

LA FASHION

The LA Fashion Month

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Top Tier Fashion
Just Raised the Bar!
Adidas x Gucci, Ivy Park,
Strathberry and More!

Yesenia Chilatra for
HighOnLove

Photographed by Mike Yi

All Your
BEAUTY
Must-Haves

Summer Didn't Come
To play! This is How
to Care For Yourself.

Controlling
Your Emotions;
for whom?
**Go With
Your Gut!**

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SUMMER SKINCARE STEPS TO KNOW NOW

Remember what we said about the changing of seasons? When the seasons change, your skincare has to change too! The weather can either dry up your skin or make your skin oily, so your skincare should adjust to that as well. We get it, we have been preaching skinminimalism, but just because you have a lot of skincare products does not mean that you have to use them all at the same time. Your skincare routine still does not have to be the ten step skincare routine; it can be a short one. Just switch out the products - for example, it is best to ditch the cleansing balm for now and switch to a perhaps a lighter skincare.

Honestly, the more you use the same skincare products, the more your skin becomes used to it, which can make your products not work for you anymore. There is a hack, and the hack is to change the products within your skincare routine, but also keep the same steps. That way, your skin will feel "challenged," and you will still have that natural glow.

Don't know where to start? We can give you some tips one swapping one at a time in different steps.

1) Switch out that cleansing balm for a foam cleanser. Cleansing balm works with melting your makeup, yes, but it can also give extra moisture to your skin. A foaming cleanser can help wash away your impurities but still keep your natural moisture in your skin. Try out the VitabridC12 Daily C Balancing Cleanser.

2) SPF. Here we go again with the SPF, we are sure you are tired of it, but we can not stress how important it is to have SPF. Did you know, there are multiple different kinds of sunscreen? You should wear sunscreen regardless, but different types of sunscreen attacks different types of skin concerns. SPF keeps the harmful UV Rays from hitting your skin and helps slow down the aging process, and avoids wrinkles. Especially in the summer, the sun is more in your face, so SPF everyday is important. This year, the milky SPF is in trend and does not leave residue on your skin. Make sure to try out the MISSHA All around Safe Block Sunscreen.

3) In the summer, you will definitely be sweating. Make sure to bring a cleansing wipe with you to wipe your face and body to reset your face full of impurities. A cleansing wipe can do so much, especially when you are outside and sweating from the beaming sun. Grabbing a wipe that is gentle to the skin is great. After walking out and basking in the sun, try getting a RESET wipe from FLOetic Beauty.

By switching up three steps of your skincare routine can do so much for your skin. Summer skincare is not much different than other seasons, it's just the different type of product you should use to be able to make your skin be a stronger barrier. After all, the most exposed organ on your body is your skin. Test it out and let us know what you think!





ADIDAS X IVY PARK DREAMS OF IVYTOPIA, A COLLECTION THAT INSPIRES AN ESCAPE TO YOUR PERSONAL NIRVANA THIS SUMMER!

A journey to discover one's own nirvana, from the ongoing adidas x IVY PARK creative partnership.

As with previous adidas x IVY PARK offerings, this latest drop features distinct looks with inclusive and gender-neutral sizing in fashion styles, performance gear, footwear, and accessories. The line is available online at adidas.com on July 21st and July 22nd in select stores, globally. A transformative utopia awaits you in a state of mind we call IVYTOPIA. The line explores the collective connection we share after emerging from a period of isolation. IVYTOPIA imagines the possibilities of this journey with one another, dreaming and exploring our infinite potential. Whether a beach, mountain range, or urban oasis, the setting is unlimited, as long as it makes you feel hopeful for what's yet to come.

This cinematic campaign focuses on the universal idea of being separated from the outside world in isolation - a cold, synthetic space with abstract memories visually flashing before our cast. At its core, the concept is about finding healing through connection and sharing one another's dreams of escape to IVYTOPIA, whether that's simply daydreaming or going on a road-trip. This theme is depicted as cast members emerge from a transformative experience that is frenetic and psychedelic, as well as cathartic and empowering.

As our cast ventures out of isolation and into hyper-real nature, they discover an outside world that no longer feels the same. It's a new beginning for collective healing and an exploration into our own possibilities. This campaign is illustrated through enhanced lighting, bold yet stark production design and elevated styling. IVY PARK utilizes this futuristic yet surreal narrative to affirm the fact that through optimism and imagination, we can create our own IVYTOPIA. Legendary and international supermodels, Irina Shayk, Joan Smalls along with Harvey Newton-Haydon, Adut Akech and Alva Claire, are part of the diverse cast whose talents bring this transformative experience to life.

Natural and supernatural inspiration blend seamlessly in a collection that features striking swimwear and modern silhouettes created with every body in mind. Colors include, quartz (off white), pyrite (silver), lapis lazuli (shock cyan), hawk's eye (khaki) and jasper (solar yellow), a mystical crystal and floral-inspired print. By blending natural and organic elements with futuristic details and shapes, the IVY PARK design language evolves to another world. Textiles like printed power mesh, metallic spandex, stretch twills, and French terry speak to IVY PARK's love of athleticism and fashion. The bold crystal prints further illustrate a feel of serenity and ethereal beauty, while a high-voltage color palette is a reminder of the sheer vibrancy of IVY PARK. The collection's unique fabrics are amplified through lines and cuts that are abstract yet flattering. Equally focused on childrenswear, this drop offers a large selection of fashion, swim and activewear for kids of all ages.

