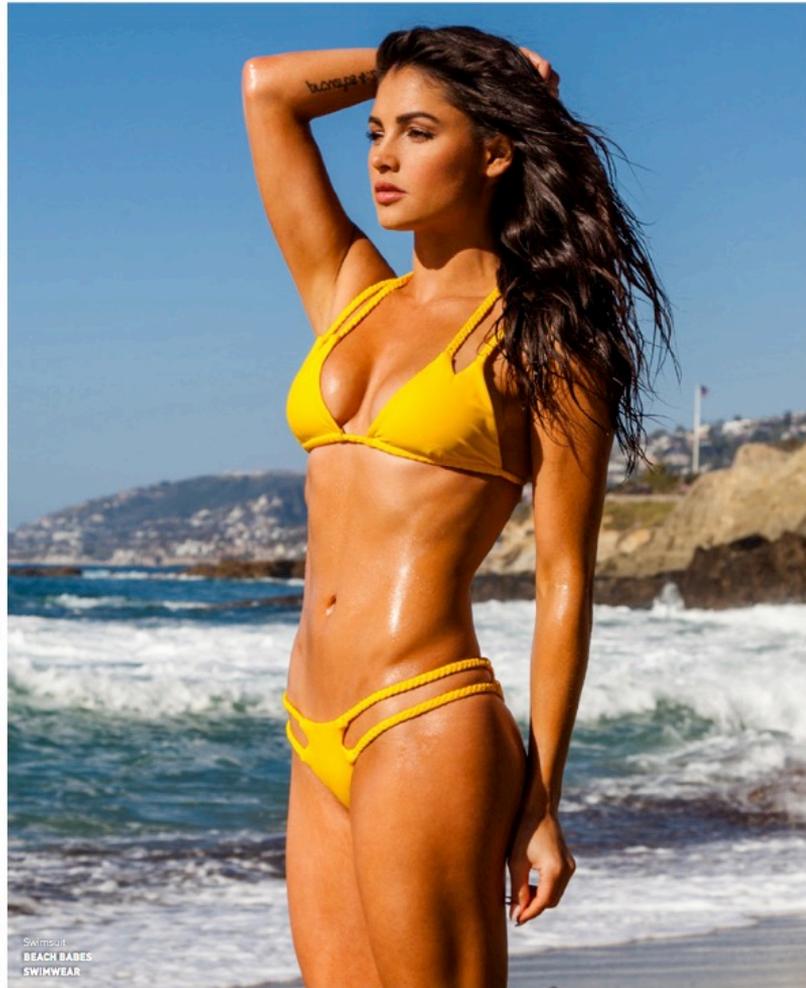
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Swimsuit  
**BEACH BABES  
SWIMWEAR**

The LA Fashion Magazine | 07 **LA**



Product  
BEACH BABES  
SWIMWEAR



Product  
BEACH BABES  
SWIMWEAR



Swimsuit  
BEACH BABES  
SWIMWEAR



Swimsuit  
LEE  
AND LANI



## EDITOR'S NOTE

**SOMETIMES, YOU JUST HAVE TO CREATE YOUR SOUND.**

Each season we wait for the voice of the sirens to lead the way and guide us through the sunshine. That hypnotizing spell that rides the wind and controls our every move and emotion. It's magical how a simple song can enhance our spirits and embrace a season—but what happens when that sound loses its magic? What happens when all sounds crash into one another and bring rhythms to a standstill?

We ask that all who believe in music, believe in themselves. We ask those individuals to not just look for a sound but to be comfortable to create one that is their very own. It's important to be confident to accept being different. Go forward and find strength within yourself and what it is you most believe in.

After all, just think, what if **MADONNA, ADELE,** or **WHITNEY HOUSTON** gave up when they didn't fit in? You would have waited, "like a virgin" "from the other side", just to be able to "dance with somebody." These songstresses became icons because they didn't give up on something they truly believed in—and you shouldn't either!

However, as you work towards your goals try to not forget the most important thing, **#YOU** The key to success is not just **#BELIEF,** but also **#CARE.** You must care for yourself. You need to eat right, find time to work out and strengthen your core while accepting your shape. And as you work your way through the ups and downs take time to stop and remember to let the sun shine and caress your skin as you wiggle your toes through the sand. You must remember that no matter what, everyone needs a little warmth in his or her life.

This season, we ask that you find your sound, focus on you, and embrace what it means to be happy, healthy and most importantly, unique.

Don't try to fit in when you are meant to stand out.



THE LA FASHION MAGAZINE

PARTNERS WITH

We at **LAFM** are teaming up with cover girl, **CHARISSE MILLS** in an effort to raise funds and awareness for **PANCAN** (Pancreatic Cancer Action Network).

With your help, patients will see a brighter future—more research breakthroughs, more treatment options and greater awareness.

Email [info@thelafashion.com](mailto:info@thelafashion.com) today to order an **AUTOGRAPHED** copy of this issue for \$15 (Plus S&H) and \$10 will go directly to PanCAN.

PANCAN.ORG

Helping patients today find answers for patients tomorrow.

GOD PUTS ANGELS ON

THIS EARTH TO LIFT US UP

WHEN WE ARE IN NEED

I DEDICATE THE PROCEEDS TO ANTHONY ABSHIRE

BECAUSE HE WAS

ONE OF THEM FOR ME.

I PRAY WE FIND A CURE.



CHARISSE MILLS



PANCREATIC CANCER ACTION NETWORK  
1500 Rosecrans Avenue, Suite 200  
Manhattan Beach, CA 90246  
Tax ID 33-0841281

THE BUZZ FROM SPRING 2017



This last issue was everything. **GIGI IS GORGEOUS!** And the title was fitting, she is the new supermodel! **ALLISON**

Gigi is a breath of fresh air. She is raw and really doesn't give a **F\*CK** what others think of her. She is just who she is, and **THAT IS EMPOWERING** to women! **CORY**

**I LOVED FLIPPING THROUGH THE PAGES OF LAFM** and seeing real girls and not the tall 6 foot runway model. This magazine is LA and like it or hate it, the fashion in there was exactly that! **LA FASHION IS IT'S OWN BREED** and **VOGUE WON'T EVER GET THAT.**

**JENNY**

Is it just me, or was I the only person to notice that this magazine is different? From the quality to the mix of fashion to stories **THERE'S A LITTLE SOMETHING FOR EVERYONE.** I am seeing their change and **EACH ISSUE GETS BETTER AND BETTER.** I truly am an #LAFMer. **AME**

OMG!!! I know most of those girls! **I LOVED SEEING GIRLS I KNOW AND ACTUALLY FOLLOW** on Instagram. This was the best part. I love celebrities and models but seeing girls I know let me connect to the issue!

**JO**

LET US KNOW YOUR THOUGHTS!

Email [info@thelafashion.com](mailto:info@thelafashion.com) or follow us at [Facebook](https://www.facebook.com/thelafashion) [Instagram](https://www.instagram.com/thelafashion) [Pinterest](https://www.pinterest.com/thelafashion) [Tumblr](https://www.tumblr.com/thelafashion) [YouTube](https://www.youtube.com/thelafashion) [LinkedIn](https://www.linkedin.com/thelafashion)

MAKING OF THE

cover

IF YOU LIVE YOUR LIFE WITH **INTEGRITY & PUT IN THE WORK...** YOU'RE DESTINED TO SEE YOUR DREAMS TURN INTO REALITY. **I'M LIVING MY DREAM!**

CHARISSE MILLS  
SINGER & SONGWRITER



WORKING WITH CHARISSE

You know that present moment you meet someone and are simply **FULL OF LIGHT**—that's Charisse. Working with Charisse went great! During the shoot I found her humbleness peak through; she insisted on having me advise her for poses, although on my perspective she was a beaut behind lens.

ASHLEY ITZEL  
Photographer

BEST #BTS MOMENTS



# THIS SUMMER

Travel with **LA FASHION**

the HAUTE and  
HANDY source  
for today's busy  
**FASHIONISTA**

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# SUMMER *days* 2017

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# JUST CHILL

OUR EDITORS PICKED OUT

## 10 FASHION ESSENTIALS

TO HELP YOU

GET THAT

## CALIFORNIA CHILL

LOOK.



### WHOO! DOGGY DOG!

#### DID YOU KNOW

Our good friend **POI** just came from the set of a **SNOOP DOGG** music video where he played none other than the D-O-Double G himself!

#### CAN YOU KEEP UP?

Follow @poitheboy

### CARED FOR CANINE

#### BELLA MAREE

Our best friend deserves a chill life too.



### CREEPER FABRIC SANDALS

#### DEVON

Because we are so past basic flip flops.

### SUNNIES

#### SAMA

Cherry on the Cali Chill Cake.

### RING

#### PINK KARMA

You like it, so put a ring on it.

### HAIR TIE

#### GOODU

Always be prepared.

### CUT LOGO T-SHIRT

#### ICE CREAM FACTORY

Because you're just cool like that.

### NECKLACE

#### PINK KARMA

Simplicity makes the ultimate statement.

### COLORFUL BIKINI

#### RED CARTER SWIM

In case you run to the beach.

### RELAXED WRIST

#### SAND & STONE

Wear your mantra on your wrist.

### VINTAGE JEANS

#### LEVI'S

Cut into shorts because we do recycle.

BRING BACK **CHILL** TO YOUR VOCABULARY.

Photography  
**ALEJANDRA VALENCIA**

Model  
**KALA CARELA**

# SUMMER MEMORIES

A MONTAGE OF OUR SUMMER TRAVELS IS NO DIFFERENT NOW THAN WHEN WE USE TO CREATE THE PERFECT **MIXTAPE**. ROAMING POOLSIDE IS WHAT BRINGS THAT **CALIFORNIA COOL** FROM WITHIN TO CREATE OUR **SUMMER MEMORIES**.

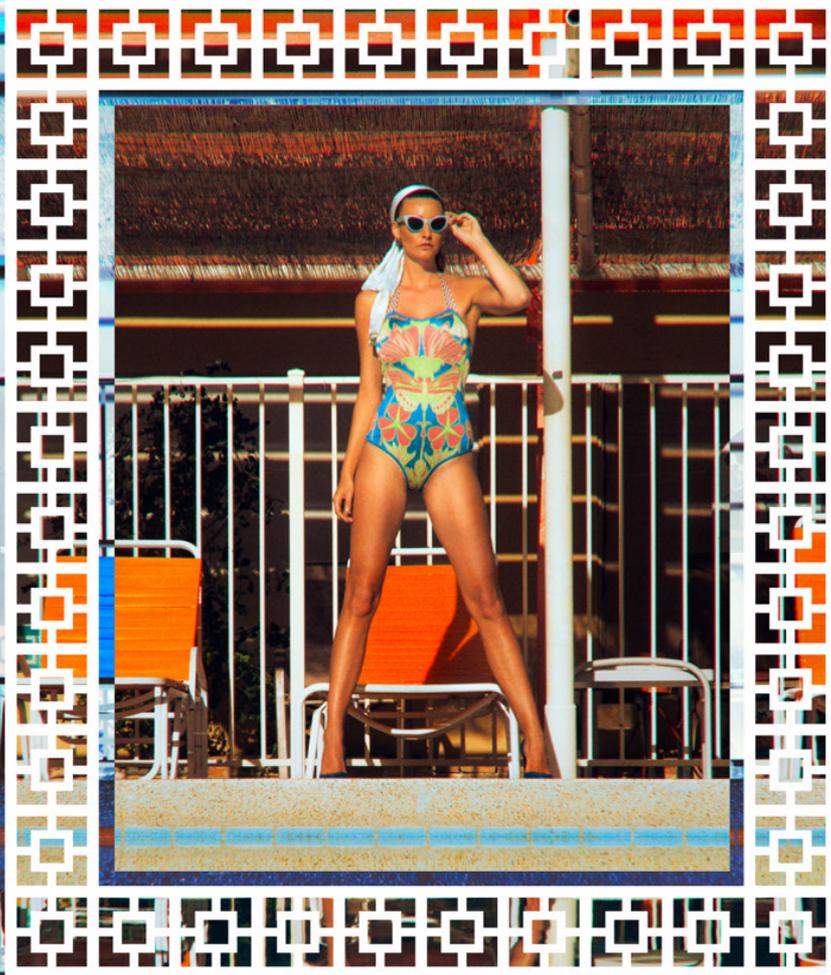
Featuring  
**AMY JEAN SCOTT**

Photography  
**JEAN-CLAUDE  
VORGEACK**

Stylist  
**LISA ANN KARST &  
MICHELLE HERNANDEZ**

Hair & Make-Up  
**SAMANTHA KLEIN**

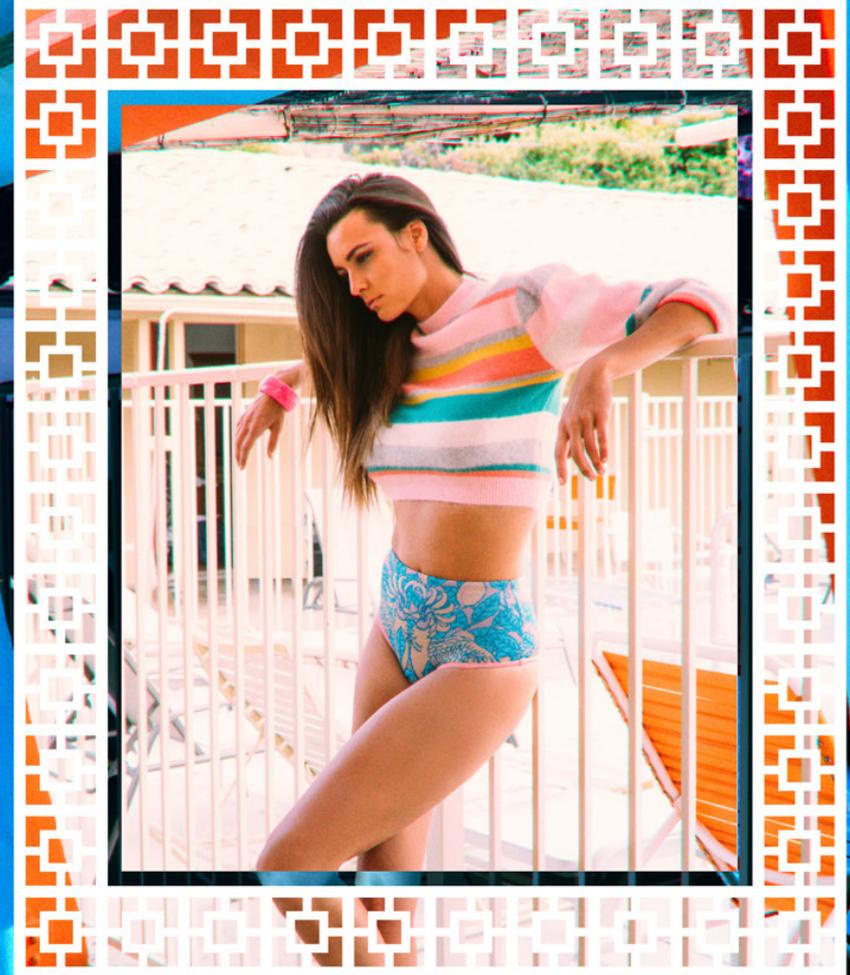




Swimwear  
**EKATERINA  
KUKHAREVA**

Sunglasses  
**KATE SPADE**

Scarf  
**VINTAGE**



Sweater  
**REBECCA  
TAYLOR**

Swimwear  
**EKATERINA  
KUKHAREVA**



Sweater  
**EKATERINA  
KUKHAREVA**

Swimsuit  
**EKATERINA  
KUKHAREVA**

Sunglasses  
**KATE SPADE**



Blouse  
**DYSPNEA**

Pants  
**EKATERINA  
KUKHAREVA**





# GIOVANISSA



— Couture Bridal Makeup Artist —

@MAKEUPBYGIOVANISSA

WWW.MAKEUPBYGIOVANISSA.COM/

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FOR THAT ONE PERSON  
WHO CAN CHANGE  
YOUR LIFE

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room for  
dessert!



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## BELLA MAREE NATURAL DOG PRODUCTS

Interview by MIRA BALEV-JOHNSON

### TELL ME A BIT ABOUT YOURSELF?

I was born and grew up in the beautiful Sunshine State of Queensland, Australia. Many refer to me as an extremely driven person, but overall, I am a wife and Mum of five. Two human babies and 3 fur babies - (one of which is Bella-Maree).

### HOW DID BELLA MAREE COME TO BE?

Oh my. Well, little do people know but a while ago, I took a some time off from working in the tunnelling industry when my human babes were little. During this time it became increasingly apparent there was a market for the amazing colloidal silver range I had created and been using on my dogs for years. Buddha, my American Staff, suffered terribly with grass allergies for the first 3 years of his life and lived on steroids to keep them at bay so I knew I had to do something.

It was tough and painful to see'm suffering, so one day I just had had enough and decided to use the colloidal silver I had been using on myself and my children for years and see if it would heal his skin as well. Sure enough, it did and surprisingly, much faster than the steroids had. That's when I realized there was a change before me, and that was BELLA-MAREE.

### WHAT MAKES YOUR PRODUCT DIFFERENT?

It is 100% natural! Colloidal Silver is one of the very few NATURAL antibiotics used!

For those that are unfamiliar, Colloidal Silver is a germicide and disinfectant; it is antimicrobial, anti-fungal, anti-bacterial, and anti-parasitic. It has even been documented by Hippocrates, the godfather of medicine.

### DO YOU HAVE A SUCCESS STORY?

Not really a success story but I'd love to share the lesson I learned. To believe in yourself! Even when nobody else does. If you believe your story / journey / purpose, then keep going!

### NEVER STOP CHASING YOUR DREAMS.

### WHAT WAS THE BIGGEST CHALLENGE FOR YOU AND HOW DID YOU OVERCOME IT?

There hasn't been ONE big challenge. As many may know, being in business is hard. I have spent the last 18 months constantly climbing hurdles, one after the other. And even though some days are harder than others, I keep in full stride.

But as I stated, I am not going to stop because I believe in this and me. That and the reward is definitely worth the hard work! It's inspiring to know that every day I get to help families and their pets not just in Australia but in America wide too—hopefully soon to be world wide as well.

Our pets are our kids and we need to treat them accordingly. Any pet owner will tell you that these furries mean the world to us. Therefore being able to share my products with you and knowing they will help with your situation is an awesome rewarding feeling.

### WHERE CAN WE FIND BELLA MAREE PRODUCTS?

You can find information about Bella-Maree Natural Dog Products online at [BELLAMAREEPRODUCTS.COM.AU](http://BELLAMAREEPRODUCTS.COM.AU) or via social media on our Facebook and Instagram.

