

DECEMBER PART ONE

LA F M

THE LA FASHION M

GIFTING AT ANY BUDGET

and why you
should shop
small this
year!

Don't let the lock-down
affect your

LOVE LIFE!

HELPING YOU DEFINE YOUR INTERIOR STYLE -

Ashley Yeates

Our Best
BEAUTY
tricks to
try this
winter

Holiday
Style for your
ZOOM MTGS

SHOT BY DIMITRY LOISEAU

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FROM *The* EDITOR



This was perhaps the longest/shortest year yet – and though we shared pains, anger and frustration, it was a good year. Because it opened up our eyes to things, we were blind to. Self-care, the value of compassion and respect for each other through social distancing, the importance of health; more importantly, it made strides for humanity. And while we did lose amazing individuals in the fight – we have moved forward to not allow their death to be in vain, but instead to be honored and remembered for the movement.

It's funny that with all the time from staying at home, there were no opportunities to plan ahead, make a wish list, or even check it twice. However, we sit here waiting to welcome the new year in hopes for better.

As we work through deadlines and begin to do last minute shopping between articles – we remind our team as we do you, to shop small. We have seen too many businesses lost through the pandemic. It is up to us to do what we can to support one another. But of course, as you wrap and prep for the magic of the holiday, ensure to plan ahead for shipping. I know it's tough, but we need to continue to practice social distancing.

I said it before, and I continue to say it, our best gift is to show those individuals what the holidays are all about. It's easy to be caught up in our own lives, even I am at fault, but the best gift is paying attention and remembering that no matter the amount of time, it's about the camaraderie. We all get so busy that we forget to turn around and thank those in our lives or to even make space for new friends. Therefore, as you begin to review your holiday list one last time, ask yourself when you last gave your time to someone. You never know that one call might bring out the spirit of the season.

Therefore, while we share some holiday last minute favorites with you in a two-part December issue, I want to say...From My LA Family to yours...HAPPY HOLIDAYS,

Willie

EMILIE HEATHE

EMILIE HEATHE

emilieheathe.com | @emilieheathe

The image features five Luxie makeup brushes arranged diagonally across a light-colored, veined marble surface. The brushes have rose gold ferrules and coral-colored handles. From left to right, there is a medium-sized brush, a small brush, a large fluffy brush, a medium-sized brush, and a small brush. The brand name 'LUXIE' is visible on the ferrules of the brushes. The lighting creates soft shadows on the marble background.

LUXIE GLIMMER

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Explore the full array of looks the set helps you
to perfect, from the most natural to the most
sophisticated and daring.

LUXIE



TRINY LONDON - Lovers - burnished sparkling heather. A range of moisture-enriched cream-based eye shades and liners, Eye2Eye is the ultimate eye enhancer.

We love them as a base, as a liner and when we feeling a little extra as a brow filler.

trinnylondon.com

IT'S IN THE EYES



LUXIE BEAUTY - Rose Gold Mini Detail Eye Brush Set. A collection of Luxie's most precise eye brushes to date, including 5 core vegan, cruelty free selects. They're perfect to add to any kit, or to get you started on one.

luxiebeauty.com

DIORSHOW LIQUID MONO - Long-wear eyeliner-eyeshadow in 540 Gold Twinkle (LIMITED EDITION). This next generation fluid eye shadow not only adds sparkle and glam, it has a rich texture making this the perfect must have for any look.

dior.com



L'Oréal - Voluminous Lash Paradise Mascara. This is our secret weapon for voluptuous volume and length. What's best is the formula now offers with even more black pigments! Making it perfect to wear alone or blended with your falsies! Not to mention, this bad boy is under \$11 at most stores.

stores will vary.

MANNA KADAR - Prime Time is your double duty primer for both eyes & lips. This revolutionary primer will prevent eye make-up from smudging and creasing, while keeping eye-shadows vibrant throughout the day.

mannakadarcosmetics.com



EDITOR'S PICK

RB Flash Lash "Drama Queen Edition" Magnetic Eyeliner & Eyelashes With Applicator Tweezer. Our pick? The Drama Queen Edition: For Ultra-Dramatic Thickness and Length. Creates Ultimate Impact Or Dramatic Evening Looks Instantly!

Eyelash strips instantly bond to eyeliner base and can be removed or reapplied in seconds! No more glue, mess or time investment!

ariabeauty.com





MY CHOICE AFFECTS MY PRODUCTIVITY

WRITTEN BY AMANDA RICHARDSON

What you choose to wear while WFH actually matters! It can affect productivity and performance, so why not wow and sparkle!?

Not another ZOOM meeting! I have gotten into such a zoom-rut that I am beginning to wonder whether or not they will notice I am on day three of the same look. At first, I was excited about working from home and the perks I found behind it, but after a while I began to give up as I lost the spark on dressing up in the morning; who was this for?

Needless to say, my WFH look went from chic to rut real quick, down to saying I had wifi problems to not need to log in via video. But the less I cared about my look the more I saw my energy drag, as well as my productivity drop.

It turns out there's actual science to back up that feeling. According to THE WALL STREET JOURNAL and many other guys out there, there is actual research on the links between clothes and brain activity. Working from home and all these zoom meetings has added complexity to an area of research now known as "en-clothed cognition," or what signals clothes send to the brain, says Dr. Adam Galinsky, co-author of the pre-pandemic research that coined the term. "In some ways, the clothes that you wear might have an even bigger impact because we can often see ourselves and what we're wearing and that sort of draws that symbolic value [attached] to it even closer to our consciousness," he says.

That's why for the last 4 weeks I have taken my normal attire to new extents. I actually style my hair once every two to three days using texture spray and dry shampoo as well as taken the time

to invest on my makeup look. However, knowing I have only core pieces in my closet I have focused on investing in jewelry, hair clips, and accessories to add to my look.

Try it – even if you decide to wear the same sweater 2 days in a row, you can definitely change it up with your jewelry. Chic and classic to Avant Garde. Serious, to playful.

Wake up in the morning, and dress for the success you want to achieve. Even if that means dressing up just because.

NOTE: Not to say you need to dress up to be a success – if your power look of choice is a hoodie, that's you! Hey, don't believe that look can lead to success? Must we revisit Mark Zuckerberg?