Accessories for the IVYTOPIA collection mirror the apparel's inspiration and include a five-panel wide brim hat shown in both lapis and the crystal print that is a fresh take on a sun hat constructed in a swimwear material and featuring a detachable Cuban link chain as well as the now classic reversible IVP bucket hat, a keep all tote that is oversized and multi-functional with removable exterior pouch pockets. Also included is a 3-pack assortment of socks that include a quartz (off-white), lapis (shock cyan) and pyrite (silver) sock reflecting the collection's color palette.

IVYTOPIA footwear styles include the iconic Stan Smith which has been re-worked with a bold and slightly futuristic look, creating an aesthetic that is defined by contrasts. Additionally, there are both a new iteration of the Savage sneaker with intricate paneling and lines that take the spotlight thanks to punctuating pops of color and an updated version of the mule, accentuated with sharp lines with a light-mesh fabric that ties into the apparel. The offering is rounded out with the Ultra Boost in engineered knit which provides a light touch through design and feel.

IVYTOPIA is truly about overcoming a trying time together and embracing that light at the end of the tunnel with shining optimism in looks that will transcend and elevate any occasion. It's time to emerge and rediscover the world around you.









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JENNIFER DILANDRO THE WOMAN BEHIND DOLCE AESTHETICS

From her roots in working at the hospital, and doing injections on the side, she found her passion and went from there. Being in the business for a decade and more, it is no doubt that she has definitely built herself from the ground up.

Jennifer DiLandro (RN, BSN, MSN, ANP Adult Nurse Practitioner), the woman behind Dolce Aesthetics is an amazing boss-babe, a mother, and an inspiration to all. From her roots in working at the hospital, and doing injections on the side, she found her passion and went from there. Being in the business for a decade and more, it is no doubt that she has definitely built herself from the ground up. As she shares her story with us, talking about the hurdles and the obstacles that she had to face from life changing experiences to daily occurrences, her story is one to definitely be on the lookout for. We, at the LAFM, are so honored to have interviewed such an amazing, beautiful woman and we can not wait for you to hear her story.

Being a single mother of three, she was working while her husband was incarcerated leaving her almost destitute. She had to figure out the next steps to keep her life, family, and career afloat. During this time, only trained professionals were allowed to do injectables and only a small group was in the industry. After being offered a class at Allergan (a company that creates Botox and Juvederm) to do injectables by a doctor she worked with, she was grateful that she was able to learn more. Although she loved being a nurse, doing injections is where she found joy.

Still working at the hospital, she became the Director of Nursing and helped her surgery center open up a second center. Having realized that she was only helping someone else build their business but not her own, she knew she had to do something for herself. At the time, beauty spas were still a small niche, but she decided to take the risk and start her facility at the lower level of a doctor's office. From there, Dolce Aesthetics was born.

Since having a start in an industry where it was essentially still new, DiLandro had to learn and develop her own techniques and way of injecting. Fast forward to the present, Dolce Aesthetics has expanded to four branches, and her day is busier than ever. Jumping from location to location, her days are usually packed with work, keeping her on her toes. It is amazing how much her business has grown. Although she is completely engaged in her work, she has learned to take the day off when she feels it is necessary.

DiLandro is now a resident expert in the industry, but she had many things to learn from over the years. As the world continues to change, and new trends emerge, it is key to be on track with the most recent. By improving her skills everyday, whether it would be reading up or taking up new classes, she continues to make sure her skills are on par. Being an amazing esthetician and having a successful business is not an overnight sensation but a continuous effort and learning curve.