You can purchase Bella-Maree Natural Dog Products with the "Shop Now" button on the Facebook page which links you to the website or of course directly from the website.

And best of all, Bella-Maree products can be shipped worldwide. So no pet will be forgotten.

### WHAT IS IN STORE FOR THE FUTURE OF BELLA MAREE?

There is unlimited potential for Bella-Maree Natural Dog Products moving forward. I would love to branch out and see my products stocked in American stores as we have a large customer base there; but the ultimate goal is to grow to a point of world wide production and help those who can't help themselves.

### SO STAY TUNED!

- 1 BellaMareeNaturalDogProducts
- 2 bella\_maree\_natural\_dog



sand & stone

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LA  
PEOPLE  
ON THE  
RISE

## IN THE WEEDS NATURAL SKINCARE

Interview by RIVER CALLAWAY

Ever wondered why some people have amazing skin and the rest of us are acne prone? Why some can literally wake up like this, and the rest of us are using butters, toners, and face masks to get that 'make-up' free glow? The LA Fashion Magazine sat down with In The Weeds Natural Skin Care founder, Lika Torline, who discusses her path to skincare, why her products stand out, and how we can all achieve that perfect natural glow!

### WHY IS USING NATURAL INGREDIENTS IN YOUR PRODUCTS SO ESSENTIAL?

When using products on your skin, it only takes 28 seconds for what touches your skin to be absorbed into your body. Unfortunately, most ingredients in skin care products have not been tested for safety, and oftentimes, those extra ingredients tend to cause more harm than good especially on skin sensitive to alcohol and artificial fragrances. When I created my face product, Dollface, I saw an immediate difference in my skin with how it looked and felt. Everyone has a choice of what they put on and in their body, and I feel it's very important for consumers to have a choice on store shelves that doesn't include a chemically-infested product.

### HOW DOES YOUR COMPANY STAND OUT FROM IT'S COMPETITORS ON THE MARKET?

We provide next level skincare with back-to-basics concepts. My products are made with all natural ingredients, and I test everything on myself. During my training to become an esthetician I began developing the concept of In The Weeds and creating an entire line of products. Customers appreciate how much passion I have for my products and our quality control. In The Weeds uses only essential oils, and being a holistic esthetician, I make sure that we're really only using the best natural ingredients.

### ARE YOUR PRODUCTS PRIMARILY FOR WOMEN?

No, actually it's for both. Men particularly love Dollface, Buzzkill (our insect repellent), and our holistic pressure point stick. I want everyone, no matter their gender, to experience healthy radiant skin, and my products do that!

### WHAT IS THE IDEAL REGIMEN FOR SKIN CARE?

#### HOW OFTEN SHOULD YOU WASH, TONE, AND MOISTURIZE A DAY?

Washing your face morning and evening is ideal to keep your skin clean and healthy. I recommend using argan oil to remove makeup or face wipes that are pH balanced. You can also use witch hazel or organic apple cider vinegar as a toner. Using a product like Dollface that doubles as a scrub and a mask is also a great part of the routine. This product you would apply every other night with warm water, gently exfoliate or leave on as a mask, and then remove with cool water. Then you can then follow with a serum, cream, or a lotion with SPF. Sunscreen is a must, and should be in everybody's routine!

### AS A BUSINESS OWNER, WHAT HAS BEEN THE MOST CHALLENGING AND REWARDING PART ABOUT STARTING YOUR OWN COMPANY?

As far as challenges go, there's a huge sacrifice in starting a business, and I think all business owners would agree that you have to be a little crazy to start a business! I want to become a household name, and that takes work! However, having my business is very fulfilling because I have customers who say they're now "proud of [their] face," and more confident. Life is already hard as it is, so if I can make it a little bit better through skin care, that makes me happy.

### WHAT ARE YOUR PLANS FOR THE FUTURE?

It's really important to me that wherever the business goes, it stays with the overall concept that we use our "hands to create what goes on your hands." I would love to expand In The Weeds, our website, and our customer base. I've been thinking about a line for dogs, baby skin care products, cosmetics and going into different niches of the industry to develop more naturally conscious products for a healthier lifestyle.

Find In The Weeds products at [www.shopintheweeds.com](http://www.shopintheweeds.com)



 in\_the\_weeds\_natural\_skin\_care

 intheweeds\_skin



IS THERE SUCH A  
THING AS URBAN CHIC?  
AS FASHION BEGINS TO BE IN  
TRANSITION WE CROSS LINES  
FROM **CHIC** TO **ATHLEISURE COOL**  
—THAT IS STREET FASHION...  
THAT IS **URBAN CHIC**.



Featuring  
**STEPHANIE VAZQUEZ**

Stylist  
**DELAVI**

Photography  
**REBECCA PEREZ**

Make-Up  
**RACHEL BINTNER**



Sunglasses  
**STEAMPUNK**

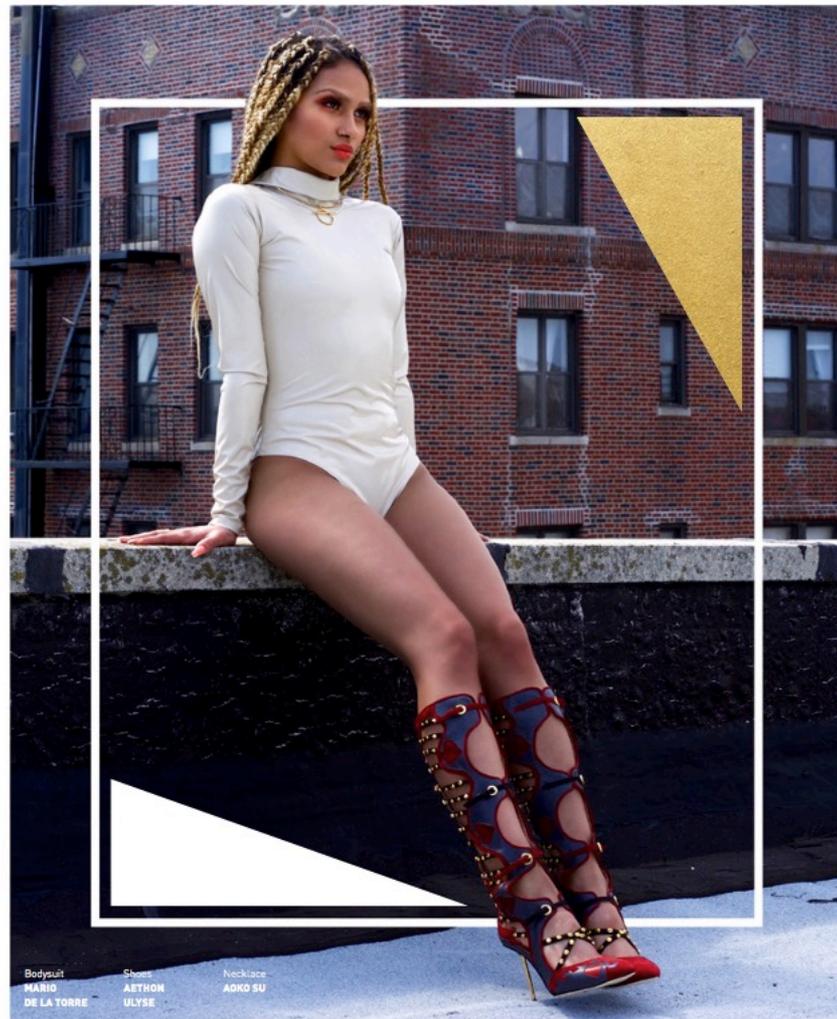
Top  
**MARIO  
DE LA TORRE**

Jacket & Pants  
**CONTROL  
SECTOR**

Shoes  
**STEVE  
MADDEN**

Right Ring  
**ZIRCON PALM**

Left Rings  
**DOYLE AND  
DOYLE**



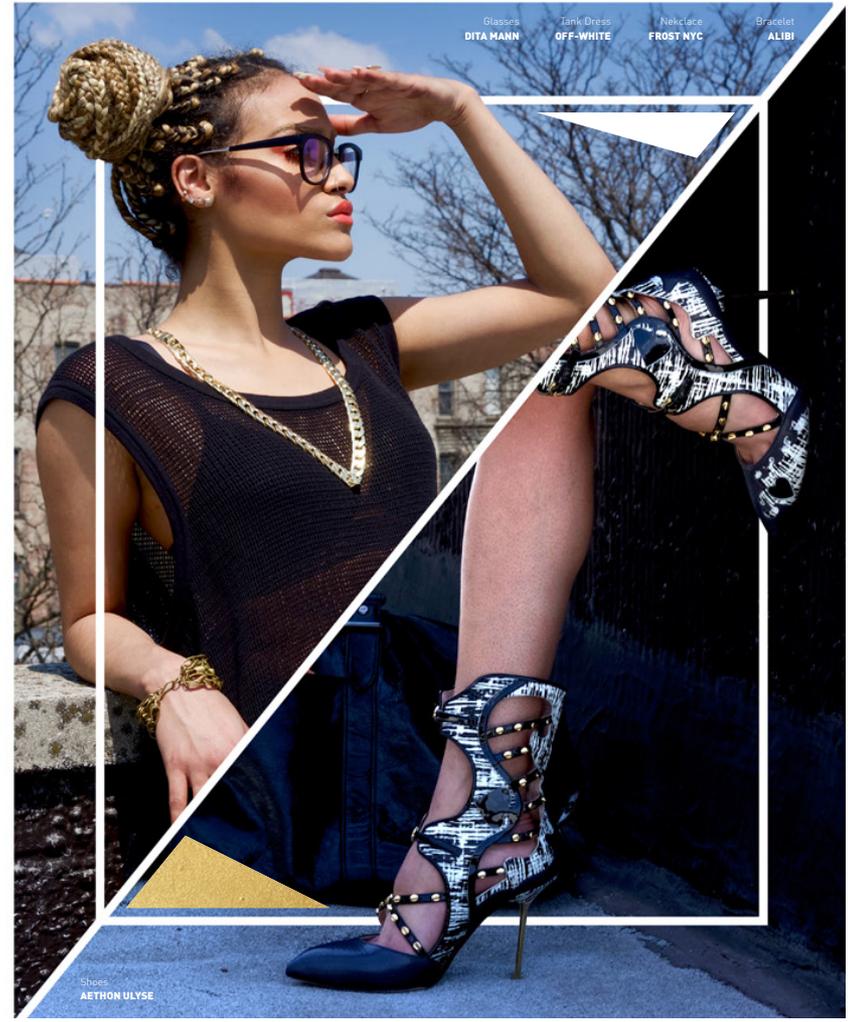


Pants  
**MARIO DE LA TORRE**

Jacket  
**TOPSHOP**

Top  
**ROMWE**

Necklace  
**AOKO SU**



Glasses  
**DITA MANN**

Tank Dress  
**OFF-WHITE**

Necklace  
**FROST NYC**

Bracelet  
**ALIBI**

Shoes  
**AETHON ULYSE**



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PEOPLE  
ON THE  
RISE

## NICOLE AMATO

Interview by **LISA ODDIE**

LA Fashion had the chance to speak with **NICOLE AMATO**, the inspiring owner of **BODY BY NIXX**. With a story filled with overcoming hardship and chasing after dreams, we're not surprised by her achievements as a model, personal trainer, and creative artist. Check out what she has to say about her journey to success!

### HOW DID YOU GET STARTED WITH BODY BY NIXX?

I've been an athlete all my life; dance, track, gymnastics, ballet, soccer and the occasional Barbie surfing lessons [joking]. About 5 years ago after modeling and touring with the Black Eyed Peas, I had to get into something that was going to help heal me and heal others. Body By Nixx is just the beginning.

### I'VE READ THAT YOU'VE OVERCOME AN EATING DISORDER AND THAT FUELS YOUR JOURNEY NOW; WHAT WAS IT THAT MADE YOU CHANGE YOUR LIFE?

When I say heal myself, I'm talking about my many years of mental struggle with perfection and an eating disorder. It wasn't always about being skinny, but something I could control. I had a life spinning out of control and needed to find something I "thought" I could. Health, fitness, yoga and my runs are apart of my continuous effort to heal myself and be happy. And it's working! I love what I do and how I feel. I've learned to love myself and that's most important. Now I can actually do more for others around me.

### WHAT'S YOUR FAVORITE THING ABOUT WHAT YOU DO?

My favorite thing about the fitness side of my life would be watching people change and seeing their own self-love evolve. And I "get paid to stay fit" so that's a no brainer. However, I don't just train and work as a masseuse anymore. I'm a very creative person and about 5 years ago, I invented something called **ALL BALL FITNESS**, and it is my life dream to bring it to market one day. Starting a company and making things come to life has been one of the hardest things I've done, but one of the most rewarding, too.

I also design clothes and my favorite part about anything I do is the "creation" aspect. Soon I will be launching a new line of activewear with **JUST LIVE** that I designed with **C33**. I love working with the Just Live Brand and my new family there. Our offices are in Miami so it's a major plus to go to paradise to test samples and work with the team to see yet another creation of mine come to life!

I also have a very small charity run that I do every Thanksgiving and Christmas holiday called **OPERATION TURKEY**, as part of my "Get Fit with Nixx While Giving Back" movement.

### WHAT MOTIVATES YOU?

What motivates me is the will to survive, the power to change and the knowledge that I am blessed and loved by a higher power. I'm a survivor; I always have been and I always will be. Being a fitness entrepreneur is a huge success that drives me. I'm just getting started. When everyone told me I would never make it; well, that's what drives me, too. I wake up everyday thinking what more can I do, or what more can I create. And to all the haters out there, I wish nothing but peace and love. There is no room for that in success.

### WHERE DO YOU SEE YOURSELF IN THE NEXT 5 YEARS?

In 5 years, I would hope to have found the right partner and start a family. I see myself gracing many pages and talking about my story. I see myself doing what I already do, but on a much larger scale, which will also be much more rewarding.

Follow **@BODYBYNIXX** on all social media to stay up-to-date with all the projects Nicole is working on. You can also check the link in her Instagram bio to donate to the different causes Body By Nixx is supporting. All donations help! You can follow **@JUSTLIVEBRAND**, too! If you tag **#JUSTLIVESHARE**, they will pick one customer every month to win \$100! For LAFM readers, use **BBN2017** for a special discount on justlive.com!



# 15

## MINUTE SUMMER BODY WORKOUT

THIS IS THE MOMENT TO  
GET REAL, LOVE YOUR SHAPE  
AND REALIZE YOUR SUMMER BODY  
IS TRULY 15 MINUTES AWAY  
—AND LAFM KNOWS HOW!

We caught up with personal trainer  
**NICOLE AMATO** and got a few tips and  
secrets on how she gets bikini ready!

**[REPEAT 3x]**

### 2 MINUTES OF JAB | ELBOW | KICK

Punching bag workouts can help to burn calories and build muscle while improving your cardiovascular capacity. Do a speed combo with kicks—jabs, crosses, uppercuts, hooks along with mid, low and high kicks—begin punching with light intensity as you warm up, focusing on **ACCURACY** over **POWER**. This will help improve muscle memory as you speed up and begin to mix in kicks. Continue the workout, speeding up as you go but with the same sequence of punch types. This will give you full activation of the muscles in your arms, shoulders, chest, thighs and butt and make you ready for harder calorie burn during the rest of the workout.

When working with a punching bag, stand with your hips at a **45° ANGLE**, facing away from the bag, and swing across your body to hit its surface. This will cause your core muscles to twist, a movement that is made more effective due to the force from the thrown punch.

JAB [R]  
JAB [R]  
CROSS [L]



ELBOW [R]  
HOOK [L]



KICK [R]  
KICK [L]



### 2 MINUTES OF JUMPS

Jumping rope is a form of cardiovascular exercise. It elevates your heart and respiration rate to supply blood and oxygen to your muscles and works large muscle groups. Your arms and legs will get a strong workout, and your back and abs will help to stabilize your body, helping you build muscle in these areas, too. Start jumping rope at a moderate pace for one to two minutes, then increase your pace to a vigorous workout for another minute or two. Alternate between the two intensities for the duration of your workout.



You can tailor your workout to target problem zones. For example, if you want to work your abs, try bending your knees and lifting your legs higher as you jump, making sure to use your abs to lift your legs. If you're interested in toning your arms, simply swinging the rope on one side for a few minutes with each arm can help.

### 1 MINUTE OF ABS

Strong core muscles make it easier to do many physical activities. The hanging leg raise is a great ab exercise. Hanging from a chin-up bar, raise your legs until your legs and torso form a **90° ANGLE**. You can also do this do this exercise with a little twist, rotating your legs side to side.



30 HIGH-KNEE CENTER    15 OBLIQUE CRUNCH [R]    15 OBLIQUE CRUNCH [L]



#### READY FOR MORE?

Download the **FITRIBE APP**, subscribe to Nicole's Channel, **@NIXXANDHOLLSFIT** and get access to her entire library of videos and workouts for only **\$20/month**.

# MATADOR

## PERFORMANCE CENTER

The **MATADOR PERFORMANCE CENTER** is a Private Personal Training Center in **PASADENA, CA** run by Founder and Owner, **JOSEPH DEL TORO**. At MPC clients will experience the ultimate one-on-one training with all the tools and equipment needed to get results.

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## MASTERING KRAV MAGA



**MATAN GAVISH**

Interview by **RIVER CALLAWAY**

**KRAV MAGA**—maybe you've heard of it as an alternative to kick-boxing and spinning, maybe you've taken a class, or maybe you're a complete beginner like me. LAFM spoke with **MATAN GAVISH**, the master behind **THE KRAV MAGA ACADEMY** in **NYC** to dig deeper into what it is, where it comes from, and why so many top models are doing this type of workout on the reg.

*Krav Maga* is a hebrew word that means 'contact-combat,' and was developed from street fighting and implemented into the military tactic and technique for the **ISRAELI ARMY** and **ISRAELI DEFENSE FORCE** in the 1940s. Matan, who is of Israeli descent, learned the Krav Maga method while serving in the Israeli Defense Force, and has developed his own method of Krav Maga, aimed at teaching women of all ages to defend themselves against any type of danger.

When **GIGI HADID** was grabbed by prankster Vitalii Sedulik while leaving a fashion show in Italy, she immediately used the KM tactics (reports *The New Daily*). Matan teaches every day at his academy. So let's be honest, if Gigi does it, we all should too.

While his background may be in training law enforcement teams, from the **US NAVY SEALS** to the **NYPD**, so many top models flock to his program because, he says "when you're in a position such as a top model, where everyone knows your face and seemingly your whereabouts, this type of exposure can lead to these women feeling and being very vulnerable. These women and many others come to our classes and learn how to protect themselves should anything ever happen, and in the process develop a strong healthy physique."