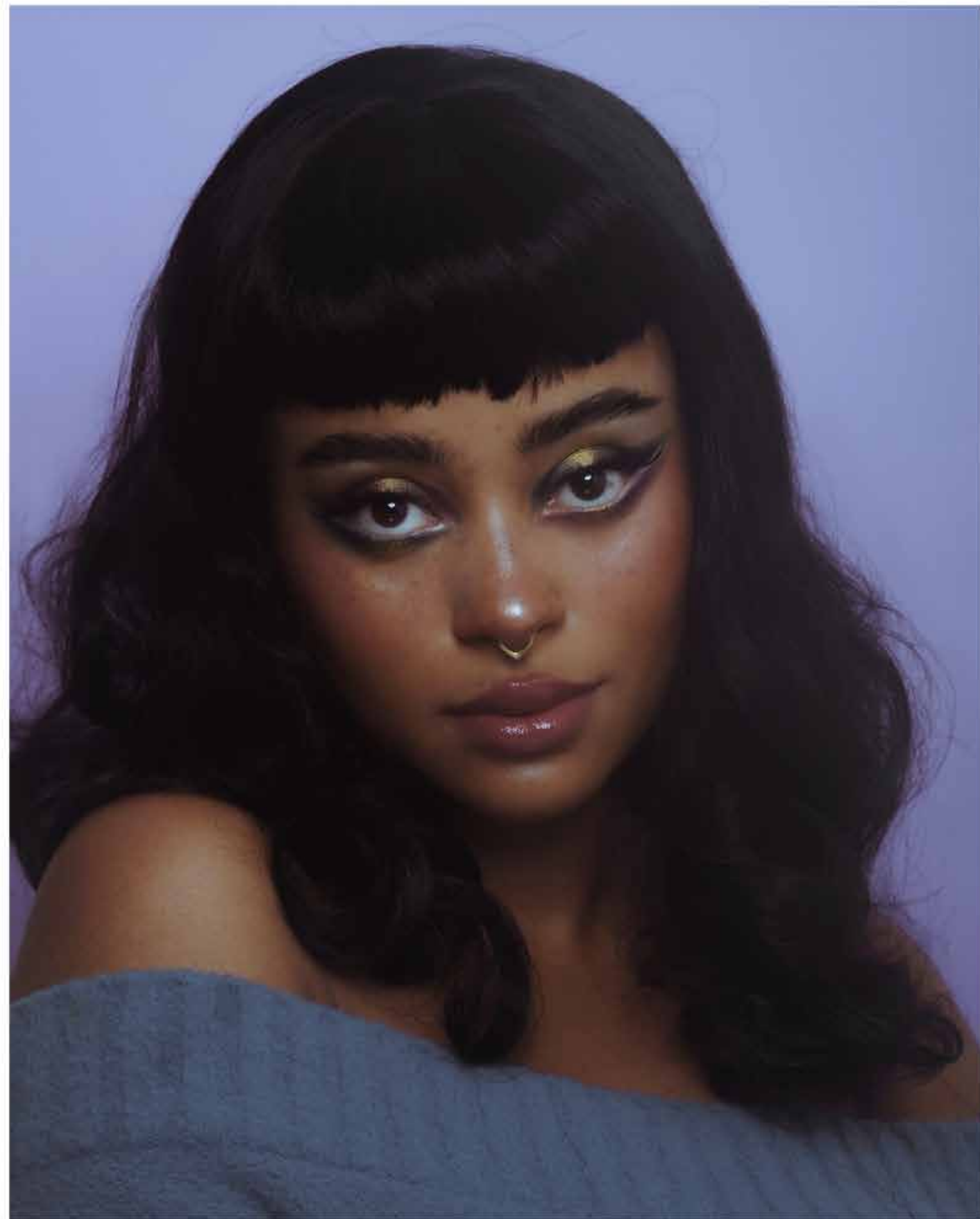


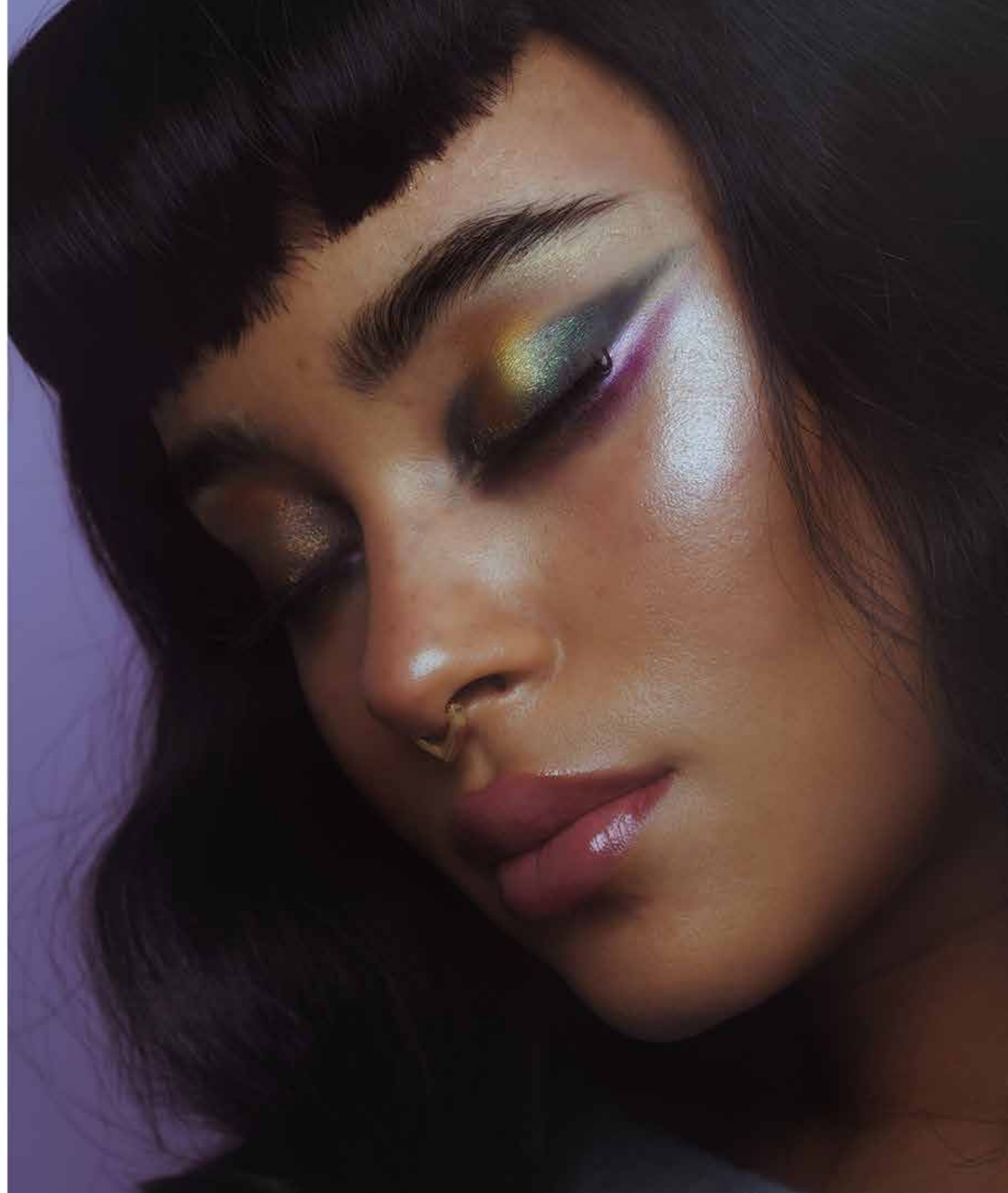
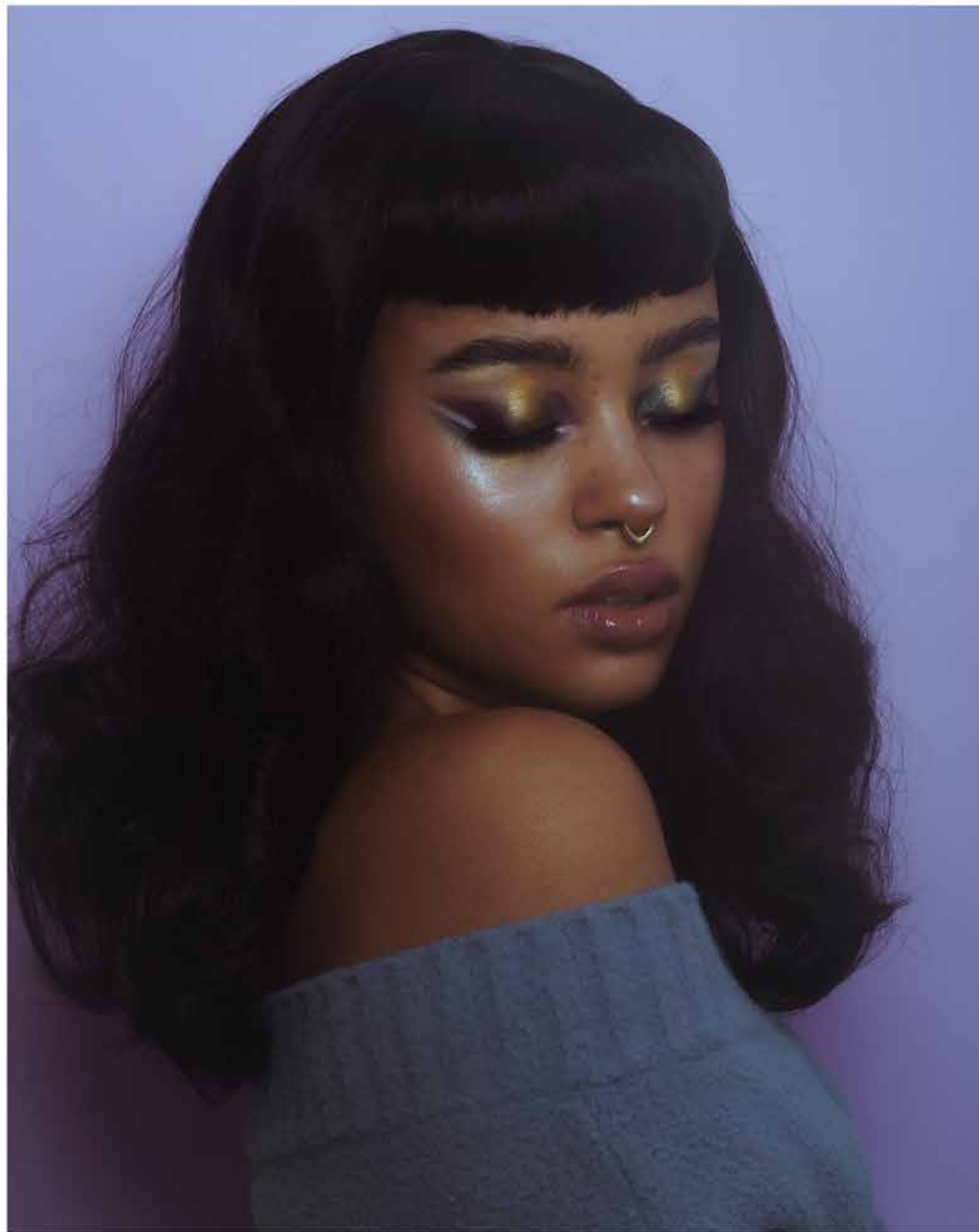
joiedeviv.com



EYES ALL A-GLOW

MUA / MODEL: @kali.ledger





Beauty winter skin

When your skin looks good, your confidence levels reach new peaks. Unfortunately, we are not all born with impeccable, flawless finishes. Whether your pores are unruly, you have uneven skin tone, blemishes, oily or dry skin, it means we run to figure options to obtain solutions.

This is where foundation comes in. It is the easiest makeup solution, but how do you know which is the best kind? Truth it, you don't. Choosing the right foundation for your own skin is indeed nothing shy of trial and error. You have to test colors, finishes, formulas, etc. And all of this is before you even begin to consider the process on how you prep the skin. The tools you use when applying, and of course whether or not you seal the finish.



We are big fans of translucent powders to seal off and bake any foundation - but not just any powder - the LAURA MERCIER powder, in our opinion, is the best on the market. It is extra fine and holds a flat finish that allows your skin to appear picture perfect at all times.

Here you will see an array of product, but more importantly, we will talk about what to look for in foundation to match to your skin type. As for the tools, to each their own - but we are huge fans of LUXIE BEAUTY. Not only do they offer a great selection of brushes for every detail possible, their products are made of top-quality materials yet are made affordable allowing artists to invest in themselves. Not to mention they are quite beautiful. Make sure to check them out.

The winter takes a toll on our skin, so rather than finding a primer to only mask, we recommend one that is meant to hydrate like that of LORAC'S. With a nourishing oil-blend serum primer that preps the skin for makeup and creates a luminous complexion. It basically transforms the skin into a silk-like canvas.



EDITOR'S
PICK



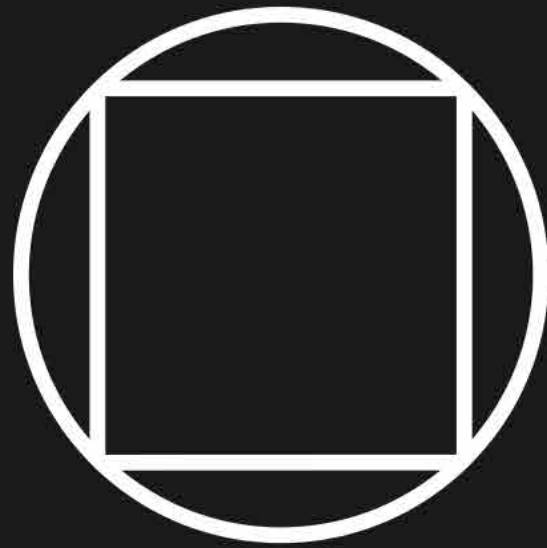
Foundation

Finding the perfect foundation falls on skin prep to ensure you can have the formulas glide on smoothly over well-moisturized skin. But it's not about wearing a lot of makeup, but instead using just enough to balance the skin. Then, it's about the tools and the technique. But how do you know what foundation to use? Ask yourself, dewy, matte, combination - and will you be going darker or lighter? That mainly depends on the contouring or strobing technique you may consider afterwards. We recommend you spend some time swatching, and feeling it out - but keep in mind, you will want to keep multiple foundations (2 or 3) in the cupboard, as your skin changes texture...find your mix.



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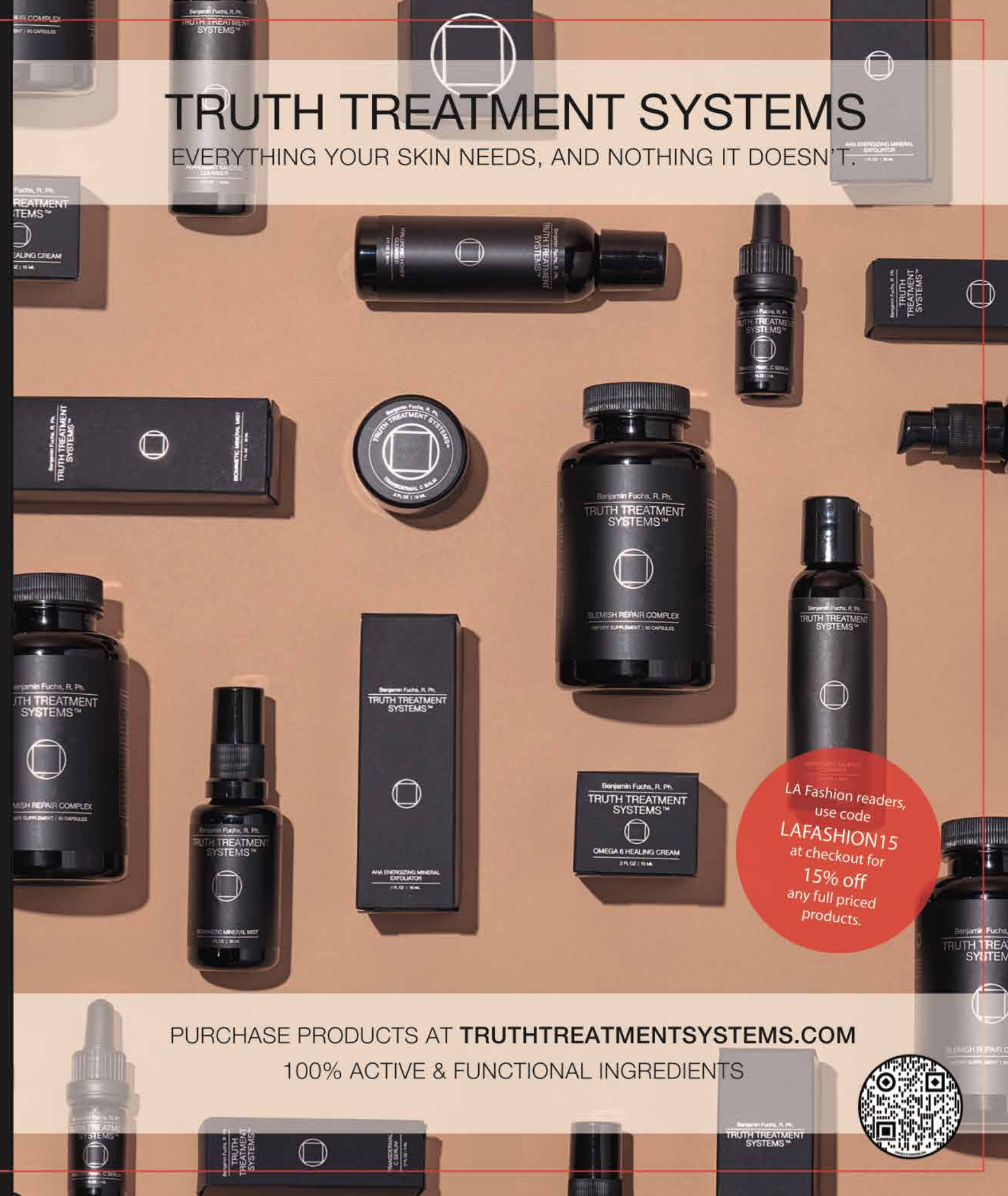
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WINTER MEANS CHANGING YOUR SKINCARE ROUTINE