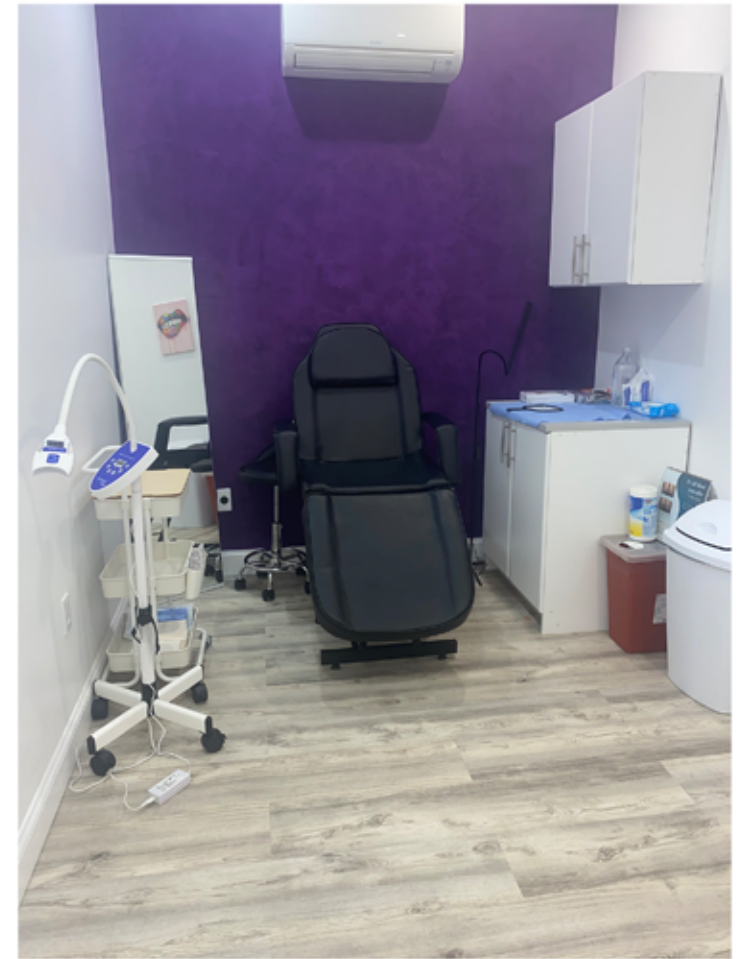
Starting from creating a comfortable environment for her clients to believing in her artistic ability and finding what is best for her clients, she is truly the people's esthetician. Everyone is unique, so her treatments and injections are also unique to every and each one that walks in through the door at Dolce Aesthetics. Assessing face movements, and expressions, DiLandro makes sure to find the perfect amount for her clients.

DiLandro understands how hard it can be to take the first step into injections, so her very first goal is to make sure that she has a comfortable environment as well as up to standard procedures.



Although she is proficient in all procedures, her favorite to do is lip injection as she has perfected her own unique way to do it. For those who are new to getting facial treatments, she suggests a laser treatment. Laser treatments rank a person's skin type which determines the level of intensity that is used.

DiLandro continues her journey everyday. She continues to inspire aspiring estheticians. Her biggest advice for those who are looking to start their journey is to make sure you have a deep passion for becoming an esthetician. After all, you are dealing with people who are trusting you with their body. Keeping up a down to earth personality as well as firing up your passion for becoming an esthetician is the key to success in this industry.



Dolce Aesthetics continues to expand as DiLandro continues to grow. From her expanding empire to her skincare line, DiLandro can truly do it all. Perhaps, she will be able to bring Botox to the market with her own brand. We certainly believe that it can happen and we cannot wait to see her journey. She continues to expand and will be opening up new practices in New Jersey sometime within the next two years. Her goal is to bring Dolce Aesthetics nationwide, so we might be able to see her in Florida, Vegas, California, or even in your local area.

Make sure to follow her journey on her Instagram. @dolceaestheticsny and @jenniferdilandro. We cannot wait to see what will happen from here.

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DON'T FORGET THE **SPF**

Everywhere you look, someone's always saying to wear sunscreen. Apply your sunscreen here, reapply your sunscreen there, and apply your sunscreen everywhere. We also have said it multiple times, because of how important SPF is. SPF is so important in your skincare routine. To be honest, if I were to only use one skincare product for the rest of my life, I would choose SPF and nothing else. From dermatologists, to skincare influencers, they always say that sunscreen is the number one thing you should always carry in your bag, and we totally agree.

It is no hidden secret that good sunscreen is the key to having healthy skin all year long, but there are multiple key notes that you should watch out for when buying sunscreen products for yourself. There are sunscreens for everyday wear, water-resistant sunscreen, sweat proof sunscreen, and in more recent trends, the milk sunscreen. The only way to find the best sunscreen is to ask your skin, but also, as always, we have some tips on getting the sunscreen that is perfect for you.

1) SPF - SPF stands for sun protection factor. Before you buy any sunscreen, always look for the SPF, the most important number you see on the product. It measures how well it protects you from getting the dreadful sunburn. Start with SPF 30 for your sunscreen, and go as high as SPF 50. Unfortunately, no sunscreen can 100% block all UV rays, just as not all hand sanitizers can block off 100% of the germs. SPF 30 protects against 97% of the sun's UV rays. If your skin tone is more on the lighter side, we suggest going for a higher SPF.

2) Key Ingredients - Looking through your ingredients list on your sunscreen is the same as looking at the ingredients list on your skincare products, your hair products, etc. Make sure your

sunscreen is a "broad spectrum" sunscreen in the label. Avoid ingredients like oxybenzone, which can cause allergic skin reactions and disrupt hormones. There are mineral and chemical sunscreens which are two different types of sunscreen you should know the difference between. Mineral or physical sunscreen works by using natural minerals such as zinc oxide or titanium dioxide to reflect the sun's rays from your skin. Chemical sunscreen uses chemical compounds such as bemotrizinol, avobenzene, and biscotizole, to provide that "broad spectrum" protection you are looking for.

3) Know your skin type - Sunscreen are made to help your skin, but there are ingredients that you need to look out for. For dry skin, look for ingredients such as glycerin, lanolin, oils, aloe and avoid alcohol. For oily skin, a lightweight or gel lotion with silica or isodecane are best. For sensitive skin, hypoallergenic and fragrance free mineral sunscreen are great, but also avoid alcohol. Another tip, if you have rosacea, avoid alcohol, but if you are prone to acne, it may be of help.