### WHY DO YOU BELIEVE KRAV MAGA IS SUCH AN ESSENTIAL SET OF SKILLS TO HAVE?

Krav Maga is a whole lifestyle, the skills that you pick up are unparalleled to any other, you're burning twice the amount of calories and we're teaching you skills that may save your life one day.

### HOW IS KRAV MAGA DIFFERENT FROM, SAY, BOXING?

Krav Maga has no rules, which leads to wonderful moments of creativity, which will come in handy in a violent encounter—it helps you to think outside the box.

### HOW LONG DOES ONE SESSION LAST AT YOUR ACADEMY, AND WHAT CAN A BEGINNER EXPECT FROM THEIR FIRST CLASS?

You'll learn that Krav Maga is more than a workout class, it's a lifestyle, a mindset. We train the individuals that walk through the door not only how to physically defend themselves with a set of different skills, but also how to mentally prepare. More often than not, most people who are in danger physically freeze, so we teach methods to aid a person in the 'fight-or-flight'—do they have the ability to run away, if not we psychologically prepare them to execute concepts to get out of danger.

### HOW DO YOU DEVELOP THESE SKILLS FOR WOMEN?

I work with the **NYPD**, which reports that around 30 women are raped every week. At The Krav Maga Academy, we make it our business to look at how these attacks happen, and how to avoid them in the future. A major concept of Krav Maga comes down to understanding your situation, and the suspicious person you're feeling endangered by, reading facial expressions, understanding body language, and any other signs that can help you make the decision to fight or flight.

### AND LASTLY, WHAT ARE YOUR PLANS FOR THE FUTURE?

My Academy is completely focused on the modern application of the Krav Maga skills into personal growth. We currently are a martial arts school with more women than men members, and so essentially we are out to change the mindset of ordinary people to be stronger in case of any emergency. So without giving very much away, we're working on a pretty aggressive extension plan that we want to put out there in the very near future.

Learning how to defend yourself, getting a strong healthy physique and doing the same workout as some of the top models in the biz? Sign me up!

### KRAV-MAGA.NYC

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Bodysuit  
**WOW COUTURE**

Shoes  
**JF LONDON**



Headpiece  
**NISSA JEWELRY**

Shoes  
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Ring  
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PHILOSOPHY**

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**RONNY KOBO**

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**FOLIE À DEUX**



Shoes  
**ALEJANDRA G**

Necklace  
& Bracelet  
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Shirt  
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Belt  
**WHITE FOX**



Earrings  
**SACRED JEWELS**

Stone Ring  
**ROZALIYA  
JEWELRY**

Other Rings  
& Bracelet  
**NISSA**



# SWIMSUITS TO FLATTER ANY FIGURE

Written by **DESTINEE DUBOSE**

**N**o matter what shape or size, every woman should be able to feel comfortable in their skin and confident wearing any outfit they may choose. However, as summer is here, women are dying to find that perfect bikini for their unique body type. There are so many different styles of bikinis out there, which can make it difficult to locate the perfect fit. But with the following tips, get ready to make heads turn as you stroll along the beach or lay out by the pool.

For a **PEAR-SHAPED FIGURE**, usually those with a smaller bust, wide hips, and a narrow waist, a bandeau bikini works wonders. If you're looking for a bit of lift from your bikini, a padded or push-up bandeau top is recommended. If you decide to rock your swimsuit without any padding up top, the bottoms should be high waisted. This will make your body look a lot more proportional, accentuating your narrow waist while giving the hips a lot more subtlety.

Women with an **APPLE-SHAPED FIGURE** have a large bust and flat behind area. Because of this, it is best to buy a plain bikini top, keeping the print and bright colors on the bottom, to create emphasis on the bottom half of the body rather than the top. Luckily, mixing and matching bikinis is still a trend! For the top half of the bikini,

stay away from any padding and try to stick with thicker straps. This helps with lifting and keeping everything in for a classy, put together look. As far as the bottom half of the bikini, feel free to get wild with different prints and designs. A swimsuit bottom with built-in control also gives off the look of a flatter stomach.

Women with an **HOURLASS FIGURE** have the most freedom when it comes to choosing a bikini style. Because the bust is usually in proportion to the hips, hourglass-shaped women can pretty much wear anything from string bikinis to one pieces. If you have a very thin hourglass shape, a string bikini may be best for you so that you can show off a bit. Those who have a more curvy hourglass shape can also go with a string bikini. However, make sure there is enough support for the bust area. Halter tops are also great for a woman with a larger chest. As far as colors, try to stay away from mixing and matching to prevent looking disproportional.

Usually, a woman with an **INVERTED TRIANGLE** body type has both shoulders and a bust that are slightly broader than the hips. For this shape, halter tops or tops that have an underwire, thick straps, and thick fabrics are best to provide the best support and coverage. For the best level of balance, try going with a brighter color on the bottom and a lighter color or black for the top. Since women with an inverted triangle shape are usually flatter on the bottom half, string bikinis look absolutely great for the bottom half of the swimsuit.

The **RULER SHAPE** is similar to the hourglass figure, but a lot less curvy. Women with this shape can pretty much wear any style bikini and look good. However, some women with this body type may be looking to accentuate their natural curves this summer. Since both the bust and hips are a lot more narrow in this case, a bikini top with a plunging neckline is great for emphasizing the curve of the bust without resorting to uncomfortably padded push up bras. It is also recommended to try out a print or design that will help to fill out your figure.



Photography  
**RONALD WAYNE**

Models (Left to Right)  
**ESTEFANIA PRECIADO**  
**ALEXIS FALLON**  
**JENNA NICOLE**

**HOLLY BARKER**  
**NICOLE AMATO**

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## SAMA EYEWEAR

Interview by RIVER CALLAWAY

From Jackie O's signature 60's round shades to pearl-bordered glasses worn by Rihanna, eyewear is about much more than protecting your eyes from the sun; they're total fashion statements. Here in LA, there's one eyewear brand that stands above the rest. Featured in movies like **BAYWATCH** and **FOCUS**, and worn around town by the likes of Brad Pitt and Lenny Kravitz, **SAMA EYEWEAR** in **BEVERLY HILLS** is all about beauty, precision and passion. The LA Fashion Magazine sat down with **SHEILA VANCE**, founder and CEO of SAMA, to learn more about the business, the brand and the beauty of their lenses.

**SAMA HAS GOTTEN A LOT OF ATTENTION AS A GO-TO BRAND FOR CELEBRITIES IN BOTH MOVIES AND MUSIC. HOW DID SAMA CULTIVATE THIS TREND?**

There are a few reasons, but first and foremost is the fact that we have a great product that was not like everything else on the market. Stylists and customers appreciate the quality and the individual looks we offer to help shape their characters and bring them to life. Also, we are a brand that never uses features such as logos of any kind, and most of the time, film and television costume teams were not allowed to use logos.

For film and TV, we have truly the most amazing range and assortment of custom colors and styles with anti-reflective lens options in any color on the spectrum. So the fact that we always deliver a great product on spec, in multiples, customized and on time, makes SAMA the go-to resource. The films **Focus** and **Baywatch** were both costumed by **DAYNA PINK**, someone who has used SAMA for years. **BRAD PITT** requested our frames for **Money Ball**, and we have done many for **LENNY KRAVITZ**, **BLACK EYED PEAS**, **THE JONAS BROTHERS**, **RIHANNA** even **STEVIE WONDER**—embossing his album logo into a frame.

The last reason is the foundation. We have developed great friendships over the years with people personally who then want to continue to support us. For me friendships matter as much as the frames in support of our foundation work.

**HOW DOES SAMA STAND APART FROM ITS COMPETITORS?**

We are really different from conception to production. We have created new technologies and design details or elements that are often a few years ahead of the curve and take time to infiltrate the industry. We are thought leaders and design disruptors because we are not tied to fashion seasonally.

**WHAT'S YOUR FAVORITE EYEWEAR DESIGN YOU SELL?**

This is such a hard question to answer because each pair has a story, and with every frame we create there is a new story to tell. Each design has such an amazing journey it's hard to compare them. SAMA is basically a romance - with so much time, attention, passion and love poured into each pair, from paper to computer, over several continents, and each with a beautiful ending.

**WHY DID YOU CHOOSE BEVERLY HILLS FOR THE FLAGSHIP STORE?**

First, the company was born in Los Angeles so we wanted to represent here, and Beverly Hills was always the global US hub for visitors. So many of our clients are well traveled and know us from different countries, that we wanted to cater to the local community but also be where our global clients frequent. We are amazingly excited about the new Los Angeles store which will change all perceptions of how men and women buy eyewear. Designed by Loree Rodkin and opening in Century City this summer, our newest location will introduce technology with clients in an environment that will make you feel like you are in your closet being fitted for a ball or something extraordinary.

**LASTLY, WHAT ARE YOUR PLANS FOR THE FUTURE?**

This is a very exciting time. We have a full roll out of shop-in-shop concepts in the Middle East, our NYC store is in the works and new tech innovations are in development. We have some limited edition concepts and collaborations in the works and I also plan to expand design into other areas, creating a bigger lifestyle brand for SAMA.

**SAMA EYEWEAR IS LOCATED AT**

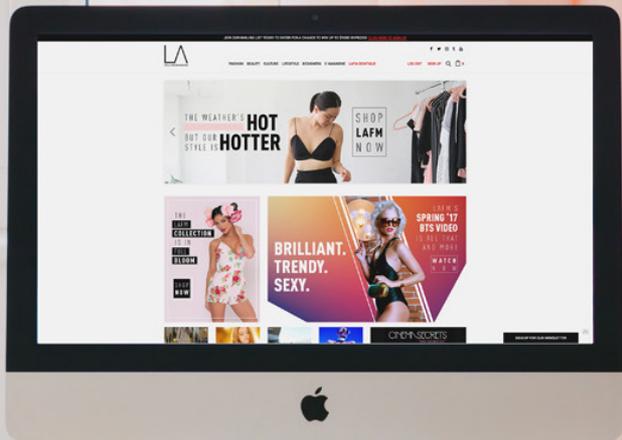
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## SIMPLE, SEXY CUISINE

Over the past several years, **SERENA POON** has established herself as one of the top high-profile personal chefs in Los Angeles, and will now be sharing her love for cooking with you as a **RESIDENT WELLNESS COACH** at THE LA FASHION – and we couldn't be happier!

Serena Poon (celebrity chef, nutritionist, and fashion designer) is nothing like the LA stereotype celebrities often become. Being a truly sweet, down-to-earth health icon you just can't help but fall in love with her!

As our Editor in Chief shared a meal at **CAFFÉ ROMA** on Rodeo Drive, she mentioned how, "It's refreshing to see such a successful individual never let go of their vision in exchange for fame. It is truly an honor to have such a beautiful, strong woman, become part of what we at THE LA FASHION are creating... after all, healthy eating is a lifestyle that many overcomplicate therefore just give up on; You just can't do that with Serena - she makes it chic, sexy, and simple. Having her partner with us just felt right and we just feel blessed."

Each season, you will be introduced to some of Serena's delicious creations that will inspire you to a healthier lifestyle as you channel your inner chef.

For the summer, Serena has created three custom recipes that offer a little something for everyone—from Protein Smoothie Bowls and Summer Salads to even some yummy Vegan Pancakes!

We just can't wait to try these at home!  
**THANKS SERENA!**

To get updates on Serena's personal journey as she travels the world to spread health and joy through the work that she does, take a look at her social media network [@chefserenapoon](https://www.instagram.com/chefserenapoon).

Serena truly cares for each of her followers and devotes time to post photos of inspiration and motivation in order to help and inform as many people as possible all around the globe.



# SEXY FRESH COOKING

SERENALOVES.COM



## GLUTEN-FREE | GRAIN-FREE VEGAN PANCAKES

### INGREDIENTS

All ingredients are organic unless otherwise stated.

- ½ CUP** Coconut Flour
- ½ CUP** Finely Ground Flax Seeds
- ¼ TSP** Baking Soda
- ½ CUP** Nut Milk Of Choice
- ½ CUP** Nut Milk Yogurt
- ½ CUP** Mashed, Ripened Banana (Approximately ½ of a whole)  
Have a banana allergy? Apple butter is a great alternative
- 1 TB** Vanilla Extract (or ½ TB of Vanilla Bean Paste)
- PINCH** Cinnamon (or any other spices you love)
- PINCH** Stevia (the batter is vegan, so taste & add to your liking)  
Coconut oil for the griddle  
For extra protein use a plant protein powder like **ORGAIN** or **ORGANIC PLANT FUSION**

### DIRECTIONS

In a large bowl, mix together the dry ingredients (if you have a dry sifter or sieve, sift now to minimize lumps)

Using a blender or food processor, combine all the wet ingredients and blend until smooth.

Pour the blended mix into the dry ingredients bowl and stir until combined and no lumps.

Lightly coat a non-stick pan or griddle with a little bit of coconut oil and bring to a medium-high heat.

Depending on the preferred size of your pancakes, spoon 2-3 TB of the batter onto your pan or griddle and cook until the edges are a golden brown and the batter slightly bubbles.

Carefully flip and cook until slightly golden on the bottom edge.

Remove, cool, top with your favorites fruits or toppings and enjoy!

## PROTEIN-PACKED SMOOTHIE BOWLS

These are one of my favorite quick and easy go-to's for any meal. For breakfast, lunch, post-workout refuel or even as a mid-day meal, these bowls are nutrient dense and bursting with flavor. I love the energy boost! Especially with the warm weather, they're the perfect cool-down, healthy treat. Plus they're beautiful! And when we put beauty into our bodies, our bodies glow with beauty from the inside out.

### HERE ARE TWO OF MY FAVORITE 5-MINUTE, BLENDER-FRIENDLY RECIPES

#### DRAGON FRUIT

- 1 SCOOP** Organic Raw Plant-Based Protein
- ½ CUP** Organic Nut Milk (Cashew, Almond or other)
- ½** Organic Medium Avocado
- ½ CUP** Organic Frozen Mixed Berries
- ¼ CUP** Organic Fresh Pink Pitaya
- 1 TSP** Raw Organic Lucuma Powder
- 1 TSP** Raw Organic Camu Camu
- 1 DRIZZLE** Raw Manuka Honey (Optional)

#### AÇAÍ

- 1 SCOOP** Organic Raw Plant-Based Protein
- ½ CUP** Organic Nut Milk
- ½** Organic Medium Avocado
- ¼ CUP** Organic Frozen Mixed Berries
- 1 PACKET** Organic Frozen Açai
- 1 TSP** Raw Organic Lucuma Powder
- 1 TSP** Raw Organic Camu Camu
- 1 DRIZZLE** Raw Manuka Honey (Optional)

#### AÇAÍ (PROTEIN-FREE)

- 2** Organic Frozen Bananas
- ¼ CUP** Organic Frozen Blueberries
- 1 PACKET** Organic Frozen Açai
- 1 TSP** Raw Organic Mucuna Powder
- 1 SPLASH** Coconut Water Or Nut Milk

Blend with love and top with your favorites superfoods. I love using cacao or gluten-free granola (for some added crunch) and berries.



## WATERMELON & CRAB SALAD

W/ BALSAMIC REDUCTION

### INGREDIENTS

- 1 LB** Mini Organic Seedless Watermelon
- 1 LB** Jumbo Crab Claw Meat, Lump
- ½ TB** Freshly Squeezed Organic Lemon Juice
- 1 TSP** Organic Extra Virgin Olive Oil
- 1½ OZ** Organic Micro Cilantro
- PINCH** Pink Himalayan Sea Salt (to Taste)
- PINCH** Freshly Ground Black Pepper (to Taste)

Balsamic Reduction can be store bought or check out **THELAFASHION.COM** for a special homemade recipe.

### DIRECTIONS

Remove rind from watermelon. Dice the flesh of the watermelon into 1" cubes. Set aside.

Gently pick through the crabmeat and remove any shells or bones without breaking up the lumps too much. I love using freshly-caught stone crab claws. The flesh of stone crabs have a distinctively sweet flavor that really complements the watermelon and the balsamic reduction. However, you can use other pre-cleaned lump crabmeat as well. Set aside.

In a glass dish (so you can see the beautiful colors!), alternate layers of the diced watermelon and layers of crabmeat, like a Napoleon. Season each layer of watermelon with a little Freshly Ground Pepper and a little Ground Pink Himalayan Salt. Drizzle the Balsamic Reduction over top. Depending on your portion size, I would do about 1-2 TB per serving.

In a small bowl, very gently and lightly toss the micro cilantro with the lemon juice and olive oil. You just want to give it a little shine and flavor, so just a little goes a long way. Garnish on the top of your watermelon and crab napoleons immediately and serve.

## "1 WEEK IN AND I FELT & LOOKED GREAT!"

Each summer as you begin to freak out on whether or not you are summer ready, you dread the sound of the word **DIET**. The mere thought of it reminds you of the mass fasting required to achieve an ideal weight; but that doesn't stop you. As you hear the word bikini, you immediately decide to diet so much that you focus so heavily on achieving the results you forget the stress and damage it places your body in.

And social media doesn't help when you see Hollywood perfection and articles about the modern age of Hollywood diets. Now, even cleansing routines have become very popular. Why is that? Cleanses help the body rid itself of toxins, speed up metabolism and even contribute to more effective weight loss. But how do you know which one is right for you?

There are several options on the cleansing and detox market that it becomes difficult to find the right to fit your own personal choices. However, as THE LA FASHION sifted through the numerous options they came across **ISAGENIX** and their **30-DAY CLEANSE** that was recommended by a friend through social media. So they decided to put it to the test.

In order to get a true read on whether or not this "diet" would work LAFM picked four different lifestyles. The CHILL, The PARTIER, The GYM RAT, and The BALANCE with individuals in their 20's, 30's, and 40's all with one common goal: TO LOSE WEIGHT only to learn this was not a diet at all, but instead a "lifestyle" – and one that truly made changes for the better!

## ISAGENIX

The 30 day program is a complete fat-burning and cleansing system designed to target impurities and toxins which may impact health and weight loss efforts.

The comprehensive program provides the body with optimum levels of macro/micro nutrients to encourage peak performance.

## HOW IT WORKS

These programs are nothing like traditional calorie or portion control diets which usually provide limited or short-term results.

Instead, Isagenix fat-burning programs use nutritional cleansing to target impurities, toxins and other nasties\* that have built up inside the body. These impurities are replaced with the perfect balance of vitamins, minerals, amino acids, antioxidants and other nutrients to allow the body to function at its optimum level.

You get shake days and cleansing days and unlike traditional cleanses you are able to eat and snack, just need to remember to make healthy choices.

# THE ISAGENIX CHOICE

## A LIFESTYLE TO CONSIDER

Written by MIRA BALEV-JOHNSON

## WHAT WE FOUND OUT

Though we all agreed that **HUNGER IS AN EMOTION**—truth is we often ate out of boredom or because we were in a hurry, just made poor decisions.