WRITTEN BY NATALIA GARCIA

Wardrobe changes with the season, and the fact is that your skincare routine should as well. As the temperatures begin to drop, it leads to dry air, frigid winds, and now, more than ever, constant exposure to indoor heaters. What does this mean? It means dry skin.

In the winter, our skin is stripped of its oils that help build a healthy skin barrier. Without that protection, it leads to redness, cracked skin, irritation, and more.

In the summer, we turn to lightweight moisturizers and charcoal cleansers, similar to how we get lighter clothing. Therefore, in the winter, you have to go thicker, like changing your cleanser to a balm, oil, or cream. These can clean the skin while still keeping you hydrated. But thread lightly if you have acne – those skincare items are packed with salicylic acid and benzoyl peroxide. Therefore, start looking for a pH-optimized skincare to help do exactly as it suggests – balance.

Another key thing to consider is cutting down on shower time and being mindful of the temperature. Though the cold may have you wanting a long hot bath, stick to brief lukewarm showers. Otherwise, you will strip the skin of its natural moisture, leaving your skin thirsty. Also, immediately after the shower, you should apply moisturizers to lock in the hydration over your damp skin. But be generous! You want to ensure your skin feels well hydrated.

Still having your skin flake a bit, make sure you layer on the skincare. Again, just like you do in the winter with clothing, this is no different! Get it by now? Layering your skincare allows you to build barriers, lock in moistures, and address multiple concerns. Rule of thumb? Layer lighters to heaviest; or in the world of skincare, water toner, serums, moisturizers etc.

You can also, from time to time, apply dry brushing. This is a process that involves rubbing your skin with a brush in a light, circular motion to help exfoliate your dry skin. Not only is it a great self-massage, it helps promote lymphatic drainage.

Last but not least, start incorporating an overnight mask process. This is the final step to any skincare regimen. But after placing all that work, why not ensure to lock in all the product that was applied before? It is said that skin hydration levels drop in the afternoon and continue to power down as the night progresses – so help it get that extra boost. That way, you get a good night's rest, and your skin can prove it.

NOTE: We recommend you look into skincare regimens - we are currently obsessed with VITABRID! They have everything you need and it's as easy as 1, 2, 3.



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TREATING *Winter Skin*

Skincare treatment will be your make or break this season. With cold dry weather outside and overpowering heat inside, it is no surprise that your skin will end up crying for locked in hydration and moisture. It's important to listen to your skin, and even more-so to build in a routine.



e.l.f. Cosmetics
Fragrance Free Holy Hydration! Face Cream

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LANEIGE
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A leave-on lip mask that soothes and moisturizes for smoother, more supple lips overnight. Buh-bye dry lips, hello lips that feel refreshed, supple, and soft to the touch

\$22.00



NIGHT TIME

EDITOR'S
PICK

Cold weather can be harsh on our skin leaving it in deep need of dehydration. That is why it is important to begin implementing a night time routine. It doesn't need to take up the entire evening either. Our go to's are easy, a deep hydration and moisture retention dual mask like that of Vitabrid C12, followed by Verso's night cream. The cream has retinol to spot care but offers the best recovery. You can also begin to mix in a lip sleeping mask, afterall, no one wants chapped lips this winter. Our favorite is LANEIGE's lip sleeping mask (opposite page)



Krave

Time to #PressReset and *uncomplicate* skincare



kravebeauty.com | @kravebeauty



Today's fast-paced lifestyles affect our bodies. In fact, science continues to show a rising trend of weakened gut microbiota, increased stress, and higher levels of inflammation that can lead to illness and disease. That's why our team at Nupeutics Health™ specializes in developing science-based, natural products specifically designed to meet your personalized nutrition needs, and goals.



Hormone Master

Hormone Imbalance - Your hormones play an essential role in your overall health. Because of this, there is a wide range of symptoms that alert your body that something is off. You may experience irregular periods, cramping, mood swings, and even acne! Adaptogenic herbs like ashwagandha, maca, and astragalus work to relieve you of these symptoms and bring the body back to a state of balance.

Maca, Ashwagandha, Yellow curcumin, Astragalus

“I'm on my second bottle and my skin hasn't looked this good in a long time. I stopped taking birth control pills and this supplement has been a lifesaver. I highly, highly recommend.”
-Christophorine E.



Microbiome Master

Gut Microbiome - Without our gut microbiome we would not be able to survive. It affects just about every system in our body. When it is in an unhealthy state we start to feel sluggish, forgetful, and gain weight. We may experience bloating after eating, gas, and irregular bowel movements. The Microbiome Master addresses these issues and brings harmony back to our gut microbiome through its natural antibacterial, antiviral and antiparasitic formula. Out with the bad microbes and in with the good!

Magnesium, Sweet Wormwood Extract, Black Walnut Hull, Echinacea, Reishi Mushroom, Oregano Leaf



Sleep Master

Sleep Health - Sleep and stress go hand in hand. It is a vicious cycle that plagues our society and leads to several health issues. When we sleep we give our body and mind a chance to rest and repair itself. We recognize that good sleep can be difficult at times so we created a blend of herbs and minerals that would induce a good night's sleep without becoming habit-forming.

Valerian root, chamomile, and lemon balm



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and toxins to help
make way for new
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BAE' MEANT WELL

WRITTEN BY KENNEDY JADE

UH OH...HERE WE GO! BAE MEANT WELL, BUT DROPPED THE BALL THIS YEAR.

We have all been there when grandma gives you that weird knit sweater or someone totally misjudges your style. You smile gingerly, say thank you and follow the normal protocol so that you're not being "rude." You may even re-gift said present. We feel more comfortable lying than telling them the honest truth and running risk of disappointment, frustration, confrontation or worse seeming ungrateful. What does this say about us and our relationship?

Firstly, consider why you don't like the gift. Did you mislead them to think that you love lavender when, in reality, you hate it or did they totally just miss the mark? Either way, you can't build a long-lasting relationship without communication, honesty and trust. So here we are, the cold, hard truth, but it doesn't have to be hard.

Be thankful with your expressions and empathetic to the thought and time they personally put into you. Forget the taboo that it's bad manners and realize that if you continue to accept unwanted gifts, you will continue to receive them. Reinforcing bad gift giving misleads you both down an unpleasant path. React in a timely manner instead of leaving them to wonder. You don't need to be sorry, but phrase it so that you don't put them on the defense. Try saying "I really appreciate you thinking of me this way, but you know I prefer blank." Mention something that is in the same playing field like flowers versus chocolates. This tactic will remind them of gifts they've given you that were reciprocated positively. It will also give their ego a boost before they realize it took a blow.

If you're less of a materialistic person and enjoy gifts involving time spent together, suggest that. Explore each other's love languages and talk about them. If Bae loves gift giving and you

love quality time, be mindful of gifts that fulfill both partner's needs. Tell them it is important for us to further understand each other's likes and dislikes while we're on this journey of getting to know each other. It makes you appear more thoughtful than writing out a wish list (not that you can't do that too).

When in doubt, spell it out. Set expectations for future gifts by saying "I'm trying cut down on certain things, so I really only need a, b and c this year." Thus creating a distraction from the fact you dislike your gift or a previous gift they may consider gifting you again. Communication, however you choose to do it, is key. The more you communicate before, the better chance you have of avoiding a dreadful exchange. After all, no partner enjoys fake satisfaction!

STILL NOT SURE? THEN IT'S EASY - TELL YOUR BFF TO HELP AND REACH OUT. HEY, BY NOW YOU HAVE SAVED UP ENOUGH FRIEND CARDS - TIME TO USE THEM!

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FORGET THE ~~RAZOR!~~ BRING ME MY EPILATOR

WRITTEN BY JENNY BUYERS

In the world of hair removal people often think of only three options: Shaving, Waxing, and Lasers. What if I told you there was one more? Tweezing! But not like you think, instead a rotating wheel of multiple tweezers that remove hair from the root. And yes, you may be thinking “ouch!” but the results are amazing and possible right at home.

The idea at first may not sound appealing and perhaps appear to be teeth clenching. However, epilating is like waxing; pulling the hair out from the root to stunt the regrowth and achieve long lasting smoothness. But if you ask me, it's better! You see, waxing can only grab hairs that are 2mm length while the epilator can grab the smallest of hairs, as short as .5mm (aka 2 days of growth!).

I'm not going to sit here and say that epilating won't hurt, and the machines themselves sound like nothing shy of a lawnmower, but if you're used to plucking your eyebrows – this is not much different.

By now I'm sure you're just stuck on the concept of the pain – so, let's chat over the benefits. To start, we already know you'll end up with silky smooth skin with hardly any downtime. Next, by not needing to go to a salon for the work, you will be saving up your coins. Which will also have you avoiding the mess found with steps like waxing, or the downtime needed from laser hair

removal. OH, and did I mention – YOU GET UP TO 4 WEEKS, that's FOUR FULL WEEKS of silky smooth skin.

Convinced yet? Good. Now, if you are new to epilating, you should know there are a few steps to know to make the process as pain-free as possible.

1) Find the right epilator for you. There are many options out there, from budgets, to what particular area they specialize in. My pick? The Braun Silk-epil 9 9-720 Epilator. With a wider head it means more micro-grip tweezers allowing to capture more hairs with each stroke, reducing the actual treatment time.

2) As with all hair removing, exfoliation is key! It removes dead skin cells, smoothens the skin and most importantly, it helps fight against ingrown hairs.

3) Though not all epilators work in the shower, we recommend that you bathe or shower before you are due for any body hair removal. This helps loosen the hair follicles making it less painful.

4) Step three is key, but ensure to keep the skin dry!

5) Lastly, find somewhere comfortable to sit as you will need to invest some time, especially if you are still a rookie.

NOTE: It's also advisable to epilate in the evening as your skin will be red and bumpy afterwards - but will be looking smooth by morning.