Ultimately, find a sunscreen you like to wear. It makes it a habit and makes you excited to build into your skincare routine.



SELF TANNING; IT'S SAFE!

Self Tanning has always become popular when the warmer weather comes. As we walk down the street, we see many products and stores related to self-tanner to create the perfect bronze glow. Within the multitudes of beauty trends, there are endless possibilities, but fake tanning has always been a beauty trend that continues to shine.

Tanning has always been for those with lighter skin complexions, using mousses and lotions to promise a bronzed, perfected sun-kissed glow. However, now the trend has grown to be beneficial to people of all skin tones. It has said that it has helped in reducing the appearance of hyper-pigmentation, evening out your skin tone, and making your natural melanin pop. It is no wonder that fake tanning has become such a nation-wide trend.

Before we talk about the process, let's talk about the negative effects of actually tanning. We've seen this all over, from short term effects, such as sunburn, to long term effects, such as skin cancer, the effects of actually tanning are endless. When the UV rays from the sun hits your skin, they damage your skin cells. In response, your immune system tries to attack the affected areas. Because of the increased blood flow to the areas, it becomes a sunburn giving it that signature redness making the skin burning to the touch. At the same time, the damaged skin then can communicate into having that painful burn to your brain. As for skin cancer, it has been said that continuous exposure to UV rays can cause skin cancer. So, maybe self tanning can be a better alternative option to get that beautiful glow.

So, how do we self-tan? Modern self-tanning has evolved to where we can do it ourselves. However, the process of self-tanning can be so difficult. So much can go wrong with self-tanning, such as orange patches, unsightly streaks, uneven tans, yet how do we go about it? Even at your best, sometimes you may still end up with discolored elbows or patchy ankles, which definitely would not be pretty. No worries though, we got you and can give you some tips on prepping.

Proper preparations can definitely have a major effect on maximizing your self-tan. Self Tanning is a process, we guarantee you, so hear us out. Five days to eight hours before your spray tan, make sure to exfoliate. Hydrate your skin, make sure your skin is not dry. Lightweight exfoliators like First Aid Beauty's Body Scrub can help with making your skin gentle. Make sure to rub in circles to avoid inflaming your skin. After exfoliating,

make sure to moisturize. No dry skin is allowed here!

You are now ready to spray tan on your designated day. Take a shower so your skin is clean, and do not oil or lotion your skin. Anything on your skin can lead to your tan not "developing" correctly to even becoming straky or blotchy. Grab a mitt, and you are ready to start.

Here are some amazing Self Tanner for that Natural Glow:

Loving Tan Deluxe Bronzing Mousse - This self tanner is nonsticky and non orange, and shows results in just two hours. Your skin comes out with a relatively quick bronze glow similar to how you would tan in the sun.
Coco & Eve Sunny Honey Bali Bronzing Self Tanner Mousse - has a wonderful scent and is made to be the anti-cellulite, anti-ageing self tan with zero nasties. Leave it on for two hours or overnight for that transfer-free scent. // Coola Sunless Tan Dry Body Oil Mist - This checks all the boxes, no mess, no strong odor, no streaks, and noticeable after just one use. Although it is an oil, it is very dry and extremely lightweight, so it absorbs quickly onto your skin without leaving residue, You need that quick weekend glow, last only up to three days, this works just perfect. // L'Oréal Paris Sublime Bronze Water Mousse - The signature coconut scent and pumps out as a white mousse is quickly absorbed into the skin. It takes about eight hours to fully develop, but you can definitely do it the night before for that subtle glow in the next day. // Jergens Natural Glow Daily Moisturizer - This one has won Best of Beauty Awards and honestly, we see why! This drugstore product has been around for a long time and still continues to deliver one of the most natural hydrating glow for your day.

The list of self-tanning products go on and on, and in the end, it is up to you which one best fits you and checks all your boxes. A little trial and error goes a long way, but once you find that tan, you can always get the perfect bronzy glow.

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SPLISH, SPLASH









MEET THE WOMAN WHO TURNED RECYCLABLE BOTTLES INTO A FASHIONABLE SWIM EMPIRE

Andréa Bernholtz, Conscious Lifestyle and Fashion Expert, Founder of Swiminista, co-founder of Rock & Republic and fashion advisor for Us Weekly's Fashion Police is a high standard fashionista but puts the environment first when creating her style and fabrics. A true fashionista modeling the importance of sustainability and taking care of our #1, Mother Earth.

Did you go to college?

I never went to college, I took an extended gap year and moved to Hawaii.

Where do you reside now?

I grew up in Calabasas, I left after High school and after living all over Hawaii, Malibu and Venice I moved back to raise my daughter in Calabasas, we spend half of our time there and in Laguna beach and a lot of time in Hawaii. My daughter has always been homeschooled, so we are fortunate enough to travel together and work/school remotely..

Did you always know you would be in fashion? What drew you towards the fashion industry?

I loved fashion, even as a small kid I would shop vintage and go to the Army Surplus stores to create my own clothes, I would hot glue camo fabric onto shoes and clothing before you could buy it anywhere. I traveled to South East Asia. I bought lots and lots of clothing and accessories and sold them at boutiques in Hawaii. I have always had an entrepreneurial state of mind and I slowly fell into the business.