Staying on the program was not difficult as it even offers snacking options. What is more is while on the program you are partnered with a nutritional coach to support you along the way. It was something to get use to having someone message you in the morning to wish you luck and have them check in on you periodically—but they truly helped for those moments where we wanted pizza at 2 in the morning!



## TRACI GARZA

tracigarza.isagenix.com

traci.leann@gmail.com

916.752.5606 traci.fong3

## HOW DOES THE CLEANSE WORK?

### ARE THERE DIFFERENT OPTIONS DEPENDING ON GOALS?

The 30-day weight loss and fat burning system consists primarily of our Isalean Shake and our Cleanse For Life. You have a shake day and a cleanse day. On your shake days you enjoy 2 shakes a day, snacks, and a regular [balanced] meal. On the cleanse days you just drink the Cleanse For Life (4 times a day) and eat the Isa Snacks, which help to regulate your blood sugar levels. You can also enjoy the Isadelight chocolates and/or whey thin crackers on your cleanse days. You are eating or drinking something every hour of the day. So you're loading your body up with optimal nutrition from the shakes and then you're giving your digestive system a break and allowing the body to naturally cleanse itself. There are different options/systems depending on your goals. Isagenix has systems for weight loss, lean muscle gain, energy, performance, healthy aging and of course maintenance. Each system would be customized for you depending on your specific goal.

### WHAT ARE THE HEALTH BENEFITS OF ISAGENIX?

Isagenix focuses on environmental toxicity and nutritional depletion. Isagenix systems allow the body to safely release toxins from the body while providing maximum nutrition into minimal calories with the shakes, which allows us to achieve optimal health. Isagenix also has solutions for energy, performance, healthy aging and wealth creation. While Isagenix is known to help support healthy metabolism, weight loss/management and cellular health, Isagenix also provides natural energy solutions and products to help boost physical performance using natural ingredients. Isagenix also provides daily vitamins that target the root causes of accelerated aging and combat aging at the cellular level, as well as mental clarity, focus, memory and healthy brain function.

## THE RESULTS

Increased energy, reducing brain fog and improving concentration, Consistent weight loss over time, Reduced cravings for unhealthy food, improved muscle tone and a balanced digestion—in other words, why wouldn't you make this a lifestyle? We were all happy and saw similar results!

The cleanse itself will run you +\$300/month but from us to you, it's totally worth the investment!

## WALK US THROUGH THE PRODUCT IN YOUR OWN WORDS....

Isagenix products are amazing. The Isalean Shakes have 24 grams of undenatured whey protein, which is from New Zealand where it is illegal to inject cows with hormones, antibiotics and steroids. They have amino acids, trace minerals and digestive enzymes to help our bodies absorb the nutrients. They also offer dairy-free shakes which also have all the same great nutrition and taste amazing. The Cleanse For Life is an Aloe Vera based drink that helps nourish our bodies while supporting our body's detoxification system. From the ionix supreme (adaptogen drink) that helps my body and mind combat stress, to the amazing e-shot [all natural energy drink] that gives me energy to play with my kids at the end of the day... all of these products have changed my life.

## WHAT WOULD YOU SAY IS THE BIGGEST MISCONCEPTION ABOUT A CLEANSE?

When one hears the word "cleanse" they often think of a colon cleanse that will have them in the restroom all day long. The Isagenix cleanse is different than any other cleanse. It really is more like intermittent fasting—which has numerous health benefits such as lower insulin levels and increased HDL levels, reduced oxidative damage and inflammation, just to name a few...

## ANY ADVICE FOR THOSE LOOKING TO TRY THE PRODUCT?

Just get the products in your body. The best way to see how they'll work for you is to try them yourself...

## HOW CAN YOU MAKE ISAGENIX A PART OF YOUR LIFE?

Be a product of the product. Get the products into your body and the rest will be history. Contact me and I can help set you up with the right products...

GET THE WHOLE INTERVIEW AT [THELAFASHION.COM](http://thelafashion.com)



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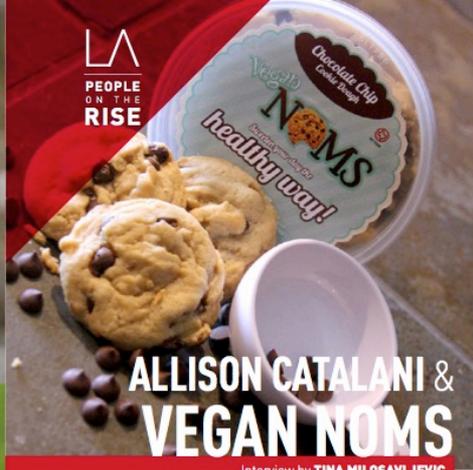
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**ALLISON CATALANI &  
VEGAN NOMS**

Interview by **TINA MILOSAVLJEVIC**

**LET'S TALK ABOUT HEALTHY SNACKS!**

I was inspired to try a vegan diet during yoga teacher training a few years ago, and found that the hardest thing to give up was dessert items. Since there were very few vegan dessert items at the time, I decided to make my own. I researched milk, egg, and butter alternatives and crafted some family recipes into vegan ones, and started giving out samples to students in my yoga classes. When yoga students started asking how to buy my recipes, I realized there was an opportunity.

**DESCRIBE THE VEGAN NOMS BRAND.**

Vegan Noms was founded on the mission of encouraging consumers to try vegan desserts. I chose to combine the words "vegan" and "noms" to put a positive spin on a constant stigma of vegan food tasting bad. "Noms" indicates it's "nom nom noms" good and "vegan" tells the customer what exactly they're getting into. Vegan Noms products are all made with the highest quality Non-GMO and Organic ingredients and always packed with flavor. My hope is that people will get excited to try something new, something vegan, and something better than a regular dessert. If all someone can change in their diet is switching to dairy-free and egg-free vegan desserts, then they're on the right track!

**TELL US A LITTLE MORE ABOUT YOURSELF.**

I live for innovation and harmony. I grew up with art and culture surrounding me in all aspects. I was in ballet my entire youth until I had to have back surgery during my senior year of high school,

which ended my career in ballet. This was rather depressing for many years.

After college, I got wrapped up in bar and club life, which included substance abuse. I decided to force myself into an accelerated yoga teacher program that met everyday, so it would give me something positive to focus on. I walked out of yoga teacher training with relief, a peaceful mind, and a newfound outlook on life. I also walked out with a new vegan diet that inspired me to create Vegan Noms. Yoga inspires me daily. I strongly believe that we can live in the now and truly thrive to our life's purpose when we can truly forget about the past. I like to believe my purpose is to educate and inspire people to try a vegan diet and help others heal their mind and body.

**WHAT KEY FACTOR KEEPS YOU IMPROVING EVERY DAY?**

Mindfulness keeps me improving everyday. Whether it's strict meditation, or if I'm just walking to my car and taking a moment to recognize what's around me and finding gratitude for the small things. I know that may sound so cliché, but it's so true! I find that if I sit around worrying about everything, my mind gets jumbled and I can't think in a creative forum. And I need that creative forum to advance Vegan Noms at all times. Since vegan products are still emerging in the market, I have to think of ways to promote and reach people in a way that sticks. And that creativity has to come from a clear mind!

**WHAT'S BEEN YOUR FAVORITE EXPERIENCE SO FAR?**

Receiving positive feedback via social media is the best experience so far. When I get tags or direct messages from fans of the cookies, brownies, or cookie dough, especially when they are remote customers outside of our metropolis, my heart just swells and I know I'm doing something right. The best positive feedback is when somebody reaches out to say they or their child has a dairy or egg allergy and it's hard for them to find something good for dessert... until they've tried Vegan Noms!

**WHAT DOES FASHION MEAN TO YOU?**

Fashion is an expression from head to toe to give outsiders a glimpse of your personality and candor. It's regional, it's age-appropriate, it's mood inspired and always creative. Fashion stems from what we wear physically, but can always reach us in the food we eat, movies we see, and the cars we drive. Ultimately, fashion is a universal means of culture that transcends gender and language

**FOLLOW ALLY AND VEGAN NOMS ON INSTAGRAM!**

AllyCattyNoms  
 VeganNoms1x



## SAND & STONE HANDMADE JEWELRY

Interview by **ANDREA LEWIN**

Most pieces, I would say all pieces, by Sand and Stone tell a story. As soon as you visit their site, you feel a sense of warmth and friendliness. We had the chance to speak to the lovely designer of Sand and Stone Jewelry, Kim Livingstone, and ask her a few questions.

### YOU HAVE A BEAUTIFUL STORY TO TELL ABOUT YOUR JEWELRY. CAN YOU SHARE WITH US HOW YOU STARTED?

Five and a half years ago, Sand and Stone was started when I wanted to make Christian stamped jewelry. I forgot about it for about six months, until I found a gold jewelry cross on the floor of my daughter's bedroom. To me, it was sign that it was something I needed to pursue. I went onto Etsy, and happened to click on a store that sold leather-stamping tools. I had never even owned a leather cuff. But I was meant to click on that store that night.

### ON YOUR SITE, YOU HAVE QUOTES THAT EXPLAIN EACH NEW PIECE; WHAT INSPIRED YOU TO SHARE SO MUCH?

Lots of times, I make the cuff first, and then the meaning for it comes after. I am an emotional person, and I feel that I want things in my life that better me as a person, or remind me to keep moving forward, no matter how hard the day or the week is. So my meanings and quotes are for those who are going through something in their life, at that time. It may not be for everyone, but it will be for the one that needs it most.

### WHERE DO YOU FIND INSPIRATION IN MAKING YOUR PIECES?

Inspiration comes to me from everywhere. Driving is a big one. My head clears a bit, and I will often times pull over so I can write an idea or a quote down. Life honestly gives me the most inspiration. Take the 'be free' wrap. It's based on our daily struggles to feel good enough in our own skin. Simple right? But we all struggle with comparison, social media and day to day moments that are making us feel like we aren't good enough – so my inspiration behind that wrap is that even if one woman puts it on in the morning, and remembers to be free of who she thinks she 'should' be, to be free to be who she is meant to be, and to love herself—always, then my job for that moment is done. Music, quotes, a news story, a flower in a field, honestly, my inspiration comes from everywhere and everything.

### WHAT IS YOUR GO-TO PIECE OF JEWELRY?

My go to piece of jewelry, is probably my double wrap that says "do all things with love", or the one that says "be the change you want to see in this world". However, this week in my life, I am drawn to the 'Pause' wrap. Each one comes with a single rivet, and the rivet is there to remind you to pause. To look around at the beauty of this world, take a deep breath, put down your phone, pray...do whatever you need to do to feel grounded, calm and aware. But pause. Be there in your life—even if it's just for a moment.

### HOW DO YOU DECIDE WHAT YOU WANT TO CREATE?

Deciding what I want to create is extremely hard sometimes. I have so many ideas in my head, and have to be sure I get the 'right' quote, or the right design for that part of the year. There have been many ideas that haven't worked out. Some I thought that were for sure a win were absolutely a flop. I have to cover my bases with the life givers, the people who need a quote to lean on, memorial pieces, country girl quotes, Christian quotes, adventure quotes, love and loss quotes.... it's hard to choose which one fits, or that will grab that one person who needs it. I usually go with my heart, and what grabs me. In hopes that it grabs you too.

EVERY  
PIECE *of* JEWELRY  
TELLS A STORY

— GEM HUNT —



naiaivibes



naiaivibes

# Summer Surfer

THERE ARE NO SUCH THINGS AS **MERMAIDS**, BUT THERE ARE **SIRENS** AMONGST THE WAVES THAT CALL US TO **LOSE CONTROL** TO THEIR BEAUTY. THESE ARE THE SAME **BEAUTIFUL CREATURES** WE WORSHIP ON THE RUNWAY. CREATURES USED TO CREATE THE VISION OF DESIGNERS AND CAPTURE US WITH THEIR **BEAUTY & GRACE**.

Featuring  
**AVA CAPRA**

Photography  
**TATIYANA  
"BABY BOOGIE"  
TAKENAKA**

Stylist  
**JASMINE LIDDELL**

Hair & Make-Up  
**REYNA KHALIL**

Dress  
**ALPANA NEERAJ**

Shoes  
**CHARLES DAVID**

Earrings  
**GORJANA  
JEWELRY**

Ring  
**NISSA JEWELRY**



Coat  
**OTKUTYR**

2 Piece  
**OTKUTYR**

Bikini Bottom  
**AMI CLUBWEAR**

Earrings  
**NASHELLE**

Rings  
**NISSA  
JEWELRY**



Dress  
**RAMY BROOK**

Earrings &  
Bracelet  
**NISSA JEWELRY**

Ring  
**NASHELLE**



Ear Cuff & Rings  
**NISSA JEWELRY**

Trench Coat  
**ADDONAI**

Dress  
**HOUSE OF  
HARLOW  
x REVOLVE**

Shoes  
**JF LONDON**



Bodysuit  
**ALPANA NEERAJ**

Shoes  
**CESARE PACIOTTI**

Earrings  
**NASHELLE**

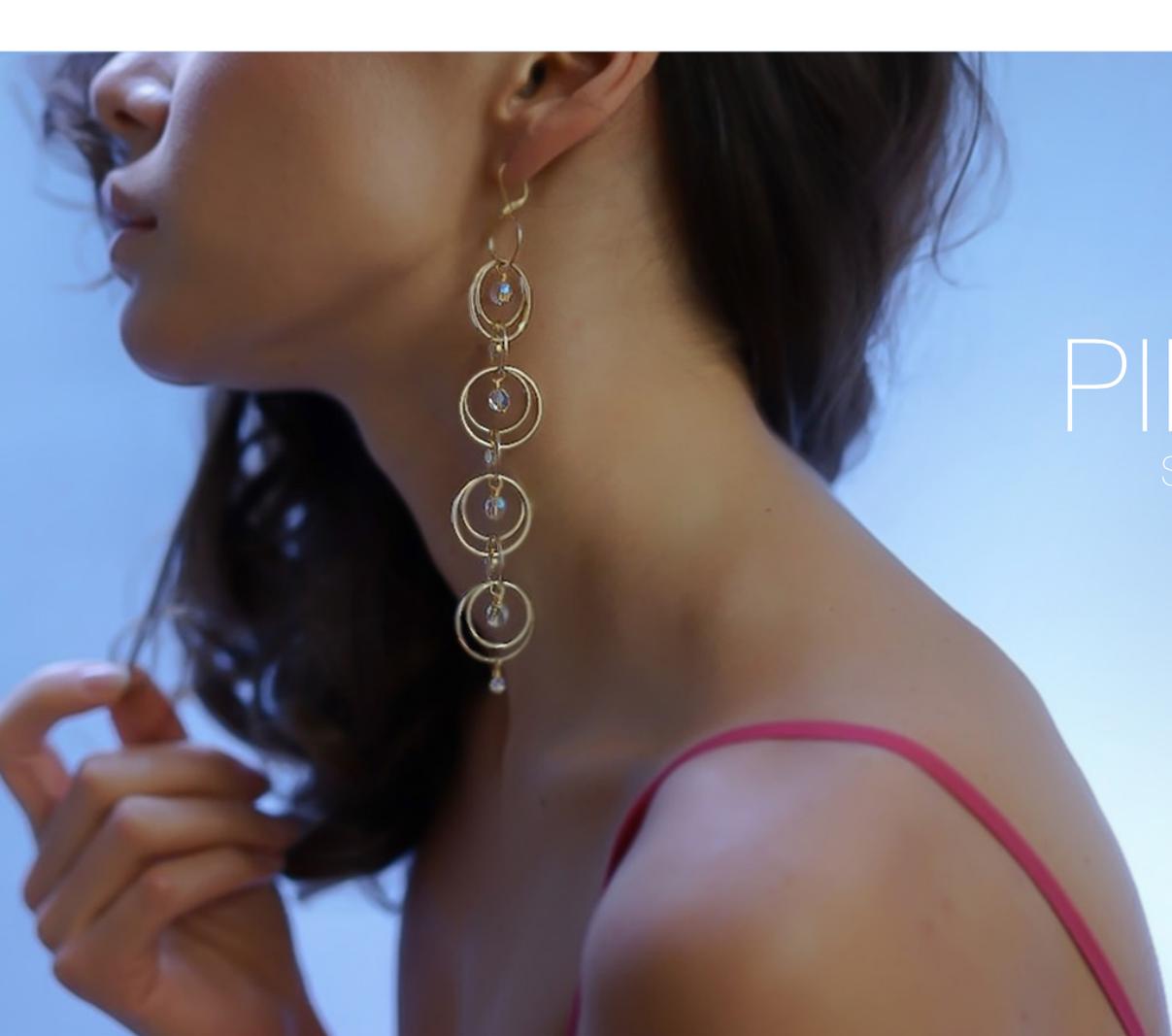
Ring  
**NISSA JEWELRY**

Bodysuit  
ALPANA NEERAJ

Shoes  
JF LONDON

Earrings & Ring  
NISSA JEWELRY

Wrist Bracelet  
LULU DHARMA



# PINK KARMA

SUMMER 2017 COLLECTION

[pinkkarma.com](http://pinkkarma.com)

Model: Svetlana Ivanova  
Photography: Rebecca Perez | Hair & Make-Up: Reyna Khalil

# CHARISSE MILLS & HER POP'ERA EMPIRE

Written by GABRIELLA LAYNE

Opera and pop are culture-defining genres that live on opposite sides of the music spectrum. But what happens when a professionally trained opera singer possesses an undeniable love for a good pop beat? Signal **CHARISSE MILLS**—the New York raised, Trinidad and Tobago bred songstress whose sultry operatic voice is a refreshing pairing for the Pop/EDM beats that have become signature to her unique sound. She calls it **POP'ERA**, and her unstoppable rise to success can only be credited to her relentless determination to create a lane for herself in the entertainment industry. During an era where music seems more based on fulfilling an equation to top the charts, Charisse has broken the mold with her own. The key components: talent, passion, individuality, and hard work.

While some of us may be familiar with songstress Charisse Mills from some of her more recent successes, such as her hit single *Champagne* featuring **FRENCH MONTANA** or her guest appearance on **NEYO's** single *Integrity*, she is far from an overnight success. While she was always passionate about the arts, her interest in making it her life's work peaked in high school after meeting choir director **STEVEN KAPLAN**. He became her vocal coach and introduced her to the famed Armenian Opera singer **ANITA DARIAN**. The life-changing experience solidified her determination to turn her gift into a full-fledged career—beginning with her acceptance into Ivy League music school, the **MANHATTAN SCHOOL OF MUSIC**. Her career at the university included mentorship from American soprano singer **HILDA HARRIS**. From the beginning, Charisse surrounded herself with the very best of her musical realm—and needless to say, this is the foundation that helped her evolve into an artist worthy of the company she keeps.