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HAIR TOOLS / GIFTS

HERE'S A HINT - YOU CAN'T GO WRONG WITH A BEAUTY TOOL FOR BAE, BUT MAKE SURE TO GET IN THE KNOW OF WHAT TO GET THEM AS IT CAN GET QUITE OVERWHELMING IF YOU JUST WALK INTO THE HAIRCARE ISLE.

HOW DO THEY WEAR THEIR HAIR? DO THEY LOVE THE SALON? DO THEY LOVE THEIR LOCKS WILD AND FREE? NO MATTER WHAT THEY PREFER, OR THEIR TYPE OF HAIR, THERE'S A TOOL FOR THAT!

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This tool is a must have for all. It combines the heat of a flat-iron with the structure of a paddle brush to create a smooth, frizz-free look in one easy step.

thedrybar.com



ARIA BEAUTY PINK MARBLE BLOWDRY BRUSH - \$99.99

This easy to use, lightweight blowdry brush allows you to achieve a flawless salon blowout in moments at home. No experience necessary for perfect salon standard blowouts, every time!

ariabeauty.com



BONDI BOOST WAVE WAND - \$57.99

the perfect tool for creating natural-looking mermaid, beachy or boho waves in seconds. Featuring 3 x extra large barrels it makes curling super easy for all hair types and lengths. Plus, the heated ceramic produces negatively charged ions that create soft, shiny waves without any frizz.

bondiboost.com



CHI 1" VOLCANIC LAVA CERAMIC PRO SPIN AND CURL - \$129.99

Create flawless curls and waves at the push of a button! It's so easy to use, hair is drawn into the heat isolating curl chamber and timed to create lively, shiny curls and waves. Plus, The digital temperature display offers easily adjustable temperature settings and a selection of preset temperature settings for each hair texture, creating a customizable styling experience. Curling hair has never been so a-mazing!

available at various stores.

DYSON AIRWRAP COMPLETE STYLER-FOR MULTIPLE HAIR TYPES AND STYLES - \$549.99

This tool brings the salon to your home by pairing DYSON motor technology combining powerful airflow with controlled heat, to dry your hair as it styles. It may be a bit of an investment, but it's the perfect gift to give the one you love!

available at various stores.



EDITOR'S PICK

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YOUR
HAIR

WRITTEN BY LILLIAN SUMMERS

I am still trying to understand the point of conditioners when there's something out there that is better in the market.

If you are unfamiliar with what I am referring to, it's a hair masque. A hair masque is a great product that can take limp hair and turn it into complete luxe.

It's common to have your hair be stripped of its natural oils due to coloring and the stress of heat; but a good hair mask helps restore it back and helps reverse the damage. And though they are a bit more expensive than traditional conditioner; a little goes a long way, plus, you don't need to condition after every wash.

The thing about hair masques is that they are only more expensive at the time of purchase but do save you money in the long run. Yes, you have to invest a little extra time as some of the products require to be left on for up to 20-30 minutes but if you purchase a good quality item, it should be no more than 5 or so minutes. Plus, unlike some basic conditioners, you don't need to leave them on overnight.

But before you run off to invest in a hair masque, know that it does require that you define your personal hair type as you can actually find something more specific for you. Personally, we are currently big fans of COCO & EVE Like A Virgin hair masque. Coming in at \$44.90, this 5 in 1 treatment Restores, Hydrates, Improves, Treats and Transforms hair all under 10 minutes. But that's not how we get it. We invest on the Eco Besties Set. It's a little more of a financial investment, but you get the masque and their tangle taming hair brush.

Let us know what you think!



GIFTING AT ANY *Budget*

2020 has been a rough year, but it's okay Holidays are coming up - which means it's time for present shopping. Everyone deserves a well-rounded cheers, and what better way to do that than to put it in a bundle of joy!

But, we know that present shopping can be quite a bit tedious. Here, at LAFM, we take holiday shopping very seriously, so we've compiled a list of awesome holiday gifts that fits all budgets.

Be Unstoppable BB Cream \$35
Fitness Makeup for the gym? You've heard that right. Especially during the cold season, you need your second skin. With FLOetic, it stays on you before, during, and after all your workouts so you are ready to attack your day.



EDITOR'S
PICK

UNDER \$100



Smoko Pearl Boba Sanitizing Box \$85
With the current weather, we need to sanitize everything the moment we go home. Luckily, Smoko has just the thing for you. Leave it near your door and drop it into the box and it will disinfect with UV-C lights will eliminate 99.99% of harmful germs such as cold and flu virus in just 180 seconds.



Daniel Patrick Beanie
It's beginning to look a lot like Christmas~ With the cold weather approaching, we should keep our bodies warm, as well as our heads warm. Daniel Patrick has the perfect beanie for everybody, and it keeps you comfy, cozy and stylish!

UNDER \$50



Ten Wilde Thick Tube Hoops \$33
This is for all those fashion lovers, Ten Wilde has timeless pieces that are all designed in gold jewelry line designed in Los Angeles. Gold dipped jewelry never goes out of style.



Luxie Beauty Glimmer set \$40
If you are a fan of makeup brushes, you would have definitely heard of Luxie Brushes. They are super soft and cruelty free. Their Glimmer Set is their new look, a deviation from Luxie Beauty Rose Gold Pink Brushes.



Reusable Masks \$15
Everywhere you go, you see people wearing masks. Masks are slowly getting into style, and getting a simple reusable for friends and family, (or those who don't own any) as a gift and reminding them to always put a mask on.



Emma Lou Toby Set \$80
For the comfy gym fanatic, Emma Lou has the most comfortable set of gym wear that can be both casual and for everyday gym outfits. Their fabric can be set for increasing fat oxidation, reduce bloating, target water weights, and release toxins.

OVER +

EDITOR'S PICK



JOIE DE VIV GABRIELA DIAMOND STUD EARRINGS \$719

A timeless pair of studs, these classic 18 Karat round diamond earrings sit elegantly in a 4 prong setting with comfortable push back posts. Simply put, you can never go wrong with a pair of studs. Just be aware of how you present it.



J.Crew Womens Ribbed Cashmere V-Neck Cardigan Sweater \$188
Everyone loves a cashmere sweater and you can never go wrong with an oversized cozy sweater.



StrathberryBox Crescent Leather Shoulder Bag \$595
Everyone needs a classic go to bag that is couture-chic well made and just perfect to love. Give this out, and you will be loved!



LAMBORGHINI: ORO VINO SPUMANTE WITH GIFT SET \$459

What is more luxurious than this? Lamborghini's unmistakable style and quality offers the ultimate wine that ignites a breathtaking experience that will last forever. A wine that stands out for its ability to cater to the individual's taste, expectations, and desires.



ROSE POPS \$225
a custom made red rose ring box, that blends beautifully with preserved petals! It's the upgrade needed when gifting eternity roses... with a little pop.



HOTEL CHOCOLATE The Large Chocolatier's Table \$165
A party centerpiece, an unforgettable gift or a way to share dessert; not enough of a reason!? Ummm well, HELLO, it's chocolate..

EDITOR'S PICK



PUPPY - Prices may vary
We are just going to leave this here, because everyone needs a little extra love-bug in their life.



EDITOR'S PICK

Cuisinart Air Fryer Toaster Oven \$365
Everyone needs this - it's more than just a fad, it's a way to change how we eat. It's a healthier alternative and a must if your loved one loves the kitchen.

HAPPY GIFTING



Vintage Coat
Iris & Ink Camel Turtleneck
Ralph Lauren Rider Pants
Prada Suède Boots

Ashley Yeates

“ a small-town girl made
her dreams happen

PHOTOGRAPHER: DIMITRY LOISEAU @DIMITRYL
MODEL: ASHLEY YEATES

BRAND: @ASHLEYYEATESDESIGN
HAIR: MICHAEL WALLACE





Banana Republic
Yellow Coat
Michael Kors Turtle
neck
Chloe Pants
YSL Nude Pumps

ASHLEY YEATES

WRITTEN BY RIVER CALLAWAY

"My father always said-'If you do what you love, you can't help but be successful'" says attorney turned interior designer Ashley Yeates. Yet growing up a few hours and over a 100 miles outside of Dallas in Eastland, Texas, Ashley didn't resonate with the oil wells and cattle farms that were the backdrop of a West Texas childhood. As a young girl, she yearned to travel the world and venture outside Eastland and was fortunate to grow up with parents who instilled an eagerness to travel from a young age. Family first introduced Ashley to interior design inspired by hotels they visited, and led to her to redecorating her bedroom multiple times until graduating.

Ashley created AYI Style in 2001, not knowing what she wanted to do, "I never understood how youth are expected to declare a major at the age of eighteen. At 18 I knew I wanted to travel and see the world outside of Eastland." She moved to New York to attend Ithaca College for a major in Journalism, and eventually pursued a law degree from SMU School of Law. It was not until her time at a law firm, she found her true calling to interior design. LAFM sat down with Ashley Yeates to learn how this small-town girl made her dreams happen (and how you can too)!

LAFM: Ashley, can you tell us your story? Eastland is a small town that's home to figures from the Wild West, yet you're a chic and sophisticated interior designer whose designs are as timeless as they are beautiful, how did you get to where you are?!

Ashley Yeates: Growing up in a place where the population was only 3,919 people, I was lucky my parents loved o travel, which gave me a chance to experience fine hotels, inspiring what would later encourage me to pursue interior design. I didn't know what I wanted to do longterm, yet grew to love different career paths like journalism, which led to a degree from Ithaca College in Ithaca, New York. It offered programs in Los Angeles and London and I instantly signed up to travel the world!

Life in LA gave me experiences at KNBC News and International Creative Management while London opened the door for quick trips to other countries and cultures. The best advice came from one of my professors, Jill Swenson, "The stronger your education, the broader your foundation." She encouraged me to look past journalism and obtain a degree in law, advice which I chose to follow.

**DESIGN PROVED
TO BE INSTANT
GRATIFICATION
I WAS LOOKING FOR!**

I left NY for Texas, and chose Dallas to attend SMU School of Law. Three years later after passing the State Bar exam, the logical next step was a job with a firm. I joined a commercial litigation firm and worked alongside my best friend, but kept a toe in media with a nightly Radio Show I co-hosted at night, giving consumer advocacy advice, and practiced law by day. I truly felt like a modern-day Wonder Woman. The moon-lighting position as a radio co-host for KRLD [syndicated shows now include The Dave Ramsey Show, The Clark Howard Show and was the original flagship station for the NFL's Dallas Cowboys] I learned neither law nor radio was my passion. AYI & Associates is the result of recognizing the major and graduate degrees I chose, did not align with my heart's purpose.

At age five, I wanted a space of my own so my parents created a playhouse with a loft for me. It became my hotel at home, they would find me time and again redecorating and redesigning it. As I got older and grew out of my playhouse, I loved redesigning my bedroom and would even be late to school because I wanted to leave my room neat and tidy! Fast forward to decorating my home outside of Dallas, my childhood passion was reignited. John Bobbitt, a prominent interior designer with acclaim from Southern Accents Magazine, made a suggestion that I should make a career change, AYI & Associates was born! I think my experiences speaking at high school career day best sums up the transition from law to design, "sometimes what you (want to do when you grow up is what you loved to do growing up." My heart was not in law nor in my head, and I had big ideas for making the world a better place) and design proved to be instant gratification I was looking for!