The Swiminista website says you were recycling before it was "cool" - tell us more about how recycling and sustainability was a part of your life from a young age.

Growing up, my mother was a bit of a hippy and we would save newspapers, cans and bottles and then drive miles to the recycling center, my mother would tell us to turn off the lights to save electricity, we would use our own bags at the market, and my mother would say "save a tree". We were never allowed to use straws unless they were paper. No one I knew recycled and no one really talked about it, but over the years it has become a way of life for everyone.

On your site, we can read the following words: "Our greatest joy is to give women the confidence, comfort and empowerment that they truly deserve.". How do you think SWIMINISTA is able to achieve this goal? Is it through its materials, its ethical message, or something more?

Swiminista spends a great deal of time researching with real women and ask what they look for in their swimwear, and we have listened to them- creating styles that adjust to achieve a more personalized fit, as well adding in extra support and design tricks to enhance the body, making women feel less exposed.

What women in your own life were able to inspire you to produce these creations of yours?

So many women in my life inspired me. I was with a few friends in Mexico and we were all complaining about our swimwear not feeling or fitting well, and since I had come from the fashion industry

they had all asked me to create something for them.

You're not a total stranger in the fashion world. You've co-founded Rock and Republic and you've gained experience from that. What kind of skills have you acquired from that opportunity?

I gained a lifetime of knowledge from my Rock & Republic days, there are so many little ways to create better fitting and looking garments with little nuances in the sewing and fitting, companies usually don't take the time or money to experiment and go against the norm when creating new styles.

How has being a mom changed the way you approach fashion design and creating consumer products?

I buy things that are more practical, my life of constant travel, being bi-coastal and attending the global fashion weeks, has drastically changed. I purchase for my daughter more than I do for myself. I have more flats than high heels in my dressing room these days, which I never thought would happen. I look for products that are eco-friendly and clothing that is easy and versatile such as items that go from day to night or can easily be dressed up or down.

What does sustainability mean to you and why is it important for your brand?

It is very important to me to be environmentally conscious on a personal level and it reflects onto my brand. Swiminista uses materials made from recycled post consumer plastics such as plastic bottles, our packaging is made from recycled and compostable materials. If we're going to swim in our ocean and be outdoors and breath fresh air then we need to do what we can to do our part to stop causing so much damage to the earth.

What are ways that you incorporate sustainability values in your home and family life today?

Barrett, my 10 year old daughter's job at home is to collect and sort our recycling, she earns money by taking the recyclables to the center, she even does that at our place in Hawaii. We have our trash grabbers on our walks, and constantly clean up wherever we go. At home we conserve our water and electricity. She donates a portion of any money she earns or gets as a gift, to wildlife and Sea life organizations. Any time we see any sea creatures in distress we call the Pacific Marine Mammal Center PMMC in Laguna Beach, and our whole family drives hybrid vehicles.

What was the inspiration behind the name Swiminista?

I was trying to come up with a name that included my love of fashion as well as swimwear. When you're a fashionista and need chic eco-friendly swimwear you go to Swiminista!

How did you come across fabric made from recycled water bottles? How did you decide this would be the perfect fabric for Swiminista?

Even back in my Rock & Republic days we shredded jeans that were used for housing insulation. The ocean's pollution and negative impact on sealife has become out of control, I wanted to bring awareness and give back a little and try to reduce some of fashion's negative effects on our planet. I had heard of many products being developed out of recycled materials so I went in search of the best luxury recycled fabrics out of Italy.

Are there other sustainable fabrics used in Swiminista pieces?

Our Hang tags and packaging are all recyclable and or compostable. Our Sarongs and Caftans are also made from recycled materials.



Swiminista has a Mommy and Me collection, what are your hopes to expand that in the future?

Our plan is to increase our product assortment, with accessories and more Caftans, Designer collaborations as well as expanding into men and boys swimwear.

We recently launched a new collaboration with Christian Lacroix live on our site now! Also, just in time for summer travel we're releasing an elevated, timeless vacation wardrobe from SWIMINISTA. With an exclusive selection of six elegant pieces from the all-new SWIMINISTA x James Peter Henry collection - now also featuring mens swim - you can take your vacation to another level!

How important is it for high end designers to start incorporating sustainable materials in their designs?

In my opinion it is very important, the more designers that use recycled and compostable products in a chic luxurious way the more technology will develop newer and better products for us to use.

What are some ways that Swiminista, as a company, advises the community about recycling solutions?

Swiminista hosts beach and mountain clean ups at least every month, we continually share our recycling and earth conscious message, on our hang tags of our garments along with our press announcements and interviews.

Swiminista recently held a beach clean-up event in San Diego for Earth Day, do you plan more clean ups?

We will continually do clean ups to bring awareness to people. Whenever we do a clean up people are always thanking us, I like to say "earth day us every day" "if everyone leaves a place cleaner then they left it, we all benefit"

How can our audience find you and learn more about What's Next for SWIMINISTA?