With all the hard work that Charisse Mills invested into her musical craft, her success seems nothing short of inevitable. And with no plans to slow her work ethic, you can bet that her career is only going up from here. While her newest single, *Put in Work*, narrates a romantic cat-and-mouse chase between lovers on the surface, its deeper meaning speaks to the philosophy that has gotten the budding star to where she is today.

"PUT IN WORK IS JUST THAT... YOU HAVE TO PUT IN THE WORK TO GET WHAT YOU WANT IN LIFE."

Soon-to-be hit *Put in Work* also speaks to Charisse's evolved signature style; it begins with a series of beautifully sung classical notes before an epic Pop/EDM fused drop. The tune stays true to the sound we know and love from Charisse—upbeat, sexy, and powerful in voice. Charisse doesn't allow her years of professional opera training to force the navigation of her career in one direction. Since her initial appearance on the musical scene, she has always placed her sensuality and femininity on the frontlines of her artistry. And ultimately, she plans to continue making music that follows the equation that she has masterfully created for her Pop'era sound.

"I PLAN TO HAVE ALL OF MY MUSIC SHOW BOTH ELEMENTS OF POP AND OPERA. SOME WILL HAVE MORE OR LESS THAN THE OTHER, BUT THEY WILL ALWAYS BE POP'ERA."

Charisse still humbly considers herself a newcomer to the industry and has her vision set on climbing the ladder of success all the way to the top. But along the ride, she's earned some vet-worthy accolades that are worth bragging about. For starters, the songstress sings Opera in a total of six different languages, including French, German, Italian, Spanish, and English. As a multilingual vocalist, she has used her prowess to gain significant fan bases in the United States, Europe, Canada, and the Caribbean. She's even caught the attention of presidents and mayors alike, including **MAYOR GIULIANI**, **PRESIDENT CLINTON** and **PRESIDENT BUSH**.

As a budding artist emerging at the brink of the 2010 era, Charisse claims the 1990's as her favorite era of music.

"90S MUSIC WAS MADE WITH SO MUCH FEELING AND EMOTION BACK THEN. IT TRULY TOLD A STORY. IT HAS INSPIRED ME TO WANT TO MAKE MUSIC LIKE THAT AND TOUCH MY LISTENERS' HEARTS THROUGH MY VOICE."

R&B had a prominent influence on pop culture at large in the 1990s. Musical groups like **SWV**, **TLC**, **XSCAPE**, and **EN VOGUE** were known for their emotionally driven, melodic, soulful music that spoke to the hearts and minds of audiences. These groups were also iconic for their impeccable, sensual style. This game changing period has impacted the careers of some of the biggest artists of our time—and Charisse is no different. From the lyrics of her songs to her bold sense of style, Charisse certainly honors the period that she credits as her inspiration.

As we look ahead to Summer, we can look forward to hearing a lot of new music from Charisse. Besides her scorching hit *Put in Work*, which is set to kick off as the soundtrack for the Summer, Charisse recently released Spring singles *One in a Million* and *Gypsy Woman* to rave reviews. *One in a Million* is a melodic love song celebrating the happiness of finding true love. She released a steamy music video for the single in March, and has already gained more than a quarter million views on YouTube alone. Her single *Gypsy Woman* is a remake of classic 1990s house song *Gypsy Woman (She's Homeless)* by **CRYSTAL WATERS**. It is credited as one of the most socially conscious house songs of our time, telling the story of a young homeless woman who still views herself as beautiful, regardless of her circumstances.

Charisse Mills has certainly worked with notable tastemakers who she has the honor of calling her friends. But above all, she continues to rest her foundation on her family, specifically her mother. Charisse describes her mother as her lifeline, and credits her for instilling work ethic as a driving force in their household. In fact, the work ethic that she learned from her mother was what pushed her to start her own business at the age of seventeen. She also credits her mother for being her biggest support system from the very beginning. But more importantly, she appreciates her mother for showing her the value of integrity.

"I ALSO KNOW HAVING GREAT INTEGRITY IS IMPORTANT. A LOT OF PEOPLE TEND TO LOSE THAT ESPECIALLY IN THE ENTERTAINMENT BUSINESS."

Charisse Mills is a beautiful, talented musical powerhouse who is making all the right moves to staking her claim on an often impenetrable music industry. But looking beyond that, Charisse is a girl who, like many of her fans, comes from humble beginnings and is enduring a journey to make her lifelong dream a reality. Her humility and work ethic stand as proof to young girls that anything is possible with ambition. It will be an exciting ride to see where her career takes her from here.



#### KEEP UP WITH CHARISSE!

Follow her on social media



# INTO THE SUN

EVERYBODY HAS A LITTLE BIT OF  
THE **SUN** AND **MOON** IN THEM.

A LITTLE BIT OF  
**MAN, WOMAN, AND ANIMAL**  
IN THEM.

DARKS AND LIGHT IN THEM.

EVERYONE IS PART OF THE  
**CONNECTED COSMIC SYSTEM.**

PART EARTH AND SEA,  
WIND AND FIRE,  
WITH SOME SALT AND DUST  
SWIMMING IN THEM.

— **SUZY KASSEM** —  
POET

Featuring  
**CHARISSE MILLS**

Stylist  
**CASSIDY BLISS COOPER**

Photography  
**ASHLEY ITZEL**

Hair & Make-Up  
**GIRL MEETS BONGGA**



Dress  
**SHOWPO**

Jewelry  
**CASSIDY BLISS  
COOPER**

Belt  
**FOREVER21**



Bathing Suit  
**KOPPER & SINK**

Jewelry  
**HODA DESIGNS**



Dress  
**SHOWPO**

Long Necklace  
**PINK KARMA**

Choker  
**CASSIDY BLISS  
COOPER**

Romper  
**SHOWPO**

Jewelry  
**HODA DESIGNS**

Shoes  
**CHRISTIAN  
LOUBOUTIN**



Skirt  
**REBEL VIOLET**

Necklace  
**MARCHESA**

Shoulder Piece  
**PHEREN COUTURE**



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# PIERCING WHITE

**IN THE HEAT** OF SUMMER  
NOTHING IS MORE **ARTISTIC**  
THAN TO SEE WHITE FABRIC  
**CAPTURING** THE **LIGHT**.  
IT IS SIMPLE YET  
CHIC & **SEXY**.

Featuring  
**BILLIE JO POWERS**

Photography  
**WIL COHEN**

Stylist  
**ALEJANDRA VALENCIA**  
for **LAFM CLOTHING**

Hair & Make-Up  
**VANESSA PALAMANTES**

Artistic Rendering  
**ALEJANDRA VALENCIA**



Jacket & Pants  
**LAFM  
CLOTHING**  
Necklace  
**HODA  
DESIGNS**  
Shoes  
**MISS  
GARCIA**



Top & Shorts

LAFM

CLOTHING

Earrings

ROSIE

CARRILLO

VINTAGE

Bracelet

MAEKAVERA



Clothing  
**LAFAYETTE**  
CLOTHING  
Earrings  
**ROSE CARILLO**  
VINTAGE



## EDITOR'S NOTE

### WHAT DOES IT MEAN TO BE BEAUTIFUL?

Thanks to modern day times and the effect caused by social media, it appears "beauty" comes as one form regardless of how people try to oppose. It used to be that unique style came from an individual's extension of their vision; often a result of going against all that is seen as acceptable. Take a moment to look back to **GABRIELLE BONHEUR** and when she first decided to bring classic lines, masculinity and structure to the world. She went against the idea of constraints and corsets, defining femininity with a red lip and a simple string of pearls. At first she was looked at as if she had no eye for taste, and a true lack of comprehension on what it meant to be a **WOMAN** to the times...but women liked it. Now, she is the definition of luxury...and only available to the select few that can acquire the taste. Gabrielle never believed in following a pack, but embracing who she was and what she believed to be beautiful...we now know her as **CHANEL**.

But what does this mean in the scheme of things? As we become more and more involved in the world of social media it appears that there is not much contrast. Look at the beauty accounts for example, it has come down to not being able to tell them apart from each other. Therefore, we ask, how do you find the artist? The idea of originality is forgotten and we base talent on being able to mirror what is before you. So let's go back to the innocence of purity. Go back to the individual power of unique femininity.

We want to go back to a time where beauty was highlighting the individual. There's a delicate sensuality that comes from having beauty define itself by the woman's body and not by a label or set standard of what is acceptable. We ask that you act like the waves that crash against the earth to make a mark and if caught in the right moment present beauty.

This summer, we are focusing on empowering the canvas, and showing the love of the season. Summer is more than having the sun caressing your skin. For some, it's taking a ride into the night to find your inner prowess. We want you to stop and take a moment to enjoy that sand between your toes, making memories that are truly your own and not because everyone is posting on it. Embrace what it means to be confident and the sexiness that comes from it.

This year, be the CHANEL, and make summer the season of **#ME** and the inner confidence of **#IAMBEAUTIFUL**—because you truly are.

*Wine & Co*



Photography  
**DREW DAILEY**

Model  
**AVALON DAWN**



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MAKING OF THE

cover

SHOOTING THE COVER WAS A STUNNING OPPORTUNITY NOT ONLY FOR MYSELF, BUT FOR ALL THE POWERFUL BUSINESS WOMEN READY TO UNLEASH THEIR TRUE SEXUALITY.

— KAILA METHVEN — DESIGNER OF HAUTE COUTURE



WORKING WITH KAILA

Working with Kaila was a delightful experience, literally! She is the definition of a #BOSSLADY. She walked onto set owning that place! I commend her for it. It's beautiful seeing people confident with high energy— yet, sophisticated. It was beautiful collaborating with Kaila.

ASHLEY ITZEL Photographer

BEST #BTS MOMENTS



# LAFM CLOTHING

LAFMBOUTIQUE.COM



# SUMMER *nights* 2017

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Candle  
**IN THE WEEDS**

IT'S **5:15**  
SOMEWHERE

### Time for Noble Vines 515 Rosé

515 Rosé wine embodies a celebration for the enchanted time of 5:15pm, the perfect time to open a bottle of this serious Rosé bursting with a beautiful bouquet and mouthwatering flavors of raspberry, citrus and strawberry.

*-Charlie Hassom, Vine Grower*



THE DEEPEST ROOTS GROW NOBLE VINES

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# WOMEN VERSUS MEN

The phrase *Men are from Mars, Women are from Venus*, is not new. **WE ARE DIFFERENT!** Yes, we may have similar goals and aspirations, but how we pave our way differs because our minds are wired differently.

Written by: **MIRA BALEV-JOHNSON**

## MEMORY

Just because he doesn't remember your anniversary doesn't mean he doesn't care. Our brains use different methods to form memories. Men tend to be more tactical/visual while women have a large emotional component. Unfortunately, as much as we want it to, emotion doesn't help his brain create a memory. So if you want him to remember a special date or event, give him visual cues!

## LISTENING

We figured out why men fail at this. Men use only one side of their brain while women use both (Go figure! Here we are working twice as hard!). So, if you think he's only got half of his mind in what you are saying, YOU'RE RIGHT! So avoid trying to tell him anything of importance while there's a game on. Chances are if he's not looking at you when you are talking, HE IS NOT LISTENING.

## EMOTION

Studies show that men, believe it or not, have stronger emotional reactions than women. But thanks to society, they learn to mask their emotional responses. What is more, men have a natural inclination to analyze and find a solution, so while we may find them to be insensitive, well, they are really just trying to relieve emotional distress by solving it...because they DO care.

## CRYING

It's official, men have smaller tear ducts than women, and about 60% less prolactin (a hormone that stimulates crying). So while we may burst into tears, males are designed to respond to and express emotion differently than females.

## TESTOSTERONE

In various studies it has shown that the male brain is bathed in testosterone which enhances aggression and competitiveness and less serotonin, a calming chemical mainly found in women. Goes to show about that "motherly" instinct.

## DEFENSE

The male brain has special circuits to detect territorial challenges from other males (It's like a pack of lions!). With a larger amygdala than the female, the male brain is more alert to potential threats and danger.

All good things to know, cluing us in to why we react differently.

# HOW TO STEAM UP YOUR SEX LIFE FOR A MEMORABLE SUMMER

Written by: **GABRIELLA LAYNE**

It's not your imagination—psychiatrists and sexologists alike agree that sex drive reaches its peak during the months of Summer. Should we blame the mantra **'SUNS OUT, BUNS OUT'** for passively encouraging us to ditch our Winter layers to show more skin? Or maybe the bustling energy from all of the Vitamin D we're soaking up is to blame. Either way, more energy, less clothing, and more outings to meet someone new can be just what you need to turn your Summer from a dud to a stud (literally). Don't waste your summer time fun with a predictable narrative. A new beau—whether for a moment or a season—can be just the thing to make your Summer one for the books [cue *Summer Lovin'*, anyone?].

It appears that all this time, we've had it all wrong. You see, most of us declare Winter as "cuffing season," then claim single as our status for the Summer -- forcing ourselves into a box of unavailability. While there's no need to sign up for a walk down the aisle, making yourself available for a steamy affair may be the thing your Summer's have been missing. You never know, you may end

up finding the Danny to your Sandy.

Don't simply write sex off as a fun pass time. Studies show that sex is one of the best relievers of stress or anxiety, making it a great source for maintaining mental health (but really, is this much of a surprise?). A little (or a lot of) bump and grind triggers the release of chemicals in the body including dopamine -- known to focus attention and increase motivation, endorphins -- one of the body's best pain and stress relievers, and oxytocin -- a natural trigger for compassion. If you're prone to stress or struggling with bouts of anxiety, some sexual healing may be the natural remedy you've been looking for to keep your Summer stress-free. The radiant glow that results isn't a bad side effect, either.

Up for the challenge? Whether you're a **SANDY** or **RIZZO** type, here are some ways to steam up your Summer (have you caught on to the *Grease* references yet?).

## SANDY SHENANIGANS

**Find a Sex Buddy** - Not into one-time affairs? Find someone who catches your attention and step out of your comfort zone by kicking off your first-ever fling instead. With all of the fun things to do during the Summer, there are non-stop opportunities to mix and mingle with new people. Why not find someone worth keeping around to send those misspelled late night text messages to?

**Set Some Sex Milestones** - Turn your sex fantasies into an epic reality this Summer by pushing yourself beyond your comfort zone. Do you have sexual fantasies that you've always been afraid of trying? Have a Sex on the Beach (and then, maybe some sex on the beach?) and go for what you want.

**Experiment with Someone Special** - So you have a special someone that you plan to keep around for the Summer months -- good for you! Spice things up for the better by creating a list of new milestones that you'd like to reach with your beau. Set a goal to up the number of times you have sex a week (or a day). Challenge your significant other to push your sexual limits -- finally go for the gold and have your first orgasm. A sex bucket list is a sure fire way to steam up an already hot Summer.

## A RIZZO ROMANCE

**Try a One Night Stand**: Now that's what we call a Summer fling. You're a daring gal, so you already know how to make a Summer worthwhile. Make this Summer truly one for the books by hooking up with someone who catches your eye. Just remember: safety first, always.

**Have Sex in a Daring Place**: Give outdoor recreation an entire new meaning by bringing the party outdoors. Trying sex in a new place may be just what you need for a memorable entry in your Summer journal. Find someone you trust and a secluded area to make worthwhile memories that will surely be hard to forget.



Model  
**PHOENIX SKYE**  
Photography  
**DREW DAILEY**



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# International Summer

EVER PLANNED TO **GET AWAY** AND **TRAVEL THE WORLD**? SOMETIMES YOU DON'T NEED TO TRAVEL FAR BECAUSE YOUR **ADVENTURE** CAN BE A SIP OF COFFEE AWAY. COME WITH US TO **HOLY GROUNDS CAFE** TO STAMP YOUR PASSPORT TO **LATIN AMERICA** AND SMELL THE FRESH CACAO ROASTING AS YOU TAKE A STROLL THROUGH THE GARDEN.

Featuring  
**KALA CARELA**

Stylist  
**DELAVI**

Photography  
**TONY CARL**

Hair & Make-Up  
**REYNA KHALIL**

Location



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Headband  
**SAMSUNG**  
**#TIEDTOGETHER**

Sunglasses  
**SAMA**

Earrings  
**PINK KARMA**

Ring  
**DIOR**

Leather Bracelets  
**SAND & STONE**

Romper  
**NECESSARY  
CLOTHING**



Sunglasses

**SAMA**

Earrings

**PINK KARMA**

Belt

**PINK KARMA**

Rings

**DIOR &  
PINK KARMA**

Bracelets

**SAND & STONE**

Top & Bottoms

**LAFM CLOTHING**

Bralette

**SHOWPO**



Sunglasses

**SAMA**

Earrings

**PINK KARMA**

Rings

**DIOR  
AND PINK KARMA**

Necklace

**MAEKAVERA  
AND SAND & STONE**

Bracelets

**PINK KARMA**

Dress

**ZARA**

Shoes

**MODELS OWN**

Sunglasses  
**SAMA**

Earrings  
**PINK**  
**KARMA**

Dress  
**MARIO DE**  
**LA TORRE**



Sunglasses  
**SAMA**

Rings &  
Earrings  
**PINK KARMA**

Top & Bottom  
**NECESSARY  
CLOTHING**

Silk Scarf  
**ARTECA**





# SUMMER BUZZ

## BLUEBERRY-GINGER MOJITO PITCHERS

### INGREDIENTS

#### FOR GINGER SIMPLE SYRUP:

- 1/4 CUP** Grated fresh ginger
- 1 CUP** Granulated sugar
- 1 CUP** Cold water

#### FOR THE MOJITO:

- 1 CUP** Fresh Blueberries
- 1** Lime, cut into wedges
- 20-24** Fresh mint leaves
- 4 OZ** Ginger simple syrup
- 4 OZ** Vodka
- 5 OZ** Club soda

Ice Cubes

Blueberries for Garnish

Mint Leaves for Garnish



### DIRECTIONS:

**FOR TWO:** Peel and grate the ginger and add it, together with the sugar and cold water, to a saucepan. Bring it to the boil and stir until the sugar dissolves. Cover and let steep for 15 minutes. Strain and cool in the refrigerator when done.

Add the blueberries, lime wedges and fresh mint leaves to the glass (or pitcher). Muddle with a wooden spoon so the blueberries are broken and the mint and lime release their juices and flavor. If assembling pitchers you can cover them at this stage and leave in the refrigerator until ready to serve.

When ready to serve, add the simple syrup, vodka and top off with club soda. Give it a quick stir and then pour into glasses with ice cubes. Garnish with a handful of fresh blueberries and a sprig of mint.