LAFM: I love that quote from Career Day, it's so true! What makes AYI & Associates different from other interior design and style businesses on the market?

Ashley Yeates: AYI & Associates is the corporate umbrella for several ideas that have been evolving over the years. We often joke that AYI & Associates sounds more like a law firm than design firm, AYI Style is the marketing face, studio and showroom for what I like to call our 'lifestyle design process.' Design is essentially human connection. Connection comes from an awareness and understanding of the circular process design puts into motion through material selection, environmental impact, local employment, artisan training, non-toxic processing, overall footprint, product longevity, use and resulting memories. It's not what the mass-produced vendor provides!. Unfortunately, the consumer is often left out of this process, and consumers buy the ad versus the product. Mindful purchasing requires patience and appreciation for details on all levels. I created a sustainable furniture alternative due to the lack of options. As my grandmother would say, "buy right, buy once."

As far as design goes, family influence and becoming a parent set me apart in terms of design, each equally contributes to my strong desire to make the world a better place. As a lawyer, outcome and truths are often outside one's control; however with design, it is all within control. Educating clients on the importance of the process is a part of ensuring better products, more talented tradesmen, less waste, healthier spaces, and more pleasing results. It's a sustainable and meaningful way to directly make the world better.



Neiman Marcus Vintage Fur Coat
A.L.C. pleated dress
Brunello Cucinelli Heels



LAFM: I'd also love to hear how your background as an attorney and your design skill help establish you as a very unique interior designer for your clients?

Ashley Yeates: *My legal education and brief experience practicing law taught me to separate myself from the process and mindfully analyze multiple sides of the story. As a designer, I am responsible to the client yet vendors, contractors, architects, and engineers are looking to me for a successful project. I have a responsibility to understand the totality of the project: client desires, budget, timing, implementation, and overall value while navigating emotions, imperfections and relationships. I see the needs of the tradesmen who work to provide for their families. I have to see the big picture, like a legal case, set the desired outcome and work towards it detail by detail without emotion. Design, like law, is a highly stress profession that has become increasingly stressful with internet shopping and home design shows creating the illusion great marketing equates to quality product and the concept people love change which is often far from true.*

LAFM: I love your 'Sea to Sierra' Collection, can you tell us what inspired you for this collection, and how people can incorporate different pieces in their home?

Ashley Yeates: *When I had my daughter, my entire focus shifted from career to motherhood. We left the fast pace of Dallas and moved to Carmel, California. My childhood imagination and creativity resurfaced with the slower pace of life and my creative spirit was ignited by the magical natural beauty I was surrounded by. I purchased a lot to build a home in Monterra, Clint Eastwood's development in Tehama, where I can see the ocean from one side and the mountainscape from the other. My deep love for wanting to leave the world better metaphorically and curate spaces that make the world better sustainably enhanced my interior design focus. If you're going to create a furniture line or healthier spaces, why not make it/them innately better in every way compared to the current market options and expectations? The 'Sea to Sierra' Collection is inspired by a deep love for nature and human connection through the process.*

LAFM: What would you say is your design aesthetic, and in doing an interior design project for a client, what's your process to create beautiful interiors?

Ashley Yeates: *I am incredibly eclectic and encourage my clients to keep items that have a meaning or history behind them. I had four amazing grandmothers who loved their homes and each filled them with pieces of distinctly different in style: Spanish, French Formal, French Country and English Tutor. Their strong sense of style and desire for quality taught me to curate and collect items that tell a story beyond serving a purpose.*

I want clients to view their home as a collection of time. Some pieces need to be updated or replaced, while others, represent priceless memories. For example, my current conference table was my grandmother's formal dining table. It's not the style I would have chosen but the endless childhood memories make it invaluable to me.

The Ashley Yeates Collection evolved due to a gap in the marketplace to find quality hand-made products with tailor-made options. A home is about the owner, and product memories defining their Human connection concept evolves from mindful engagement in the process of creating a home versus house. My collection is about the end user, it strives to bridge the gap in what one has and can mindfully purchase. Shopping online leaves little personal discretion and much less quality.

LAFM: And lastly, what's next for you and AYI & Associates, can you give us any insights on future collections you may have in store?!

Ashley Yeates: *It is my hope that lifestyle design starts to translate into respecting the design process. For example, Gwenth Paltrow has masterfully created a marketplace based on health showcasing food, beauty products and fashion. She elevates standards through educating consumers and highlighting products that fit into the healthier living-based brand via "Goop."*

I am excited to launch "The Modern Hepburn Collection" in the Spring of 2021! The new ideas bridge the gap between what I currently show and past inspirations. When you dream big, you create to fulfill the dream. I see a lot of dots that need to be connected. Timeless design transcends. First, connect and create one client at a time. Second, learn from feedback. Third, ensure the process and people creating it are updated and evolving. Fourth, educate like crazy to inspire and encourage. Fifth, all great things take time, make the time to make a difference. My focus is on Health, Home and Heritage.



Via Spiga Coat
Dolce & Gabbana Black Dress
Lanvin Peep Toe Heels



Chester Weinberg Long Sleeve Sequin/Wool Dress
Lanvin Heels



ATHLETIC GENESIS MIDSIZE URBAN SUV 'GENESIS GV70' DEBUTS ONLINE

On Dec 8th, Genesis launched the GV70, its dynamic urban mid-size SUV with worldwide digital showcase.

Genesis broadcasted the GV70's cinematic launch film, entitled "The GV70: A Travelogue" via a live streaming (<https://youtu.be/5VXQImvCxVA>)

"Genesis has been striving to build an integrated and sincere connection on every aspect directly related to consumers, such as design, product, service, and lifestyle," said Jay (Jaehoon) Chang, Global Head of the Genesis Brand. "Upon the release of the GV70 today, based on its customer-centric philosophy, Genesis will continue to provide luxurious models that consumers want and that help deliver special memories to their daily lives."

The GV70 is the first midsize SUV model produced by Genesis and features a Uniquely athletic SUV design with a strong personality and a driver oriented interior layout that expresses the 'Beauty of white space' in its ultimate interpretation, completing a uniquely Genesis luxury experience.

The GV70 offers an optimal driving experience by adopting state-of-the-art technologies including 'Highway Driving Assist II (HDA II)' which helps drivers on highways or driveways control the steering wheel when changing lanes, a Fingerprint Authentication System that is connected to the simple in-car payment service 'Genesis CarPay', and 'Advanced ROA (Rear Occupant Alert)' based on radar sensors.

The GV70 is available in three types of engine configurations: gasoline 3.5 turbo, gasoline 2.5 turbo, and a 2.2 diesel engine. Each type is available in the Sport Package as well, which exclusively offers features such as the Electronic Limited Slip Differential (e-LSD) system and includes Sport-exclusive wheels to boost its remarkable off-road driving performance.

Exterior design featuring uniquely athletic SUV design
The front of the GV70 reflect Genesis's brand identity with Crest Grille and two-lined Quad Lamps inspired by Genesis' signature Wing Emblem. The Quad Lamps are set at the same height as the Crest Grille, which accentuates with and prominent stance.

The Parabolic Line, which begins above the Quad Lamps and runs elegantly along the side of the SUV, creates a dramatic contrast with the muscular rear fenders. The sleek and elegant coupe-like roofline, along with the dropping chrome line of the C-pillar, accentuates the GV70's unique character.

At the rear, the taillights feature the ultra-thin, two-lined Quad Lamp, while all functional elements are set in the bumper, helping to achieve exceptionally clean, pure forms.

The rear also features a number of subtle design details – including a G-Matrix pattern-applied bumper, and a unique vertical shaped muffler, accentuate the GV70's athletic look.

Driver-oriented Interior Design Expresses the 'Beauty of White Space'
The GV70's driver-oriented interior features the ultimate interpretation of "Beauty of White Space" inspired from Korean architecture, offering maximum comfort and convenience.

In particular, details inspired by the aerodynamic sections of aircraft wings, visualizes rich volume by applying uniquely elliptical elements as the main interior theme.

The slim air vent and thin chrome line cutting through to the doors surround the driver and amplify the interior's wide and neat feel. An ergonomic design maximizes driving comfort while minimizing the number of buttons on a center fascia and applying a Liquid Crystal Display (LCD) touch display.

The center console creates a driver-centric layout that helps maximize the GV70's driver-oriented feel. In addition, the application of the new dial-type Shift By Wire (SBW), which resembles a meticulously refined jewel, creates a delicate balance of simplicity and sophistication.

The colors of the GV70 reflect its energetic, yet refined design, giving customers an extensive range of color combinations, along with various interior materials.

A total of 13 exterior colors will be offered for the GV70, including three new ones: Mauna Red, Barossa Burgundy (metallic) and Barossa Burgundy (matte). The GV70 also offers metallic colors such as Cardiff Green, Uyuni White, Vik Black, Saville Silver, Royal Blue and Carbon Metal. The other available matte colors are Matterhorn White, Melbourne Grey and Brunswick Green.

The GV70 offers a choice of five interior colors, including Obsidian Black Monotone, Obsidian Black/Vanilla Beige Two-tone, Ocean Waves Blue/Pine Grove Green Two-tone, Ocean Waves Blue/Havana Brown Two-tone, and Slate Gray/Velvet Burgundy Two-tone. Sport Package models also offer exclusive colors: Ultramarine Blue Monotone, Obsidian Black Monotone, and Obsidian Black/Seville Red Two-tone.

Strengthening Sporty Emotion with the GV70 Sport Package
The optional Sport Package offers another level of athleticism that further enhances the emotion of the GV70.

The exterior design of the GV70 Sport Package creates a sporty and dynamic image with a strong blackout bezel, the three-dimensional pattern of a dark chrome garnished grille mesh design, an exclusive bumper design, a large circular muffler, a





a body-colored diffuser, and 19- and 21-inch Sport-exclusive wheels. The interior design of the GV70 Sport Package also emphasizes dynamic elements with exclusive interior colors, an exclusive steering wheel, and optional carbon fiber details on the console and door.

Spacious Interior Is Both Practical and Luxurious

The GV70's interior is optimized to offer passengers a generous amount of space and combines a low seating height to provide a great sense of comfort and dynamic driving environment.

The GV70 heighten the passenger's comfort through layout optimization. Superior reclining angles, wide leg room, the ventilated rear seat offer rear-seat passengers a comfortable driving experience.

The GV70 features wrapped doors which prevent stains on passengers' pants when getting in or out of the vehicle and it also lowers the step height and widens the foot access space to allow children to safely get in or out of the car

In addition, the GV70 applies new technologies to provide clean air to customers. Its' dual filter system improves indoor air quality by preventing fine dust and bacteria from entering the engine room pre-filter and indoor cabin filter.

The indoor cabin filter, especially, efficiently removes fine dust from inside and outside of the vehicle with higher capability of filtering ultrafine dust. It also removes indoor bioaerosols by up to 99.9% within 10 minutes based on its antibacterial function.

Powerful Performance and Balanced Driving Befitting a Luxury Midsize SUV. The GV70 offers an optimal driving experience with its powerful performance, fit for a luxury midsize rear-wheel drive SUV, and delivers comfortable driving experiences even when going off-road.