Shop online at SWIMINISTA.com and Follow on Instagram @SWIMINISTA



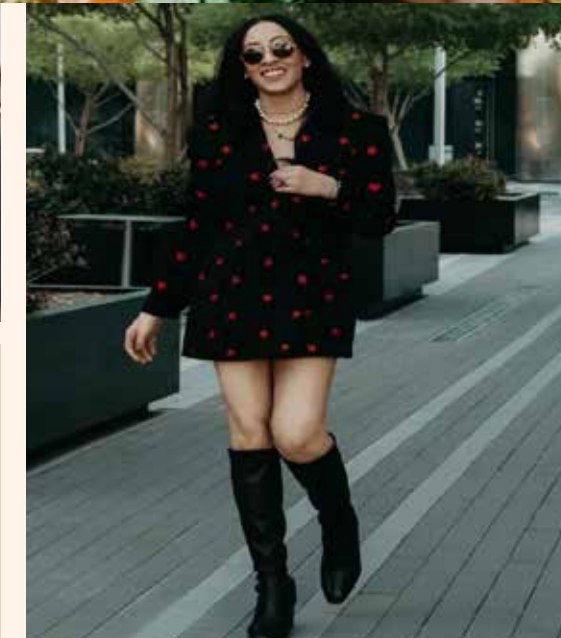
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DIY BEACH WAVES; YEAY!!

Getting the perfect beachy waves is always a tough run. Doing it yourself sometimes can be risky, but that does not mean that it is not worth a try. We do agree though, how much of a hassle it can be. For a style that is best described as “low-key” or “easy” to style and maintain, it is anything but. It definitely does take some time and patience to nail down the best routine for your hair type. Since beach waves are basically perfect all year round, we are here to help you out.

Whether you are a beach person, or a city lover, waves are always loved by all. Whenever it comes to achieving that look, you definitely have options from using hot tools that do the work for you to no heat needed hacks like braiding your hair or using a headband.

To get the perfect beach waves, make sure your hair is damp. Start by prepping with some product. Using a leave-in conditioner on the ends of your hair and a spray can help. Once your hair is dry, use your curling iron or hair waver to curl sections of your hair. Do not use a curling iron on wet hair or you might risk breakage and split ends. The beachy wave is known for its infamous imperfection. Do not be afraid of making mistakes because your wave should not be too perfect or too symmetrical.

1) One tip is to use a smaller curling iron like the Conair Infiniti Pro or a wand, that way it is easier for you to control. Clip your hair into sections. Be sure to apply a heat protectant to your hair before styling. Curl away from your hair. After you're done with all your sections, shake it off and flip it around, giving that natural fluff.

2) Another way to get those waves is to use a Waver that crimps your hair and makes it easier for the natural waves. Working similar to a curling iron, make sure to have heat protectant and crimp your hair with different sections.

3) Don't have a curler? That is totally fine, use a straightener. Working with different sections, grab your hair from the root, flip your straightener away from your face, and gently glide all the way down the strand. When you let go, you should have a bouncy curl. If not, you can redo it again.

4) If you do not want to use heat on your hair, there is always the classic - overnight waves. Overnight waves are quick and easy, all you have to do is just sleep in it. Putting your hair into sections and braiding your hair. The golden rule is the more braids you have, the tighter your waves will be. When you wake up, take off your braids, shake your head and then spray some texturizing spray to keep them intact all day.

Find the method that best suits your hair and you, so you can always get that beachy wave, whenever wherever.

NOTE: Results may vary depending on your hair type, but we will try to cater the tips and tricks to your hair type.