**FOR A PITCHER:** The recipe outlined below is for two tall glasses, but you can use the ratio to make pitchers (depending on how big your pitcher is double or quadruple the recipe).

Combine the blueberries, mint leaves and lime wedges in the pitcher and muddle it in there with the back of a wooden spoon. When you are ready to serve add the vodka, ginger simple syrup and club soda. Stir and pour into glasses with a couple of ice cubes. Garnish each glass with some fresh blueberries and a sprig of fresh mint.

## JOE'S SUMMER GIN

### INGREDIENTS

- 3 OZ** Sapphire Gin
- 2 OZ** Sprite Soda
- 4** Strawberries

Strawberry and Mint Leaves for Garnish

**OPTIONAL:** You can also top off with champagne.

### DIRECTIONS:

Muddle the strawberries in the bottom of a tumbler.

In a shaker add Ice and Gin - Shake Shake Shake!

Top off with a splash of Soda

Pour over muddled strawberries, garnish with strawberries and mint leaves.



## WATERMELON BUZZICLE

### INGREDIENTS

- 1/2 CUP** Water
- 1/4 CUP** Granulated sugar
- 3 CUPS** Chopped seedless watermelon
- 1/4 CUP** Limoncello
- 3 TBSP** Lime juice

### DIRECTIONS:

**BOIL** water with sugar in a small saucepan until sugar dissolves.

**PURÉE** watermelon with limoncello, lime juice and syrup. Pour into molds. Freeze until firm, 6 to 8 hours.





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LA  
PEOPLE  
ON THE  
RISE

# INDIVIDUAL & QUICKSHOELACE

Interview by **TINA MILOSAVLJEVIC**

## WHERE DID YOU GET THE INITIAL IDEA TO INVENT AND DESIGN QUICKSHOELACE?

As I was sketching and designing a shoe for my clothing line **INDIVIDUAL**, for the very first time, I got to the idea of changing the laces. The idea of designing my own laces and solving a 100 year old problem made me excited! And from that decision, **QUICKSHOELACE** was born; an elastic lace with a ring that clips onto metal tips on the shoe. It's simple and useful, with a cool design.

## WHY DID YOU FEEL IT WAS IMPORTANT TO DESIGN A SHOELACE FOR EVERYONE?

This lace is so simple to use that you can tie it with one hand; no more lacing shoes the old-fashioned way. It's something we may take for granted, but even this can be a barrier for some. I hope my design will make it so that getting ready for the day will become easier for everyone.

## HOW DID YOU GET TO WHERE YOU ARE NOW?

This has been a self-driven project, from the design and testing, to all the problem solving and selling involved. I hired a company to help me with a successful kickstarter campaign, and I continue to work with the companies who help me manufacture Quickshoelace.

## WHAT IS YOUR BIGGEST GOAL THIS YEAR?

I want to have a fashion show in Slovenia this September, presenting both my brands **InDaidual** and **Quickshoelace**. I want my laces in stores all around the world, because I think this is a great product that everyone should have.

## WHAT HAS BEEN YOUR FAVORITE RESPONSE FROM CLIENTS ABOUT YOUR BRANDS?

The letters I receive from people whose family member may have a disability; they are so happy because they can wear shoes with laces when they couldn't before. This allows me to put a certain energy into my work and are all very special to me.

## WHAT DOES FASHION MEAN TO YOU?

Fashion is a way of life and how you express yourself; it is like a piece of art. We live in our clothes all of our lives. Most of people don't understand that by wearing clothes, you create your own style and are showing your true nature, inside and out. A lot of people don't understand fashion because they don't know how much work is done behind the curtains. I have huge respect for all designers and those who work in fashion.

## WHAT CELEBRITY WOULD YOU LIKE TO WORK WITH, IF THE SKY'S THE LIMIT?

Karl Lagerfeld. He's not a celebrity to me, he's a living legend. He is one of the most experienced men in fashion. I don't know him, but I've read a lot about him. He is an inventor and this is a completely different process than just designing. There is so much work behind it; all the testing of materials, discovering new methods of how to work with them, brainstorming, the people you must cooperate with just to get that single piece. But when it's done, every second of hard work was worthwhile. His mind is just precious. I've invented only one thing and it took me 2.5 years to develop and put a life in it.

## WHAT KEEPS YOU MOTIVATED ON THIS JOURNEY?

It is the people who are around me now, because when I started sewing clothes and drawing, I didn't have the support of my parents or my friends. I'm a soccer player, mechanical engineer, and hunter and this makes no sense to others, but I did it anyway. I isolated myself from others and didn't care about their opinions. I eventually found who my real friends were, and this was the best thing that could've happened to me. I finally discovered who I am and what I want, and now people all around me are changing.



InDaidual



quickshoelace





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LA  
PEOPLE  
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RISE

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InDaidual



quickshoelace



love Milan! Milan was and is the **HISTORICAL CORNERSTONE OF FASHION**, in Europe it was where the designers for clothes was made, and that's still true to this day as Pucci, Gucci, Dolce & Gabbana, Valnetino, Salvatore Ferragamo, Roberto Cavalli and Bottega Veneta are some of the most famous fashion houses in the world.

**PRICE POINT:** \$4,500 for two to shop, sip and dine in this historically fashionable city!

## CALIFORNIA DREAMIN'

**DESTINATION: LOS ANGELES, CA**



**WHERE TO STAY:** The Mondrian Hotel

**TO DO:** Head to the beach at Santa Monica, have a drink and go bowling on the second floor of the Hollywood Roosevelt (where Marilyn Monroe used to live), and go shopping on Rodeo Drive!

**RESTAURANTS:** Valentino's, Ivy at the Shore, Chateau Marmont, EP & LP

**BEST DISH TO TRY:** Valentino's is a **MICHELIN STARRED** restaurant, and they will practically make anything for you! At Ivy try the fish, it's known for its seafood, at Chateau Marmont try the Mushroom Ravioli or the Beef Short Ribs, and EP & LP have the Steak Frites then head to the rooftop for a delicious Mojito!

**WHY WE LOVE THIS CITY:** LA is a **CASUAL LIFESTYLE** that you'll pick up on the moment you arrive, the laid back attitude mixed with the Hollywood movie industry makes this city a thriving mecca for tons of people trying to achieve their dreams. With Hollywood, the beach and shopping on Rodeo Drive, there's so much to do here that makes this city an absolute must-visit!

**PRICE POINT:** For \$3,800 for two for a week (coming from the East Coast-NYC) you can dine, dance, and drive around this incredible city!

## SOUTH BEACH BRINGIN' THE HEAT!

**DESTINATION: SOUTH BEACH, MIAMI FL**

**WHERE TO STAY:** The Delano

**TO DO:** Stand up paddling in the Mangroves, check out the Art Deco Architecture, head to the Wynwood Walls and Art District, and go out on the town-Miami is known for it's **NIGHTLIFE SCENE**, with bars and clubs staying open until 6am! Party on!

**RESTAURANTS:** Yardbird, The Bazaar and 660 at the Angler's

**BEST DISH TO TRY:** While at Yardbird have the Smoked Backyard BBQ Chicken, dine at The Bazaar and be sure to try the Cuban Coffee or the Rubbed Chorizo, and at 660 the cocktails are great, try the Margarita de Sandia!

**WHY WE LOVE THIS CITY:** South Beach Miami is a mix of different cultures, and that shows in the food, art, architecture & nightlife scene. Spend a day on the beach, visit an art museum and have delicious eats all while enjoying this energetic city!

**BEST TIME TO GO:** Art Basel, December 4th-7th

**PRICE POINT:** For \$3,600 for two you'll see everything you want to see in the city, while enjoying a lovely hotel and delicious eats!

## AT THE COPA, COPACABANA...

**DESTINATION: RIO DE JANEIRO, BRAZIL**

**WHERE TO STAY:** Belmont Copacabana Palace

**TO DO:** Lounge on Copacabana Beach, head to the Bohemian town of Santa Teresa, take a tour to see Christ the Redeemer, and go nuts at a soccer match at the famous Maracã Stadium!

**RESTAURANTS:** Estrelas Da Babilônia, CT Boucherie, Quitéria Restaurant

**BEST DISH TO TRY:** Overlook Christ the Redeemer while tasting the delicious Empanadas at Estrelas Da Babilônia, at CT Boucherie tingle

your taste buds with the delicious Apple & Passion Fruit Compost and at Quitéria be sure to try the Coconut Risotto!

**WHY WE LOVE THIS CITY:** Rio is absolutely electrifying! Brazil is the home to a total mix of people from all over the world-Asia, South America, Europe and Africa that have all brought their cultures to create a magical experience, go for Carnival and see as this city transforms into a **WILD AND ENERGETIC** community!

**PRICE POINT:** For \$4,900 you'll be able to stay in luxury, eat some authentic Brazilian food and maybe even learn a little Portuguese!

## BE A BAHAMA MAMA IN...

**DESTINATION: HARBOUR ISLAND, BAHAMAS**



**WHERE TO STAY:** Coral Sands Resort

**TO DO:** RELAX, RELAX, RELAX-Lounge on the beautiful pink sand beaches, go on a sailing & scuba adventure, and take a walk around this colorful town!

**RESTAURANTS:** Rock House Restaurant, Acquapazza, Queen Conch

**BEST DISH TO TRY:** Rock House is known for its exquisite wine list and delicious seafood, so take a load off and have a glass while overlooking the ocean, at Acquapazza be sure to taste the fresh Grouper, and at Queen Conch, you guessed it-try the Conch!

**WHY WE LOVE THIS CITY:** As if the Pink Sand Beaches aren't enough, this pastel-houses colored island has a rich history, laid back attitude to its citizens and some amazing marine life! Go to **RELAX, REJUVENATE** and **REWIND** as you let this place amaze you!

**PRICE POINT:** \$4,700 here gets you an amazing beachfront hotel, experiencing an amazing culture, and try some delicious eats, summer is upon us-head here for that beach-cation you've needed all year!

## I LIKE TO MOVE IT, MOVE IT!

**DESTINATION: IBIZA, SPAIN**



**WHERE TO STAY:** Hotel Mirador de Dalt Vila

**TO DO:** Lounge and tan on the Cala Comte Beach, go on a tour of the Castle of Ibiza, and if you're an adventurer, be sure to try parasailing and scuba diving!

**RESTAURANTS:** Amante Ibiza & Es Rebot de Ca'n Prats

**BEST DISH TO TRY:** At Amante try the 'Suquet' an authentic Spanish seafood dish, and the hidden gem Es Rebot de Ca'n Prats is known for its Aioli Bread with Olives "**THE BEST ON THE ISLAND!**"

**WHY WE LOVE THIS CITY:** This little island off the coast of Spain is known in this day in age for it's nightlife scene, but it's also an amazing retreat for **YOGA** and for it's beautiful beaches. Come for the party, **PEACE** or to peruse the historical island and you'll be mesmerized by the experience you have!

**PRICE POINT:** For \$5,500 you can lounge or live it up in this lively and vibrant place!

# THE NIXX ZONE

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**KENNETH COLE**

Sports Bra  
**KORAL**

Bottoms  
**C33 by NICOLE AMATO**





# just FAKE IT baby!

Written by **MIRA BALEV-JOHNSON**

By now, the harsh winter has ended and all you can think of is having some fun in the sun! However, if you are anything like me, and note that I am a New Yorker, you are white white white...and while we'd like to recommend you rush to get some fake bake in we need to make sure you are prepared! Therefore, you are in luck as our team has taken some time to test through hilarious trial and error in order to find the perfect regimen needed this summer to obtain that summer goddess tan we all Lust for.

Let us start by telling you that it doesn't matter if you're using a self tanning lotion, cream, gel, milk, mousse, or spray... it really doesn't as that is all preference, but how good you look will all depends on your prep and upkeep! And yes, the process of getting a beautiful, long-lasting self tan will look a little cray-cray at first and you will need to prepare yourself for some trial and error. But, once you've mastered the steps below, you'll be able to complete this entire process from start to finish and have a beautiful, natural-looking self tan that lasts for days!



Photographer  
**CHARLIE HUSTLE**

Model  
**SVETLANA  
IVANOVA**

## WHAT YOU NEED

- Self Tanner
- Exfoliating Scrub
- Tanning Mitt
- Headband or Hair Tie
- Shower Cap
- Full Body Mirror
- Lotion Strap, Wand, or Sponge Paintbrush
- Tissue/Kleenex
- Blow Dryer
- Time

We weren't joking about that last item. Set aside **AT LEAST 2 to 3 HOURS** to allow for set up, process and dry time. We've found the best time to tan is actually before bed which allows you to leave the product on overnight

Remember, you don't want this stuff on your clothes so while you're applying wear something you don't mind getting dirty, avoid tight clothes, or for best results, skip the clothes all together.

## READY, SET, TAN!

**1 SHAVE** any areas you want hairless at least one hour before applying the tanner. For ladies, that may mean legs, underarms and bikini area. For guys, most likely face and chest **#MANSCAPING**.

**2 EXFOLIATE.** Tanners work best on clean, fresh skin, so **DON'T SKIP THIS STEP.** You could exfoliate the day before, but doing it an hour or two before applying your tanner will yield the best results.

**3 DRY.** In addition to drying your skin after shaving and exfoliating, you'll want to ensure moisture is out of the air too. Water is the enemy of self-tanning products! This includes moisturizers. **DO NOT**— we repeat— do not apply moisturizer before you apply tanner.

**4 SUIT UP.** Use a headband or hair tie to pull back your hair, then put a shower cap on to avoid stain your hair. Tanning mittens are your best friend here and only run you about \$7.

**5 HEAD START.** While wearing your mitt, use a light covering and work in a short, circular motion. Begin applying the tanner to your head, but don't forget behind your ears and back of neck

## LEGS AND FEET.

**6** Be careful when applying to your feet as they tend to darken up a lot— use a very small amount and blend well.

**7 TORSO.** Next, apply to your stomach, chest, shoulders and arms. Similar to the feet, your hands can darken a lot so put just a little on the top and avoid the palms altogether.

**8 GET YOUR BACK.** Using a strap, paintbrush or lotion wand like The Body Buddy finish your application by tanning your back. It takes a little getting used to, but it's simple once you have it down.

**9 BLOT.** Once you're done applying, take a tissue and gently wipe your wrists, tops of feet, elbows, and knees. We're not wiping it off completely, just blotting color away from areas that can get weird with tanner. After you wipe with a tissue, rub the same areas with a dry blending mitt.

**10 WASH YOUR HANDS.** Especially if you didn't use a mitt. We can't stress this enough. Your hands may look fine but if you don't listen in 4 hours you'll be wishing you did.

**11 DRY TIME!** Blow dry all the areas where you've applied the self tanner. Don't go crazy, just a few seconds on each area to speed the drying process.

## FINAL TOUCHES

We're still not done! Time to Fix Mistakes

**1 WAIT.** Many self-tanning products claim to dry in 15 minutes **#LIARLIAR!** After you've applied the self tanner, wait at least an hour before putting on any clothes or going to bed.

**2 GO TO BED!** Like we said, these products work best when they set in overnight. If the product has a "guide" or "tint" to it, you may want to put some towels down on your bed before getting in.

**3 SHOWER.** When you wake up in the morning, just go ahead and shower. Once you're done showering, you should have a beautiful sunless tan!

**4 ERASE MISTAKES.** If there are any areas that don't look right, **DON'T FREAK OUT!** You can do two things to fix them. First, you can add a little more product to areas that are uneven and really blend it in well. Or two, you can use lemon juice to "erase" much of the color from small parts of your body like your feet, hands, wrists, knees and elbows. Many people recommend bleach or other harsh products, but that stuff is REALLY bad for your skin—so stick to lemon.

**5 MOISTURIZE.** To maintain your tan, keep your skin moisturized. Your tan will fade naturally over 3-7 days, depending on which product you use. Once that happens, it's time to reapply!

**6 REPEAT.** A lot of people I know apply self tanner to their body just once a week (say Thursday) and apply it to their face twice a week (Monday and Thursday) and this works best. But everyone has their own schedule and preference, the Monday-Thursday plan will have you looking your best for the weekends, and won't eat up too much of your time during the week, but it's all up to you!



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# BALM SKINCARE

Interview by **TINA MILOSAVLJEVIC**

Lindsey and Katie met at work, and became a support system for each other as both of their mothers were battling cancer. Their successes with healthier lifestyle choices led them to create **BALM SKINCARE**.

## TELL US ABOUT YOURSELVES.

**L** I grew up in Lima, Ohio. I have a Biology and Molecular Genetics degree from Ohio State University, and also studied independent cancer research. I also have a background in marketing, particularly leading email marketing. For the past several years, I've studied and incorporated herbalism into my lifestyle, immersing myself into the world of natural living and growing closely to the earth and this land that sustains us all. This is where Balm developed. Balm is actually an acronym for myself and my three sisters: Brooke, Alison, Lindsey and Mara.

**K** I grew up in Columbus, Ohio with three brothers. My mom survived bone cancer when I was in high school, then was diagnosed with breast cancer in 2014. I studied Marketing and Business at Ohio State University, received my MBA from Ohio University, and worked at some of Columbus' most prestigious companies before joining Balm Skincare.

## WHAT WAS YOUR INITIAL INSPIRATION TO START THIS BUSINESS AND WHAT MOTIVATES YOU TO CONTINUE?

**L** Balm Skincare started after I lost my mother to an incurable environmental cancer, mesothelioma. After my mother passed, I was driven to bridge the gaps in my experience with cancer treatment and healing in general. I channeled my pain into this company as a means of achieving legitimacy for natural living and getting more raw products in the marketplace—something that was very difficult to achieve.

## TELL US ABOUT YOUR #IBALMFOR CAMPAIGN!

"To balm" means to demand higher standards. Our company is working to create a community of consumers that understand the risks that commercial chemicals bring to our health and well-being, and in turn, want to demand high standards for themselves and their families.

We've come to this place in our lives where we say "enough is enough." We say we "balm" to encourage others to share their story and share our passion for creating a healthier, natural lifestyle.

## YOUR DAILY DOSE OF INSPIRATION STARTS WITH...?

Our tribe and our community. Balm started as a passion from overcoming loss and filling a gap based on one person's story. Our customers and followers have come to us with similar stories, some successes and some losses, but nonetheless we have learned of the great detriment our toxic lifestyles are causing. The outpouring of support validates that what we are doing is needed and wanted.

## WHAT DOES FASHION MEAN TO YOU?

Fashion is a modality of independent expression. It's a billboard. While we don't judge a book by its cover, it's fascinating to learn about someone through their sense of fashion and self-expression.