The engine configuration options are a gasoline 2.5 turbo, gasoline 3.5 turbo, and 2.2 diesel engine. The gasoline 2.5 turbo engine has a maximum output of 304 horsepower (PS), a maximum torque of 43.0 kgf-m, and combined fuel efficiency of 10.7km/l. (ⓧ 2WD, 18-inch wheels)

The gasoline 3.5 turbo engine has a maximum output of 380 horsepower (PS), a maximum torque of 54.0 kgf-m, and combined fuel efficiency of 8.6km/l. (ⓧ AWD, 19-inch wheels)

The 2.2 diesel engine has a maximum output of 210 horsepower (PS), a maximum torque of 45.0 kgf-m and combined fuel efficiency of 13.6km/l. (ⓧ 2WD, 18-inch wheels).

The gasoline 2.5 turbo and 3.5 turbo engines feature a dual-fuel injection system that uses both the direct injection type of combustion chamber and the Port Fuel Injection type, depending on driving conditions, to offer excellent performance and better fuel-efficiency. The GV70 also improved responsive acceleration by adopting a water-cooler-type intercooler.

The weight of the diesel 2.2 engine was reduced by applying aluminum engine blocks, while its responsive acceleration has been improved thanks to the use of a Ball Bearing Turbocharger that reduces friction.

The Genesis GV70 applies Launch Control technology. The technology helps manage engine torque and wheelspin at optimum conditions to maximize departure acceleration performance.

The gasoline 3.5 turbo model's dynamic acceleration performance can reach 100km/h from a standing start in 5.1 seconds. (Data measured by Genesis R&D)

Moreover, a Multi Terrain Control was applied to allow for stable driving performance in various terrestrial circumstances, such as snowy roads, sand, or mud. (* only applied to AWD model)

The GV70 adds new levels of tranquility to riding in a luxury SUV by applying sound insulation glass to its windscreen and windows, and by enhancing the sound absorption/insulation functions of the engine room partition compartment and the double layered floor structure.

Moreover, the application of Active Sound Design, which produces virtual engine sounds based on the driving mode, allows the GV70 to realize a vibrant engine sound.

Furthermore, by applying the Preview Electronic Control Suspension, the suspension can be controlled by information supplied through the front camera and navigation system, providing passengers with an optimal level of comfort in any driving environment.



Securing a Higher Level of Driving Safety Based on the Latest Technologies Genesis applied a wide range of new technologies to the GV70 that can protect passengers from risks inside and outside of the vehicle.

The GV70 delivers a level of convenience and safety by applying a variety of technologies such as Forward Collision-Avoidance Assist (FCA), Blind-Spot Collision-Avoidance Assist (BCA), Intelligent Speed Limit Assist (ISLA), Driver Attention Warning (DAW) and Forward Attention Warning (FAW), Navigation-Based Smart Cruise Control (NSCC), Highway Driving Assist II (HDA II) and etc.

In particular, by incorporating key safety and convenience features such as FCA, BCA, DAW, NSCC in the basic model, improving its market competitiveness.

Forward Collision-Avoidance Assist (FCA) analyzes potential collisions by helping the driver to stop the vehicle automatically if there is a chance of collision at a crossroad with incoming vehicles from the left or right. It automatically supports evasive steering controls if there is a potential collision with pedestrians on the edge of the road while driving

Blind-Spot Collision-Avoidance Assist (BCA) helps prevent drivers from crashing into cars approaching from the rear when changing lanes or pulling out of a space where they have parallel parked.

Intelligent Speed Limit Assist (ISLA) is a driving safety feature that regulates driving speed to be within the speed limit. It operates based on traffic sign information that is identified by the front camera or navigation information.

Driver Attention Warning (DAW) provides notification to the driver when signs of driver inattentiveness are detected and recommends a rest if needed.

Forward Attention Warning (FAW) draws the driver's attention with acoustic warning sounds and pop-up notifications if reckless or fatigued driving is detected by a interior camera.

Navigation-based Smart Cruise Control (NSCC) utilizes the navigation system to maintain a safe speed while driving, ensuring safety by proactively reducing the SUV's speed when rounding curves.

Highway Driving Assist II (HDA II) allows for a convenient driving experience, helping drivers on highways or driveways, controlling the steering wheel to assist them in changings lanes once they have activated their turn signal, and by actively responding to close-range cut-ins in instances of traffic congestion when vehicles are moving at low speeds. The lane change assist of the GV70 is improved to determine whether to change the lane during a certain amount of time after activating the turn signal.

In addition, the GV70 also features Rear Cross-Traffic Collision-Avoidance Assist (RCCA) and Parking Collision-Avoidance Assist (PCA) technology to ensure optimal safety.

The GV70 is equipped with a total of 8 airbags, including the center-mounted airbag in the front seat, one at the driver's knee, two at the front, and four on the sides.

Intelligent Car Equipped with Biometric Technology and the Latest Infotainment System

The GV70 creates an optimum driving environment by combining a state-of-the-art infotainment system with the latest connected-car technologies. Its' groundbreaking biometric technology is its fingerprint authentication system connected to the simple

in-car payment service called Genesis CarPay, as well as the vehicle's Advanced ROA (Rear Occupant Alert), which is based on radar sensors.

The fingerprint authentication system, which is connected to the new, simple in-car payment service Genesis CarPay, utilizes fingerprint authentication technology, improving convenience and security by allowing drivers to make simple in-car payments with their fingerprint.

GV70 drivers also have the option to utilize Fingerprint Authentication in Valet Mode, which prevents any personal information, such as their home address or phone number, from appearing on the infotainment screen when others drive their car.

If a driver starts the engine using Fingerprint Authentication, the GV70 will automatically adjust various settings to suit their preferences. This includes adjusting the positions of the driver's seat, steering wheel and head-up-display as well as updating the navigation system's recent destinations and infotainment sound volume settings.

The GV70's radar-based Advanced Rear Occupant Alert (Advanced ROA) technology is much more sophisticated than traditional ultrasonic based sensors.

Advanced Rear Occupant Alert (ROA) utilizes sensors mounted inside the vehicle to detect passengers in the rear seat and alerts the driver of their presence in multiple phases. Not only sensors capable of sensing when passengers in the rear move their limbs, but they can also detect small respiratory movements near the passenger's chest, allowing the GV70 to alert drivers in cases when a child or sleeping infant has been left in their seat.

The GV70 also maximizes user convenience by strengthening display features of AR Navigation.

Current version of AR Navigation simply display left or right direction icons whereas the improved AR Navigation can provide directions that indicate the exact direction based on the destination and its location at that very moment.

Furthermore, the overall level of convenience was greatly improved by strengthening ADAS-associated data and developing sophisticated display functions, including icons that directly indicate the actual locations of the destination and stopover points, indicators visualizing vehicle-to-vehicle distance settings in cruise control, and etc.





WHEN IN DOUBT JUST BUY JEWELRY

WRITTEN BY AMMIE SUE

You don't have to fork out all your money over the largest jewelry piece of jewelry - just pay attention to the details.

We are all familiar with the phrase, "Diamonds are a girl's best friend" but this phrase is perhaps a bit scary for a significant other to shop for as diamonds can quickly represents some form of "commitment."

But this is where you are mistaken. Jewelry is in fact the easiest, most meaningful gift you can give – even to the girl that says, "I rarely wear it." You see, the perfect accessory, from the right person brings great value. It is a small token that says, "you're worth it." Moreover, it is a symbol that will always remind them of you when worn.

Plus, with so many options out there, it is possible to find the perfect piece to fit your budget, meet their style, and work for pretty much ANY occasion. Also, not good at wrapping? Most jewelers will even wrap your items in quite the impressive package. This makes it super easy.

But pay attention to the details. Their clothing style, coloring of choice, are they minimalists or maximalists, and the most obvious of all – what type of jewelry have they been seen wearing lately. Look closer, a simple ring, stud earrings, or a tennis bracelet?

It may be a bit cliché to say, but with jewelry it really is the thought and attention put into it that makes it that much more special. Well, that and it'll show you pay attention and understand them.

Go one, add a little sparkle to bae's life.





“Let’s talk about sex, baby!”

No, this isn’t an article on sexual music, but the topic is definitely worth talking about.

So many people are expanding and evolving into their sexual selves with the start of applications like OnlyFans and we are here for it! After all, if we aren’t learning, growing, evolving - what are we doing?

What about the people with anxious tendencies or those who shy away from expressing what REALLY makes them happy behind closed doors? Studies have shown that couples preparing to discuss regular conflict are far less anxious than when sexual conflict is on the table. Let’s dive right into why that is and why you should break that habit. You have nothing to lose and so much to gain.

While many religions and cultures have expectations that guide you to suppress these thoughts, it only hurts you and your partner long term. It doesn’t need to be taboo anymore, we are in 2020 and it’s been a hell of a ride. Also keep in mind that TV and movies give you unrealistic expectations of a sex life that “just works” without active communication. Let’s put sex back on the table and vocalize our needs and wants. What is more empowering than putting that throat (chakra) to work and speaking your sexual truth? The answer is nothing, nothing is better than a spiritually intimate connection. So what is the best way for you to communicate after hours?

I am not telling you to present a power point or list of instructions to your partner as that could come off as criticism. However, if you are shy and prefer to write up your thoughts, consider writing a text or email describing what you want them to do to you. Make sure to strike up this style of conversing pre-coitus to take away any assumption of wrong doing. Work with your partner to create a space where you both feel comfortable communicating about what makes you feel good and what pleases each of you. This will take away some of the vulnerability and pressure knowing that you are a team and in this together. As you open up about your needs, you naturally become a more sexual being.

For those of you who are a bit more vocal, learn how to relay the right message to get you that O you have always wanted this Christmas. Try using romantic scenarios or intimate down time as

a segue into a deeper conversation. Surprise your partner with something sexy and unexpected to excite them. Initiate and try to take control sexually. This could be what you were missing all along. Many partners may be the submissive type without you even knowing. A subtle sign like you moving their hand and guiding them in a specific direction or a single statement could make all the difference. Think safe words, but in an enticing way. For instance, “that feels good” lets them know they are doing something right.

Keep in mind that you are making suggestions, not guarantees. Practice makes perfect, right? Take the pressure off of yourself and turn it into a sexually pleasurable moment that you both can share not just this holiday, but for a lifetime.



MAHRUKH AKULY
— jewelry —



FREE LANCE

WHAT SHOULD I BUY....

WE ALL HAVE THAT PERSON, AT SOMETIME IN OUR LIVES, WHO WE SIMPLY CANNOT FIGURE OUT WHAT THE HELL TO GET THEM. WE RACK OUR BRAINS AND USUALLY END UP GETTING THEM A GIFT CARD, NO?

This always seems to get the job done and i'm not discounting an Amazon gift card. With 2020 being such a wild ride and things being virtual, gift cards actually might be the way to go for some. We have to ask ourselves, how can we be a thoughtful, meaningful gift giver this season?

If you choose the gift card route, consider shopping local and buying a gift card from your loved one's favorite retailer, grocery store or coffee shop. It will seem that much more meaningful every time they swipe and you're helping out small businesses - win win!

Everyone can use hygienic products, especially with flu season among us and covid on the rise. Incorporate useful items like hand sanitizer, cute masks (disposable or personalized) , bath bombs, r&r sets, after shave, a rechargeable lighter or other stocking stuffers that can come in handy for people who have it all. Clean Key is a new product that connects to your key chain and allows you to open public doors, bathroom stalls, etc hands free. What a great way to contribute to a better world by gifting items that keep everyone safe?

"Work from home" and "I'm quarantining" seem to be frequently used phrases these days. Good news is there are a ton of great gift ideas for the new homebodies out there.

Are they a foodie? Buy them a nice spice rack or set of olive and truffle oils. Learning to cook? Consider a quarantine meal subscription service so they can acquire a new trait while feeding themselves something other than takeout.