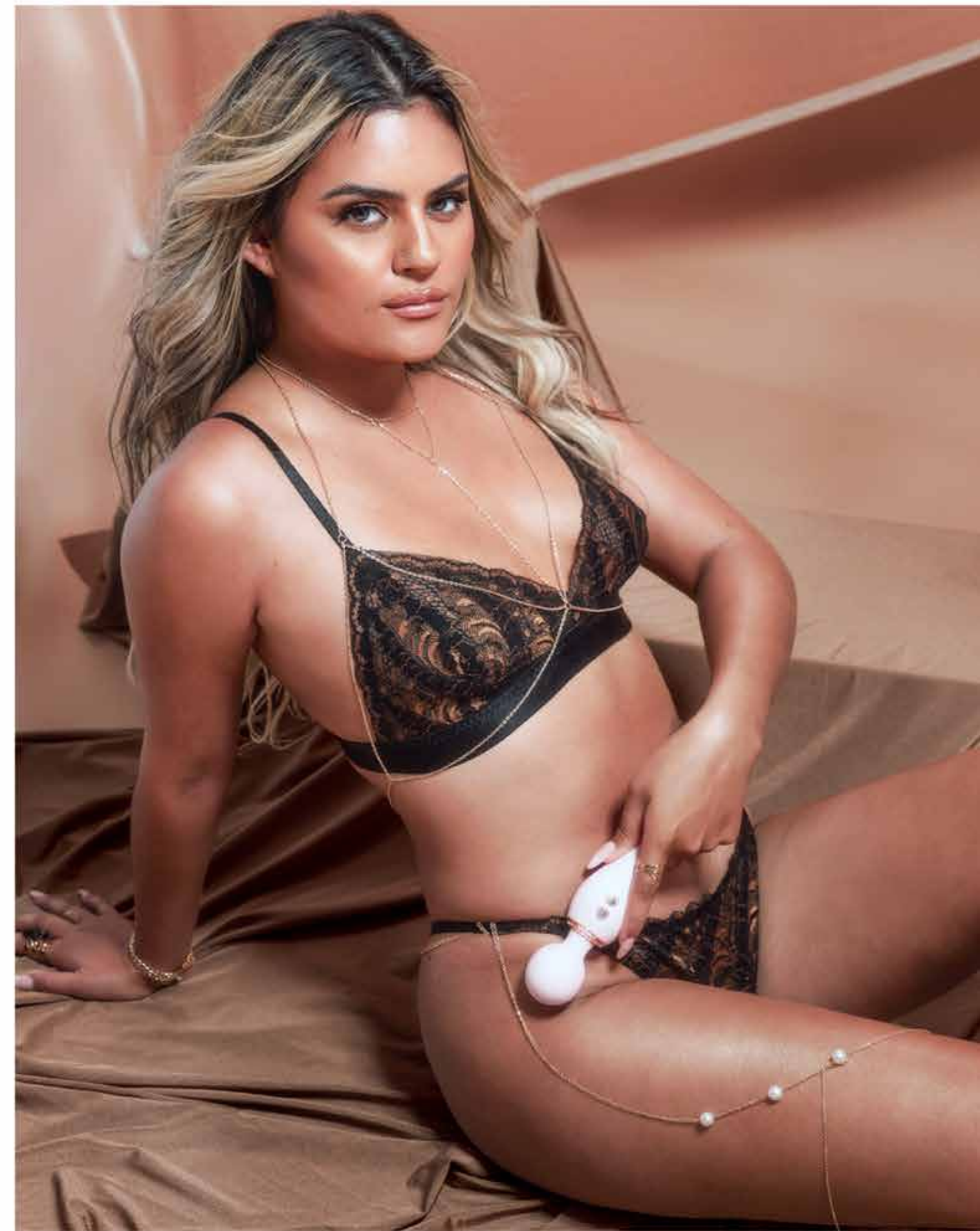
Yesenia Chilatra for

HighOnLove



Photographer: Mike Yi
Creative: Nina Vargas
H&M: Eriq Moreno
Stylist: Elva Wu











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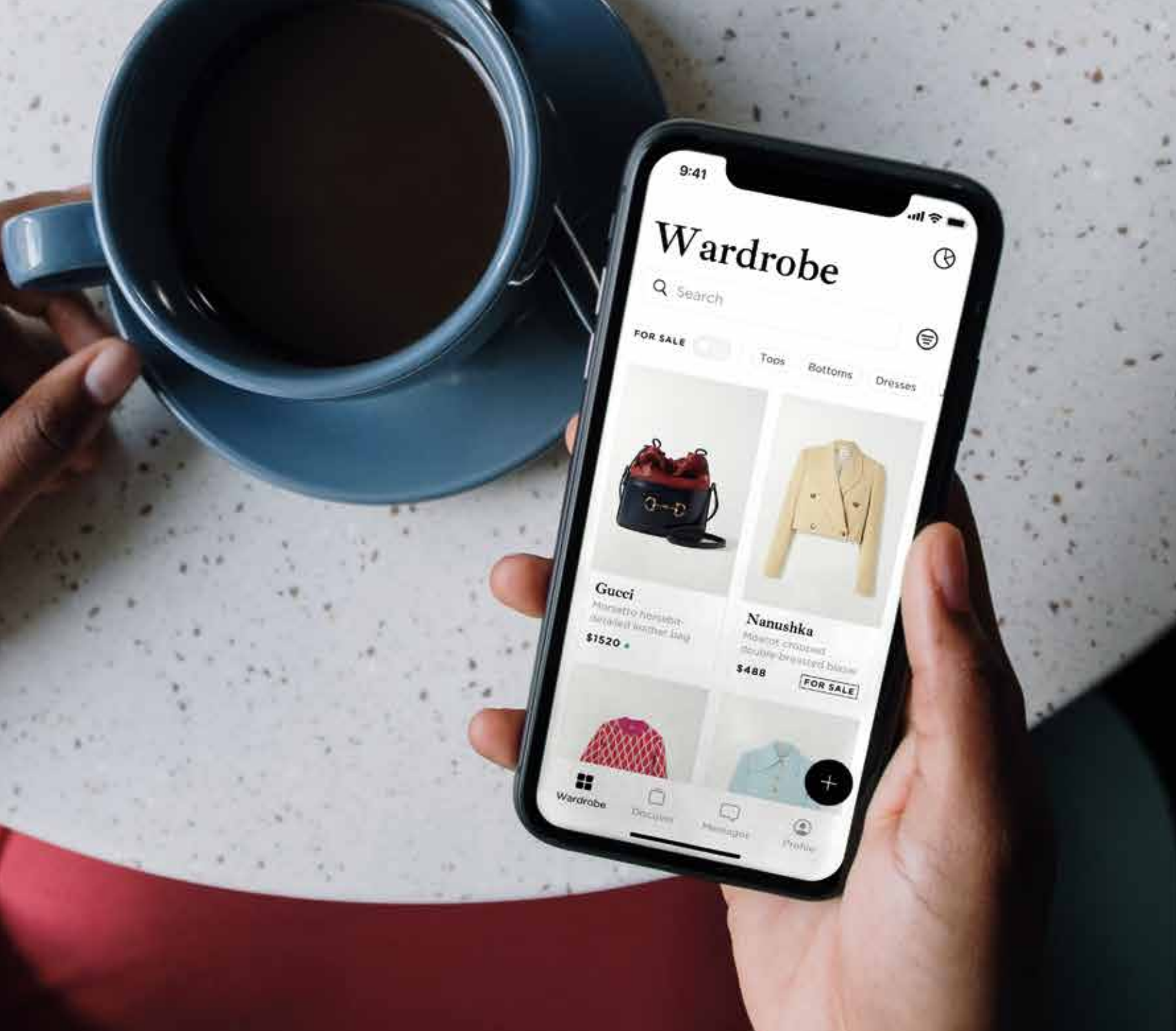