## WHAT ARE YOUR 5 FAVORITE SUMMER BEAUTY TIPS?

**HYDRATION** (moisturizer and water). It's so important in the summer months to be sure you're staying hydrated. Always apply a great moisturizer, and get plenty of water.

**SUN SAFETY.** Use a non-nano sunscreen as a sun protectant. Try to avoid being out in the peak heat of the day. Also, take note of the cosmetic procedures you're planning during summer months, since you'll need to take extra precaution with procedures that may leave your skin more exposed to the sun's rays.

**SOAP-FREE CLEANSERS** The dry summer months may cause your skin to dry out more than usual. This is why we designed our products without soap - to maintain your pH balance healthfully and keep you balanced.

**EASY ON THE MAKEUP!** It's warmer outside so let your beautiful skin shine through! Also, eat lots of raw and organic fruits and vegetables this time of year. They're great for your summer bod, as well as for your skin's glow.

**PURPOSEFUL ACCESSORIES.** Glam up your look with sunglasses and fun hats this summer! When you're outside, use a hat to prevent sun damage. Accessories play a role in safe sun this time of year.



Quick Shoelace

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# SLIPPERY WHEN WET

Written by **MIRA BALEV-JOHNSON**

## SWEAT IT UP BABY!

New season, new looks...blah blah blah—we have seen it all. But reality is, once the heat of summer sets in, your makeup doesn't. It does not matter what brand you purchase, once the heat is on you will sweat. So rather than trying to stop it, work with it. We say, **EMBRACE THE GLOW!**

For this look we recommend you take a bit of foundation and mix it in with your sunblock. Another alternative is some tinted moisturizer or cc cream. Next, use a highlighter stick on your cheeks. **AVOID THE POWDER!** The stick will automatically glaze over and shine to the gods once on. Eyebrows will require a pot or gel with some setting wax. Shadow and liner you need anything that has a dewy finish. Here we did a red with sunburst gold for added effect. For the lips we did a contrast finish but ensure to keep is glossy!

Not for pop of color? **TRY METALLIC!** Rose golds, coppers, and once again, strobe and highlight. But the key is to keep your skin hydrated!

Maybe red is not for you but you love color. Eyeshadow gel pots is the way to go. Get creative, be bold, be daring, and mix it up. Lips? A tint is great. Place a bit then just juice it up with heavy clear gloss.

Smokey eyes are always in, but avoid the shadow...truth is your liner will more than likely smudge so beat it to the punch. Smudge it up, add some cheeks and an orange lippy! And look at you, you're a summer goddess!

Featuring

**MUNA MALIK  
& YUEYAO LI**

Photography

**TATIYANA  
"BABY BOOGIE"  
TAKENAKA**

Stylist

**JASMINE LIDDELL**

Hair & Make-Up

**REYNA KHALIL**

Utilizing

**MORPHE**



Bib Necklace

**OTT**

Body suit

**WDW**

**COUTURE**

Earrings

**MASHELLE**

Jacket & Skirt

**LOTUZ**

Bandeau

**OTKUTYR**



*Sama*  
EYEWEAR

# Pretty Beauty Things

Written by **MIRA BALEV-JOHNSON**

THESE SUMMER  
BEAUTY PRODUCTS  
ARE TRULY MUST  
HAVES THIS SEASON  
FOR EYES, LIPS, HAIR  
AND SKIN RICHNESS!  
EMBRACE YOUR INNER  
**GODDESS!!!**



## GRANDE LIPS

An instant lip formula with long-term benefits that adds a pop of lip-boosting color while hydrating dry areas.



## V-LUSE LASHES

Drama without the drama! These lashes are everything without the high ticket price.



## CINEMA SECRET EYELASH CURLER

The curler you can heat up and add that added umph!

## LASH STAR

A layering mascara to add length.



## CHARLOTTE TILBURY MASCARA

to build 5x - who needs extensions anyhow?

## MORPHE FAN BRUSH AND PRESSED POWDER

Glow for the god's to see!



## MORPHE BRISTLE SHAMPOO



## JOSIE MARAN SPF 47

protect and moisturize your godly skin.



## WALTON WOOD FARM B'VER BALM

## IN THE WEEDS SCRUB

Finally, a healthy choice for glowing skin.

## VISION HAIRCARE THICKER



## EAU DE ROSE - TADASHI

The only scent you'll need this summer.



## STYLE THE RUNWAY SILK AND PHOTO READY

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LA  
PEOPLE  
ON THE  
RISE



MEGAN  
AVERBURCH  
Interview by MIRA BALEY-JOHNSON

**TELL US ABOUT YOURSELF AND YOUR CAREER SO FAR. HOW DID YOU GET INTO THE FASHION INDUSTRY AND BECAME A STYLIST?**

I always wanted to work in fashion; I used to make outfits for my friends in high school. I majored in Art at a Liberal Arts college, and upon graduation, I had a taste of the corporate fashion world and knew right away that it was not for me! I went back to school for a Certificate as a Fashion Stylist at FIT where I learned more about fashion styling and all of the different avenues you can take as a stylist.

I consider myself to be a "Jane of All Trades." Throw me a job, I will get it done! I've been able to build a rolodex that spans further than just the fashion industry and have been involved in putting together major events as well as booking clients for major jobs. I see no limits and love connecting people who work well together and I love the challenges of figuring out how to get something done! I've even modeled. Being on the other side of the camera has been an education in itself and definitely helps when it comes to styling a shoot.

I am blessed to work full time in a very famous vintage showroom/archive. From there, I can be picky and choose the freelance jobs that I take on the side.

**WHO ARE YOUR STYLE MUSES?**

I have always had the most respect for Mary Kate and Ashley Olsen. They are style icons! But I am inspired by everyone and everything around me. I am very much a "mood" person. Whatever my mood is at that moment, I usually go with it.

**WHAT WOULD YOU SAY IS THE BIGGEST MISCONCEPTION PEOPLE NOT WORKING IN YOUR FIELD HAVE ABOUT YOUR JOB?**

That it is glamorous. I say, as a fashion stylist, you are a "professional schlepper." Dragging around garment bags full of clothes to shoots and fittings! There definitely are some perks, but it is certainly not a very glamorous job. As a fashion stylist you are in the background, preparing these people to look amazing, while you yourself, are not all coiled up! I live far from a glamorous life, but I do have fun!

**WHAT CHALLENGES DO YOU ENCOUNTER AS A STYLIST?**

Not having enough time in my day! As I want to put 1000000-% into everything I do, time is always my enemy. More of it would enable me to do more for every project.

**HOW WOULD YOU DESCRIBE YOUR PERSONAL STYLE?**

Eclectic. Sporty. A modge podge of everything I like. Comfortable, always. I like to mix and match, high and low, or fancy with casual.

**WHAT TRENDS ARE YOU LOVING RIGHT NOW?**

The fact that track pants are "in." I've been wearing them since the 90s! And definitely not mad that "athleisure" is "in," as well as athletic brand sneakers. I've always been a fan of being comfortable.

**WHICH TRENDS DO YOU WANT TO SEE DISAPPEAR?**

Trends always come back around. They never disappear. Sometimes they return in a different form. As I work in a vintage showroom, I know this very well. I never discount a trend. If someone is comfortable and likes to wear something, then go for it!

**ANY ADVICE FOR THOSE BEGINNING IN THE FASHION INDUSTRY?**

Be ready to hustle. Follow up is huge. Get out from behind your computer and meet people in person! Make yourself memorable. Never take "No" for an answer. Be persistent. And of course be nice to everyone! This industry is small. You never know when you're going to bump into someone again, and you never know who will become who over time. Don't forget to have fun!

**AND FINALLY— WHAT GOALS DO YOU HAVE FOR THE FUTURE?**

I enjoy waking up every morning to work. I basically work 24/7. I work in a renowned vintage showroom by day and freelance by night. I love everything I do. My goal is to continue to love what I do and to continue to have fun doing it! Life is good.

# HEAT RISES

ALL I WANT  
IS THAT **GOLDEN GLOW**  
THAT THE SUN PROMISED  
ME ONCE THE MOON SET.

I NEED YOU TO FEEL  
THE HEAT I **RADIATE**  
AND GET USE TO IT,  
ALTHOUGH THE SUN  
WILL EVENTUALLY SET,  
MY HEAT WILL

**CONTINUE TO BURN.**

Featuring  
**MICHELLE WILSON**

Stylist  
**DELAVI**

Photography  
**REBECCA PEREZ**

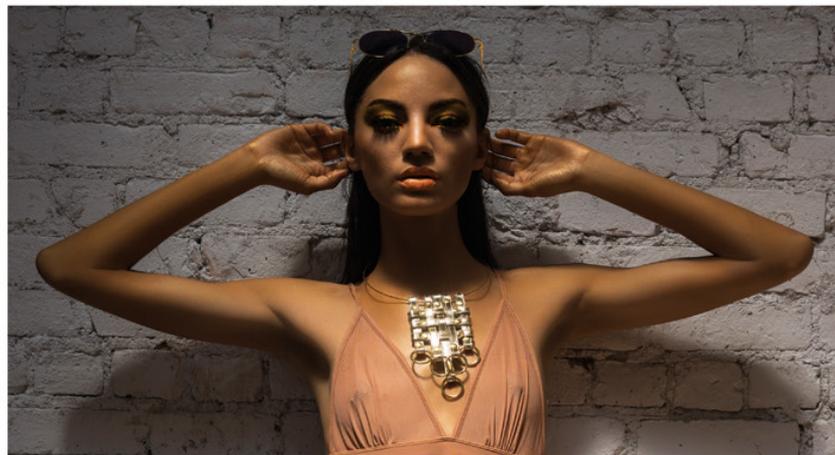
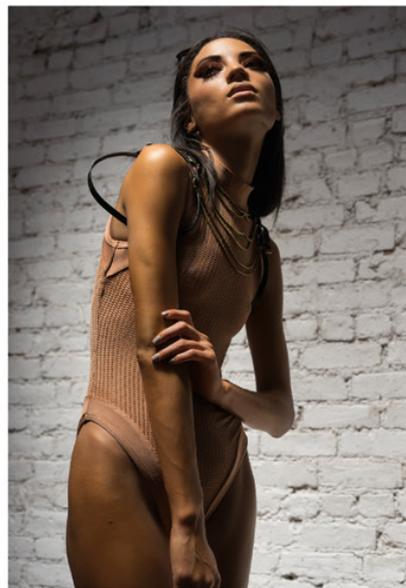
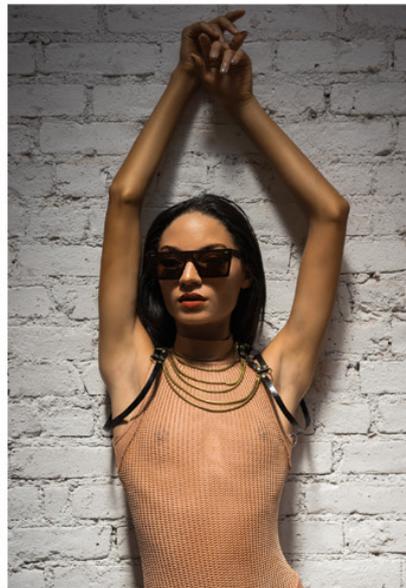
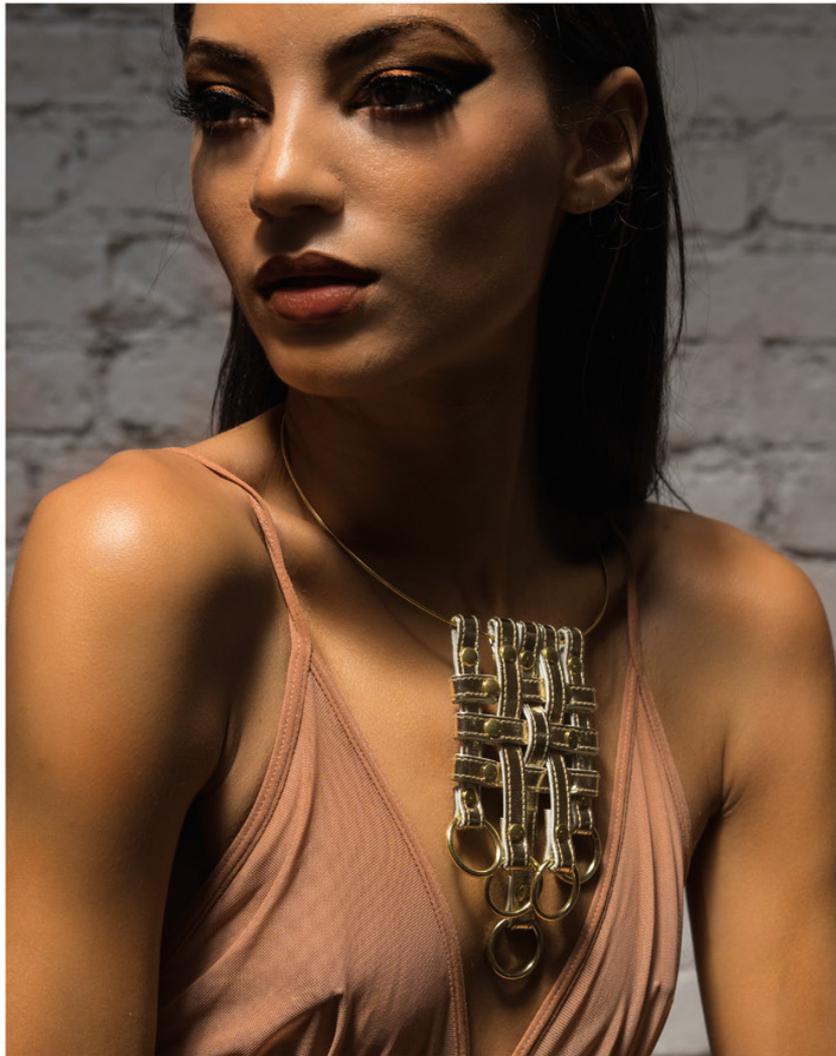
Hair & Make-Up  
**REBECCA ROSE**

Utilizing  
**CINEMA SECRETS**  
PRO MAKEUP



Bodysuits  
**NECESSARY  
CLOTHING**  
Necklaces  
**HODA DESIGNS**





# LA CELEBS SPEAK ON LA FASHION



## GIGI HADID

If I didn't have the body I do, I wouldn't have the career I do.

IN RESPONSE TO BEING BODY SHAMED

## CARA DELEIVINGNE

Embrace your **WEIRDNESS**.

Stop labelling, start living.

## RIHANNA

When I am putting looks together I have to figure it out.

**I HAVE TO MAKE IT ME.**

I think that's the thrill in fashion.



## KENDALL JENNER

If you can't see anything beautiful in yourself,

**GET A BETTER MIRROR.**

## CHRISSY TIEGEN

Anything I get to wear to the **MET BALL** is huge.

I'm not a fashion girl, so it's cool to be dolled up and have those diamonds where they send armed guards with you.

## LEXY HAMMONDS

For me, I'm into the **COACHELLA** festival vibes; long mesh dresses, metallic hot pants, bombers, lace chokers, neon sneakers, shirt dresses, sequins, fringe and oversized hats.

## BEYONCÉ

If you've been doing all you can and it's not happening for you, go out and have a good old time. Put on your sexy dress and move on.



## ROBYN LAWLEY

That guilt has got to go...a lot of men don't actually care that much if you're a size 14.

## ASHLEY GRAHAM

I just don't like that there is a division between straight size and plus size models in the fashion world, I'm trying to bridge that gap.



## STEVE AOKI

I'm 36, but I still feel like a punk kid with \$200 in my savings account.



## RON ROBINSON

It's all about making a statement every time you step on the red carpet. Uniquely, the fashion awareness in Los Angeles is on the rise.



## A\$AP ROCKY

I was into **PRADA** and **DOLCE & GABBANA** and that's why I wanted to wear tight jeans, because I wanted to be a model.

## ROCCO LEO GAGLIOTI

**LA FASHION WEEK** is a great place for designers to take risks.

## JAYSON BERNARD

Suns out thighs out guys!! LA is a hub for what's hot this summer". Seems that **"SKIN IS IN"** people are showing off arms and legs more then ever!"



## ANNA WINTOUR

If you can't be better than your competition, just dress better than them.

## KYLIE JENNER

My fashion inspiration would probably be **TUMBLR**.



## COCO ROCHA

The term "plus size model" needs to retire. Are they not just **MODELS** period!? We don't label "plus size actresses" or "plus size singers."



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# SEX

scopes

Written by  
**ELIZABETH DUCHAMP**

Photography  
**DANIELE SCARPONI &  
MARIA ANTONIETTA CARDEA**

Model  
**CHIARA BIANCHINO**

water

## CANCER

**JUNE 21 – JULY 23** The most sensitive and sweet lover as they are the true romantics. Turned on by slave scenarios, they will take some aggression as long as they feel “love.” Their style in bed is protective and soothing; devoted and emotional.

### FAMOUS FELLOW CANCER



**GISELE BÜNDCHEN**  
Model



**FRIDA KAHLO**  
Painter



**KHLOE KARDASHIAN**  
Reality Star



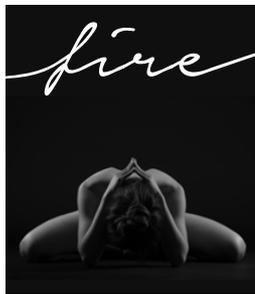
**PRINCESS DIANA**  
British Royalty

## SCORPIO

**OCTOBER 23 – NOVEMBER 22** These lovers are willing to do almost anything and enjoy full body pleasures. And best of all these lovers will never kiss and tell. To them, SEX is intimate and personal—therefore their fantasies can become quite complex. Be ready for intensity and depth, but always in secret.

## PISCES

**FEBRUARY 18 – MARCH 20** These lovers are most often open to all the avenues of sexual expression. As romantics these lovers act as chameleons, always changing their approach. They may speak a lot one night and withdraw the next. They seem to be attracted to imbalance.



## LEO

**JULY 23 – AUGUST 23** These people are most turned on when their partner thinks they are gods. Although they will take care of their partner in bed, their natural inclination is to get off themselves. But beware as they are known to fib as their ultimate goal is to impress their mates.

## SAGITTARIUS

**NOVEMBER 22 – DECEMBER 23** To them, SEX is Just Playing Tennis. There is an innocent frankness to them as they just love to have fun through roughhousing and laughing. Unfortunately this works against them as they have little patience with people playing hard to get or beating around the bush. The same applies to anyone looking to get serious. When it comes a to SAGITTARIUS and Sex, just do it!

## ARIES

**MARCH 20 – APRIL 20** Sex is best when it's spontaneous and unrestricted! Though you'll look for trouble in love as you are a slave to the conquest be prepared as this “crush” may only be there to fulfill your immediate desire. If you are with an Aries, just know they can be selfish and quick as there is such a thing as too much foreplay.