Maybe they are more of the "Netflix and chill" type - literally? With so many new streaming services, purchase a HBO Max, Disney+, Apple TV+ subscription for a few months or year. You'll be able to stream shows together and talk about it ultimately bringing you closer together, even when you can't be. While we switch to virtual everything, be mindful of eyes and how they could ultimately be affected. Blue light glasses are on the rise and the gift that everyone needs without even thinking about it.

What is more enjoyable about being at home than sleep itself? New York Times just put the Oura ring conventional sleep tracker on their wish list! The device accurately monitors your body temperature, resting heart rate and heart-rate variability while simply resting on your finger, pun intended. We may not know whether they're in the market for techy sleep trackers or not, but we can guarantee you that most people won't be disappointed when they open up a fresh new linen set like Brooklinen, a Sutera pillow designed for back, side and stomach sleepers or a weighted blanket. Putting all your gift giving worries to bed.

Lastly, think about quality time. You could have everything you need and still not have memorable experiences. Sign up for something together this holiday season like a massage, yoga/gym membership or a socially distanced event. Groupon and Living Social have great deals on adventures that can help create special memories. That's something no one can buy.



INTRODUCING DROP FOUR FROM **REEBOK X VICTORIA BECKHAM**

FASHION DESIGNER VICTORIA BECKHAM AND FITNESS AND LIFESTYLE BRAND REEBOK HAVE COLLABORATED ONCE AGAIN ON A NEW COLLECTION OF SPORTSWEAR FOR THE STREET AND THE GYM, DROP FOUR.

In line with previous seasons, each style in Drop Four is vetted and worn by Victoria herself, ensuring it reflects her vision of style, love of sportswear, and many hours spent in the gym. This approach is then fused with Reebok's technology and innovation. The result: high-performance pieces that go from the gym to the street to the school run – and beyond.

"Reebok x Victoria Beckham is about clothes that make me feel confident, but that I don't have to think too much about. I want true performance pieces for the gym, that have been thoughtfully and meticulously designed to be adaptable, and to move with me for all facets of my life." — Victoria Beckham, Creative Director

Scarlet red and burgundy are highlight colours, while soft camel and alabaster offer a sophisticated touch. Rounding out the palette is crisp, classic black, which is given a new, unexpected touch with high-contrast, graphic yellow branding.

Bold silhouettes set the tone for the season and Drop Four sees the introduction of more body-conscious styles with sharp yet subtle touches of branding, including the Logo Crop Top, with its flattering cutout detail, and the 7/8 Logo Tight – both with a luxurious matte finish.

The Seamless Crop Top and Seamless Tight are personal favourites of Victoria's thanks to their flattering shape and performance-level comfort; each garment is knitted in one piece to avoid any seams disrupting a workout. For Drop Four, the range has been pushed even further with new ribbing that evokes the trims on vintage pieces.

Inspired by Victoria's online community, the bestselling Japanese terrycloth Cowl-neck Jumper has returned and the Travel Hoodie and Tight has been updated with a more relaxed, loungewear feel to suit a wider range of lifestyles. An outdoor sports-inspired collection wouldn't be complete without a puffer jacket, and the down-filled thermal Cropped Puffer, merino-blend Neck Warmer, Gloves and Beanie are perfect for taking your workout outdoors.

Accessories include a utilitarian, convertible Tote Bag-Backpack and the new Mini Bag, another favourite of Victoria's. For footwear, the focus is firmly on the Rapide, available in different colour combinations, including a bold red, white and blue and a vintage-inspired stucco, field and tan. As with previous collections, the Rapide complements the Bolton – available in black or white leather and red knitted fabric, to match the apparel – and the basketball-inspired Dual Court sneaker, bringing updated archive pieces to new light.

ABOUT VICTORIA BECKHAM LIMITED

Victoria Beckham founded her eponymous fashion label in 2008. It has since become the voice of modern minimalism, celebrated for its versatility, strong sense of sophistication, and effortless approach to wardrobing women for every part of their lives. Developed at Victoria's London studio, the collection began with a series of form-fitting dresses and has expanded to include two ready-to-wear lines, footwear, and accessories, as well as a long-term partnership with fitness and lifestyle brand Reebok. Bold, intuitive and refined, each collection features the finest craftsmanship and materials, and is an adaptation of Victoria's own personal style to the needs and desires of the international women who swear by the brand's distinctive, luxurious garments. In 2019, Victoria Beckham Beauty was launched, featuring clean formulations and high-performance solutions for dynamic individuals everywhere.

With offices in London and New York, a flagship store in Mayfair and another store in central Hong Kong, the brand has won critical acclaim alongside multiple industry awards, including Best Designer Brand and Brand of the Year at the British Fashion Awards. In addition to victoriabeckham.com, the Victoria Beckham brand is carried in more than 450 stores in 50 countries worldwide.

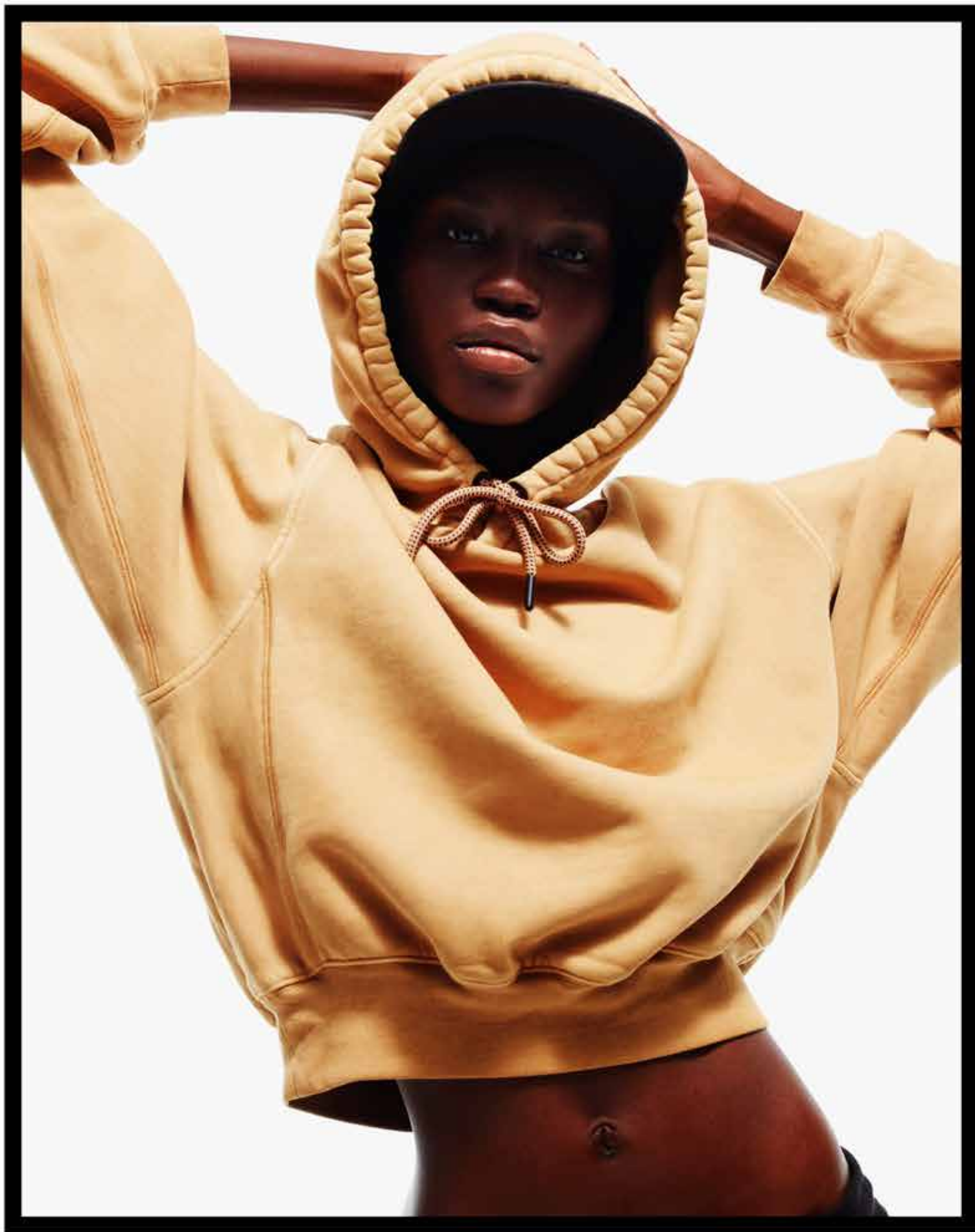


#ReebokxVictoriaBeckham

DROP FOUR BY REEBOK X VICTORIA BECKHAM IS AVAILABLE GLOBALLY FROM DECEMBER 3 AT REEBOK.COM/VICTORIA-BECKHAM AND VICTORIABECKHAM.COM









GROWNUP CHRISTMAS 6 FT APART

WRITTEN BY SANDRA NAVARRO

THIS WAS NOT MY GROWNUP CHRISTMAS WISH

If you think social distancing is just something made up for giggles, we hate to note that it's going to be here a while. Therefore, we need to find ways to work around it and accept that though the holidays will be close to our hearts, they will need to be far away from those we love.

Growing up, I remember my holidays being big, loud, and just full of family and friends. It was nice as a kid, after all, I got so many wonderful gifts. But as the years continued, I kept wishing for a quieter holiday season. I wanted to only see a select few and take a moment to rest from the busy days leading up to the 25th. That and well, it took a toll on me, hosting, going to events, investing in all those gifts... But when I said I needed a small breather, I never meant it to be like this.

This year made me realize, that's not what I wanted at all. I know the pandemic was not my fault, but I learned the value of people. From things as simple as a hug from someone you have not seen in a while, to even sharing a cup of hot chocolate at a café watching the snow fall. I miss it. I think the last time I saw a group of friends and family together will have been exactly one year ago.

I know I can zoom call everyone, write them all let

ters, and continue doing everything I have done through the pandemic but it's hard. I miss the warmth and magic of it all. But the fact is, we need to all, not just me, come together while apart and stay home, safe, knowing that even with space we are more together than ever. It's a grown-up move that we must all agree on, we owe it to ourselves, to each other. This is the best gift we can offer this year.

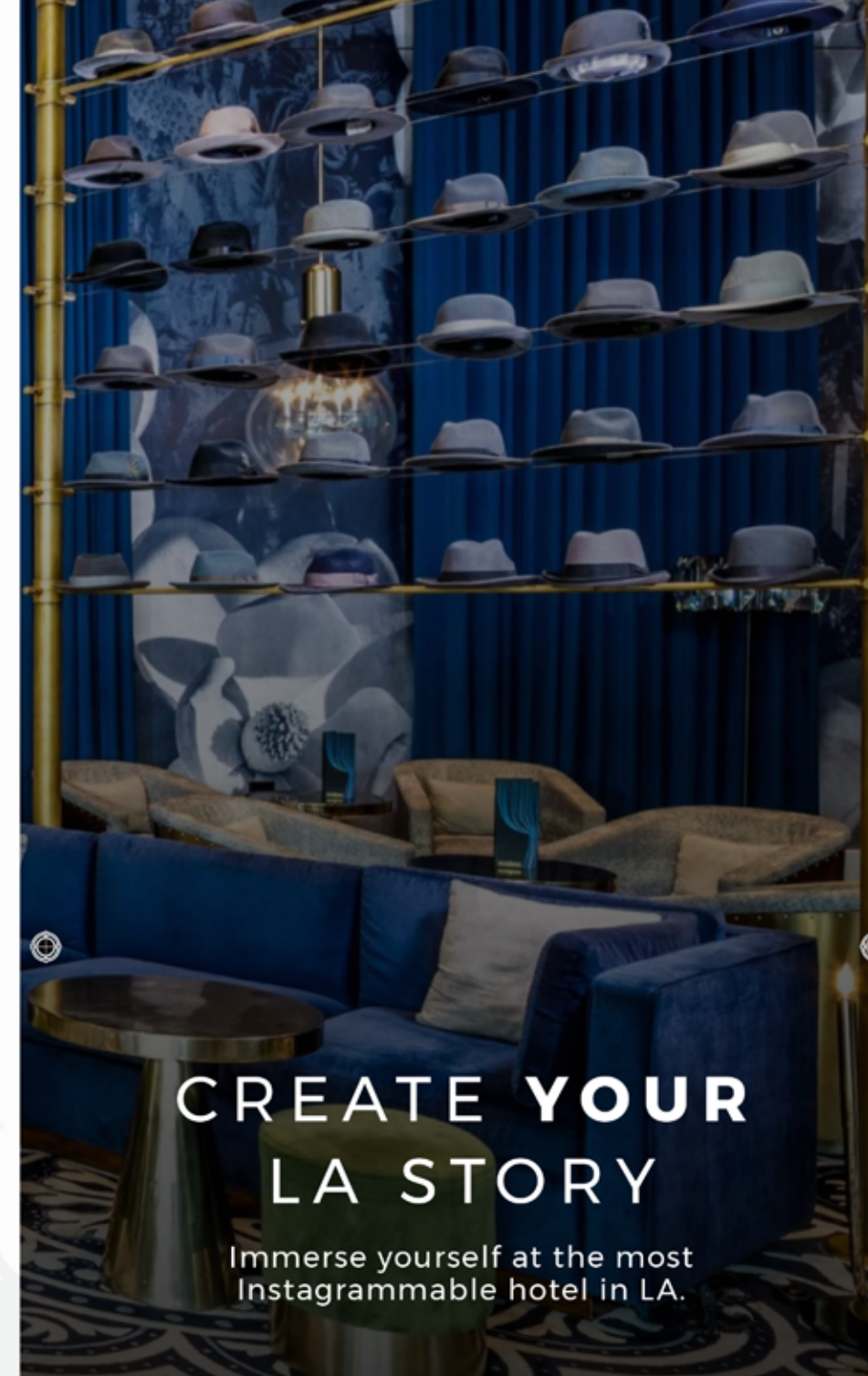
I learned a lot on self-value. Though I live through deadline and non-stop work, the fact is, if I stop and rest it will all still be there tomorrow. I often overlooked myself, what I needed, and just remembering to take a moment to enjoy everything I have accomplished. My life pre-pandemic was about work. I worked so much; I was not living.

I also learned who my real friends are. By not being able to hang out or treat them to lunches and dinners, I was able to see who still reached out to at least say hi. Needless to say, it wasn't many, but that's ok. I rather stick to the select few that genuinely care. It wasn't easy for anyone this year, but time, it's something we make for those that matter. It's about effort and will.

The hardest though, is my family. It's not the same to only hear their voice. But this year made me

regret those times I decided not to visit. I realized we have no control of the tomorrow, and can't focus on the past, but it's truly about the now. I missed out on many visits and wishing to make my holiday gatherings smaller and smaller didn't help. Now, I can't even visit if I wanted to without risking their health and mine.

As I begin to fill up a glass of wine, I will take a moment to reflect on what's important. Make a list for resolutions, and spend each day forward expressing how grateful I truly am for everything that has led me to where I am now. Saying thank you for all the good as well as the struggles. And lastly, to making plans for a soon to be holiday gathering when it's finally safe.



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CHRISTMAS
TREATS FOR
THOSE SO
NAUGHTY,
IT'S NICE

'Tis the season! The season of comfort, warmth, sugar and spice. When mentioning these adjectives, you may think of a number of things. Well, it is time to go deeper! Let's talk food and how it can be comforting, but oh so sexy. The holidays are all about sharing quality, intimate time with loved ones, right? With cuffing season amongst us, why not move your bedroom to the kitchen?

Take this quarantine season to explore foods that may bring you "everything nice" in the bedroom. It is a tale as old as time, dating all the way back to ancient Egypt with the dangling and feeding of grapes. Food brings comfort, sure, but it can also be very stimulating. Maybe you tried flavored lubricants, cherries, or chocolate covered strawberries in the past. I'm here to bring you a new, fresh perspective that won't seem like ancient history and will fit right into your holiday routine.

Are you the conventional type, but want to open yourself up a little? Try luring your partner with a candy cane mouth trick or running the stick gently across their skin to create a chilling effect. The peppermint will set off this sensation by forcing the mind to go from hot to cold. You can also use ice cubes to fascinate the brain in the same way. Talk about mind blowing!

Are you a baker or do you like to get baked? How about incorporating cannabis chocolates or adding them to your favorite holiday cookies? First and foremost, be mindful of dosage and the time it takes for the cannabis to kick in. There are a ton of different flavors that you can use to spice up your recipes. The after effect will leave both you and your partner in a holi-daze, perfect for a night in.

Maybe you are more of a hot chocolate lover? Titillate your loved one with HighOnLove chocolate body paint; a new bedroom essential. Inspired by the distinguished chocolatiers in Brussels, Belgium and made with 100% natural ingredients, this is a decadent holiday treat for all involved. Paint your partner however you desire, then lick up every last

drop. Make sure you don't forget the whipped cream topping. This is a great way to satisfy both your sweet tooth and your partner.

Whether you are cozying up with your partner over mulled wine, cider or eggnog this season, leave some room for your sexual taste buds after dinner ends.





2021 RESOLUTIONS START NOW

GOODBYE 2020, and hello...well, actually, what can we expect for 2021? For starters, I know if you are anything like me, you are planning how to start a new beginning to a new year. And yet, why is it that we wait for January 1st?

Most plans start strong, but we fail a week into the new year. That's why this year, I challenge you all to start resolutions now. Today. Afterall, there is no rule that resolutions must be started only on the first of the new year. And if by chance there is, well, that's why rules are meant to be broken!

Starting your resolutions earlier will help take the pressure off. You can ease into a routine, making it easier to stick to it once the new year starts. You have time to identify what works for you and your goal. You will hit a couple of bumps along the way, therefore becoming aware of them now will make a huge difference to know how to overcome it and continue towards success.

Two, taking time to decide the right resolution makes certain we are not just settling for whatever comes to mind last minute. Impulse resolutions are actually much more common than you think. And while you might think the worst part is attaching yourself to a last-minute resolution it's not. The resolution itself might be good, it's the plan of attack that will be the downfall.

Dividing to conquer your resolution goals is a great approach, and one that is much encouraged. Setting up small steps along the way is an easy way to encourage yourself to success. With each step, you can give yourself a boost of encouragement.

Next, write them down. Writing it down makes the goals more real. It leads to perspective. And that is crucial for success – being realistic about the goal and ensuring to manage keeping a positive attitude even when it gets tough.

Bottomline, starting early is our opportunity to make the right choices to get us towards all we expect to achieve in the future. Even if it's a baby step at a time.



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WORK OUT FROM HOME

WRITTEN BY NATALIA GARCIA

We heard you want to lose weight, us too! But what is one to do with all the lockdown guidelines forcing us to stay home and not be allowed back to gym class?

You could download a fitness app or two, invest in a fitness mirror, or start browsing amazon to see what equipment is on sale and will fit in your home – but let's be honest, you haven't even committed to the workout itself.

No matter what at-home workout you pick, the core basics are the same.

WARM UP – this is just a core basic that is so often overlooked, but it's for your own good! It'll help you avoid injury. But a warm-up doesn't have to be so much, this can be done in 5 minutes as it's just meant to get your muscles active and raise your heart rate. Keeping in mind that the stretch is not meant to tire you out.

Now we get started on a beginner set, or as we call it, a circuit training. It's a workout with the objective to run through the workout sequence once, twice, and a third time.

This is it:

- Bodyweight Squats: 20 reps
- Push Ups: 10 reps
- Walking Lunges: 10x Leg
- Dumbbell Rows (use milk or water gallon): 10x arm
- Plan 15 Sec
- Jumping Jacks: 30 reps

And that's it! Do this Daily and you'll start to see a difference. Once you notice the workout not leaving you feeling that good pain (soreness), begin to up the circuits.

NOTE: If you are still debating what piece of equipment to buy, we recommend a kettlebell – it's versatile and won't take up too much space!



IN TRUE VEGAS FASHION, THE DESTINATION WILL IMPLODE A 2020 SIGN TO RING IN THE NEW YEAR

LAS VEGAS – NEW YEAR’S EVE CELEBRATIONS WILL LOOK DIFFERENT THIS YEAR, WITH MANY OF LAS VEGAS’ WELL-KNOWN TRADITIONS ON-HOLD. HOWEVER, VEGAS WILL STILL OWN THE TITLE OF ‘AMERICA’S PARTY’ GUARANTEED TO BRING THE PHRASE “OUT WITH THE OLD, IN WITH THE NEW” TO LIFE, IN REAL TIME.

On December 31, log on to www.VisitLasVegas.com – or Vegas’ Facebook, and YouTube channels – for a livestream countdown to midnight for an Only Vegas celebration, complete with a live DJ and epic sights that cannot be missed. While the physical event is not open to the public, guests from around the world can celebrate virtually. Las Vegas enthusiasts can even share what they are most looking forward to in the new year for a chance to win trips to the destination in 2021.

When the countdown clock strikes zero, get ready for what Vegas is well known for: a blast. Experience a burst of color and sound as 2020 is literally blown away and 2021 is ushered in. A 2020 sign will be lit up – and then blown up – in spectacular fashion. A DJ will then begin the new year with a celebration of music when a massive LED lit 2021 sign is revealed along with an eruption of confetti, streamers and fireworks. The 12-15-minute colorful pyrotechnic spectacular is the perfect way to ring in a much-anticipated new year.

“We know that celebrating New Year’s Eve in Las Vegas is a bucket list item and a long-held tradition,” said Steve Hill, president/CEO of the Las Vegas Convention and Visitors Authority. “Although many visitors from around the country and the world will not be able to join us in person to turn the calendar, this virtual event will allow us to share our enthusiasm and excitement with Vegas fans near and far as we look toward a brighter 2021.”

No matter where they may be, visitors will still be able to celebrate safely and virtually from their own homes with hundreds of thousands of other revelers the Only Vegas way.

To learn more about our Kiss Off 2020 celebration visit our website at www.VisitLasVegas.com. We hope visitors near and far will join us as we raise a glass to welcome 2021 with a bang.

ABOUT THE LVCVA

The Las Vegas Convention and Visitors Authority (LVCVA) is charged with marketing Southern Nevada as a tourism and convention destination worldwide, and also with operating the Las Vegas Convention Center. With nearly 150,000 hotel rooms in Las Vegas alone and more than 13 million square feet of meeting and exhibit space citywide, the LVCVA's mission centers on attracting ever increasing numbers of leisure and business visitors to the area.

FOR MORE INFORMATION,
GO TO WWW.LVCVA.COM OR
WWW.VISITLASVEGAS.COM.



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