## VIRGO

**AUGUST 23 – SEPTEMBER 23** Sex to them is a way to balance life. To them, they use sex as a way to have everyday stresses and tensions released. Their perfect match is someone who is simple and sweet. But let it be known that they are a bit insecure about their bodies therefore a little more attention will be needed. However, if you do give them more attention they will generally do anything for you; and note that they are not afraid of getting dirty.

## CAPRICORN

**DECEMBER 23 – JANUARY 20** Sex that is straight forward and simple is best. Their go to are strong and powerful lovers who display a know-how authority. No frills, less variety but deep and powerful. Although some will want others to know they are on top of things in sex—they will never give you the dirty details.

## TAURUS

**APRIL 20 – MAY 21** Where your sexual nature involves all the senses as you are the most physical of sexual partners. No frills sex is fine, as long as the mood is right and you include lots of physical contact. And though they do have steady stamina, don't expect to find spontaneity or variety in their reputation.



## LIBRA

**SEPTEMBER 23 – OCTOBER 23** With a need for balance and perfection, Libra can be tricky. While they're giving, they'll expect you to give equally in return. Know the best way to keep a Libra happy is to be fair. But, if you make them happy, you will have a lover who will think about you and your needs. Trust, these lovers can charm anything they cast their spell on.

## AQUARIUS

**JANUARY 20 – FEBRUARY 18** With a “take it or leave it” style you must be ready. Aquarius is not known for warm love making, although they believe otherwise. Truth be told, this sign shines at a distance: cyber or phone sex, and even in affairs as long as they don't break up a marriage. Unfortunately, they will be most turned on when you are not. They almost prefer the idea of sex, than the action itself.

## GEMINI

**MAY 21 – JUNE 21** They love to talk dirty and know how to use their words in bed. Talk turns them on, and they love using their mouths. Gemini can be loads of fun if you can look past the sudden bursts of speech—to them it's extended foreplay. But be warned, Gemini has a tendency to over-think and bring up all the “buts” and “what ifs” surrounding sex.

# DRIPPING IN DIAMONDS

MY **PERFECT** ACCESSORIES  
THIS SUMMER ARE **DIAMONDS**.  
I WOULD **RUN NAKED** IF I  
DRIPPED IN THEM, BECAUSE  
NOTHING ELSE IS NEEDED.  
**NOTHING IS SEXIER** THAN  
THE SPARKLE A DIAMOND  
GETS WHEN THE **MOONLIGHT**  
SHINES UPON IT.

Featuring  
**ANNA KILE &  
MAHLAGHA JABERI**

Photography  
**EMILYNN ROSE**

Stylist  
**HORACIO AGUILAR**

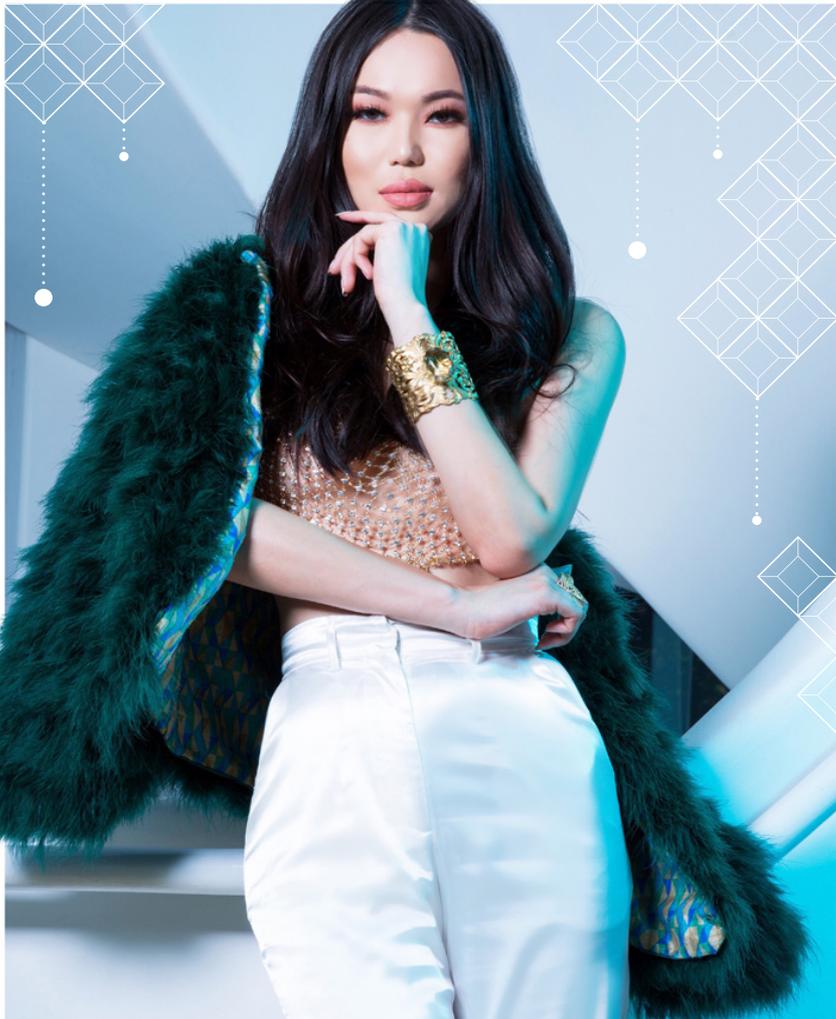
Hair  
**EMILY WETZEL**

Make-Up  
**DAVID VELASQUEZ**

Dress  
**FEMME LA**

Earrings  
**JOEY GALON**

Choker  
**JEWELRY BAR**



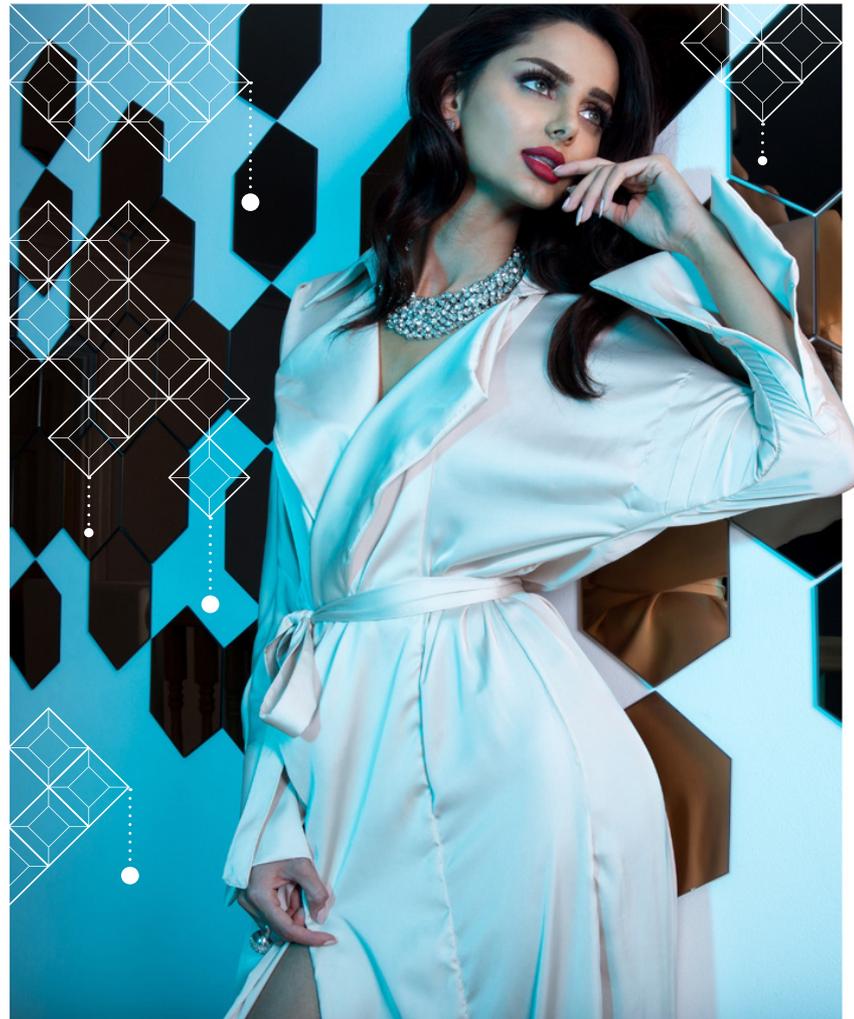
Coat  
OTT

Top  
FEMME LA

Pants  
FEMME LA

Bracelet  
GLAMARELLA

Ring  
JEWELRY BAR



Dress  
FEMME LA

Necklace  
HORACIO  
AGUILAR





Dress  
FEMME LA

Earring  
SOON

Rings  
HORACIO  
AGUILAR



Dress  
FEMME LA

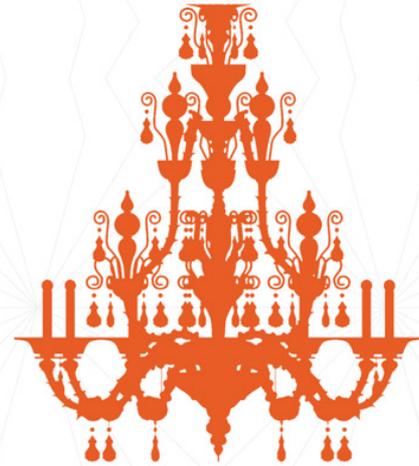
Earrings  
HORACIO  
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LET'S TALK ABOUT *Six*



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# MADAME LINGERIE RECEIVES A HIGH FASHION FLARE

# METHVEN

Written by **GABRIELLA LAYNE**

**T**he allure of lingerie isn't in its sex appeal—it is in its ability to bring out the allure and femininity of every woman. And when classic lingerie is elevated with elegance, artistry, and a timeless flare, it transcends to become part of the thread of high fashion. This has been the primary inspiration for Paris-trained lingerie designer **KAILA METHVEN**—the Madame of **LATRODECTUS** and the innovator who has incorporated the inspiration of her learnings into a female-centric fashion empire. The pieces in every Latrodectus collection are inspired by the iconic architecture, art and romance culture of the ultimate city of love where Kaila received her design training: **PARIS, FRANCE**. Her collections, which signal a haute couture interpretation of a sultry but bold energy reminiscent of the iconic Red Light District, are all one-of-a-kind, challenging the conventional silhouettes, fabrics and conventions of what we understand lingerie to be. And with an unrelenting determination to weave female power into haute couture lingerie, Kaila is serving up the hottest serving of feminism we've seen yet.

The art of Haute Couture, considered the ultimate in high-end fashion, is rarely synonymous with lingerie. But being that it is one of the most intimate garments a woman can wear, especially on some of the most important days (or nights) of her life, it should be. Latrodectus brings this element to their made-to-order lingerie, using the finest textiles from Paris to create intricate, well-made pieces and customizing each piece to suit women's distinct body types. Dispelling the presumption that mass production is the "new black" of the fashion industry, Latrodectus is commanding attention by creating a norm for themselves that is perfectly fitting for the most intimate garments that a woman can wear.

## THE WOMAN BEHIND THE CORSET

Latrodectus designer, Kaila Methven, was initially enthralled by the art of haute couture in the *City of Lights*, Paris France where she experienced her first internship at a fashion show at the age of 16. It was held at the **TROCADERO**, home to the iconic **PALAIS DE CHAILOT**—one of the many iconic architectural elements of the city that became the inspiration behind her designs. Her romantic love affair with the city led her to train in the art of design at the esteemed fashion institute **ESMOD**. She then continued the pursuit of her academic career with a Master's Degree from the **INTERNATIONAL FASHION ACADEMY, PARIS**. She went on to complete advanced training at **POLYMODE** in Florence, Italy. After many years of rigorous training, Kaila returned to Los Angeles in 2014, where her passion to create and design something distinctly unique and luxurious for women was at its peak. This spurred the creation of Latrodectus, which held its public debut at **OC FASHION WEEK** in 2015 to rave reviews. Can you say, girl boss?

## WHAT'S IN A NAME?

You may be wondering what *Latrodectus* even means. It is actually a genus of spiders known as the **SOUTHERN BLACK WIDOW**. The word itself is Greek for "biting in secret," describing the sensation of being bitten by the spider and not realizing it until symptoms begin to emerge. As a brand, this name can have many interpretations; perhaps it refers to the dangerously daring, strappy silhouettes of its pieces, especially the Mademoiselle collection. Or maybe it refers to the signature monochromatic colors. Or even yet still, maybe it describes the woman herself who wears Latrodectus; sensual and dangerously seductive.

## THE LATRODECTUS COLLECTION

On one hand, the debut collection exudes an avant garde showgirl vibe that's reminiscent of an unforgettable show at the Bellagio in Las Vegas. On the other hand, it exudes glamorous bride-to-be with the most over the top lingerie for her honeymoon that you can imagine. Staying true to the monochromatic hues that have remained consistent throughout the collections, there is an intentional contrast between the romantically regal white pieces and the dark, flashy pieces. While there are many traditional lingerie pieces, from corsets and bralettes and briefs, there are some unexpected pieces that feel so right – from blazers and full bodied skirts to full-fledged tulle trains. Accessories are also featured in the collection, including bride-worthy gloves, top hats, and even a whip – but we imagine that would stay in the bedroom.

## THE MADEMOISELLE COLLECTION

Staying true to traditional lingerie, Mademoiselle is simple yet showy and unmistakably sexy. But the Latrodectus touch is still not forgotten, with fun touches of feather, sparkle and drama fairly dispersed throughout the collection. The undeniable attention to fine detail is apparent in the lace textiles and intricate beading seen throughout the pieces.

Latrodectus is still growing and evolving, but its invigorating approach to lingerie—an approach embedded with female empowerment and free expression—is sure to boldly impact the way women everywhere view fashion. Kaila Methven is set to open the doors of her first luxury atelier in **BEVERLY HILLS** and a new collection will be announced soon. With all that Latrodectus has achieved in its short time on the market, there's no telling where it will go next.

BEING TRAINED IN  
**HAUTE  
COUTURE**

YOU HAVE TO KNOW HOW TO  
SHAPE A WOMAN'S BODY.  
IN DESIGNING  
MADE-TO-ORDER PIECES,  
I CAREFULLY CUSTOMIZE  
MY CLOTHING TO SUIT  
DISTINCT WOMENS  
BODY TYPES & THE LOOKS  
THEY WANT TO  
EXPRESS.



## LATRODECTUS

IS THE DEFINITIVE WORD FOR **BLACK WIDOW**  
WHICH COMPELS TODAY'S WORLD OF HAUTE COUTURE  
WITH ONE DIFFERENTIAL FACTOR: IT'S TRIBUTE TO  
A SECRET ELITE THAT ENJOYS **THE EROTIC THRILL** BETWEEN  
MALE & FEMALE PRINCIPALS IN AN ESOTERIC MATTER.





# MOON UNDER THE LIGHT

WE HAVE A **UNIVERSE** WITHIN **OURSELVES**  
WHICH MIMICS THE UNIVERSE OUTSIDE.

NONE OF US ARE JUST BLACK OR WHITE,  
OR NEVER WRONG & ALWAYS RIGHT.

NO ONE EXISTS WITHOUT POLARITIES.

**EVERYBODY HAS GOOD & BAD**  
FORCES WORKING WITH THEM,  
AGAINST THEM, AND  
**WITHIN THEM.**

— **SUZY KASSEM** —  
POET

Featuring  
**KAILA METHVEN**

Photography  
**ASHLEY ITZEL**

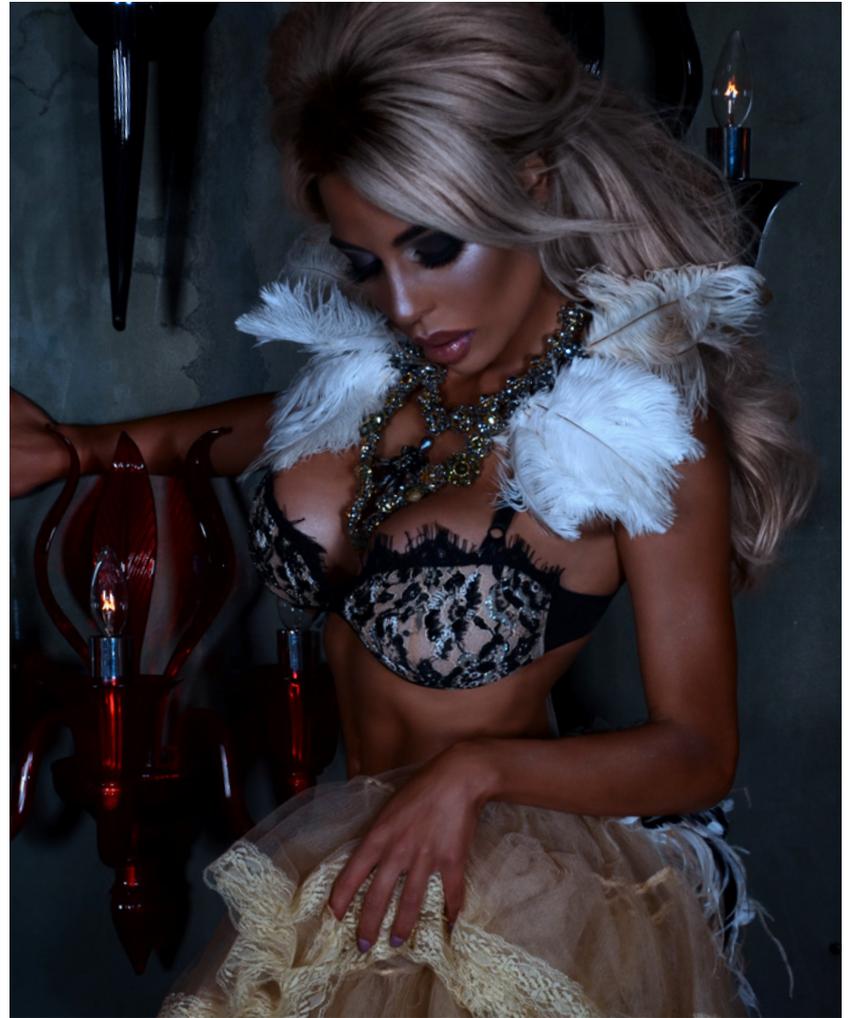
Lingerie  
**MADAME METHVEN**

Assistant Stylist  
**MINA BINEBINE**

Make-Up Artist  
**OLIVIA MADORMA &  
KENDALL COTTA**

Jewelry  
**TASH**  
Courtesy of **NOW PR**

Hair  
**SAMANTHA  
ANATONE**







Love  
BY  
THE MOON



Love  
BY  
THE SUN