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DESIGNER, STYLIST, PHOTOGRAPHER, LIFESTYLE BLOGGER, AND MOM OF THREE CHANTELLE HARTMAN MALARKEY

Known for empowering others to follow their dreams and curate their own unique version of a beautiful life. With a passion for all things pretty, she believes great style is a way of life and love is in the details. An in-depth background in film, photography, food, and fashion perfectly complement her natural gift for excellent design, while her fearless belief in herself inspires an audience of thousands.

Tell us what inspired you to start your career journey?

I first discovered my deepest passion at an early age when I received my first camera and began offering photo shoots to family and friends. I later completed a degree in film studies before perfecting my elevated style approach in the exciting worlds of interior design, fashion, and more. As I entered motherhood and took on my most fulfilling role yet, I embraced a more disciplined means of nurturing my own creative energy. I realized it was still possible to have it all - but it would take courage, determination, and mindfulness.

Tell us how you built your success.

Whether it's starting a business, trying something new, or getting back into an old hobby, success is never simple. The real tragedy lies in never trying at all. As living proof that it's never too late to find success by following your dreams. I wanted to pave the way for others who seek not just a full life but a fulfilled one. Sharing tips for nurturing a success mindset in today's fast-paced society, my ultimate goal has been to empower others to create their own uniquely beautiful life.

What would you say to someone trying to find their way and find their niche?

If you want to build the life of your dreams, you have to be intentional. If you're not careful, you can go from being someone's daughter to someone's wife to someone's mom and never truly discover your passion - your version of success.

What are the things that gratify you?

Of all the hats I wear, the most important and most gratifying role is being a mother. Spending time with my kids, my son, Hunter, and twins, Miles and Sailor, along with my playful Weimaraners, Stella and Scout. They fill my heart and give me a reason to wake up and be the best person I can be, to excel and grow, and to be a positive role model. I have them to learn from and show them that hard work pays off.

I tend to think of my blog and social media like a journal. I am able to share personal insights on mind-body wellness, nutrition, self-care, cooking, design, parenting tips and more with a signature lighthearted perspective to inspire others. I love styling and designing to create flawless spaces, and I enjoy exploring and gaining inspiration in my own backyard, the picturesque landscape of San Diego surroundings.

What are lessons you have learned throughout your career and life that you can share with our audience?

Follow your dreams at any age, it's never too late to set your intentions in life. Age does not define you, your dreams and passions are still there and within plain sight once you start peeling back your layers - a wife, a mother, a daughter; when you are ready to take those leaps of faith and focus on what you truly want and start taking care of yourself and your needs, your internal light starts to shine though and you start gaining your confidence and inspiration back.



I only recently started focusing on myself and my business. My kids are getting old enough to where they don't need me all the time, and I am able to design, style, cook, and connect with others in my community to grow my network and social connection back. I'm able to set personal goals, and achieve them, and keep setting new milestones and affirmations to grow my opportunities.

I believe every experience makes you who you are today, you gain more confidence, come to terms with your mistakes and learn from your lessons, the more you learn about yourself, and what truly makes you happy is when your life starts falling into place.

Describe your daily hustle:

Living the fast-paced life of a full-time mom, photographer, designer, food enthusiast, and influencer, I blaze the trail for others who seek to live not just a full life but a deeply fulfilling one. Sharing real moments from motherhood plus my approach to radiant style, uplifted wellness, and elevated design, it's a fabulous reminder that in order to make others happy, you need to first care for yourself. I take others where my innermost passions may go, always leading with kindness, compassion, and mindfulness to all.

What made you take the leap to start your own business?

Believing in myself, feeling confident, knowing my creative energy comes naturally and my authentic knack for design is inspiring to others. Being a woman and extenuating curves, skin color, is so beautiful, I think. If I can empower others to be bold, be comfortable in their own skin, and to look at life in a different light that inspires them, I know this is my true calling.

We always learn the most from our mistakes, share a time with us that you made a mistake or had a challenging time in business and what you learned from it?

Not taking the time to believe in myself. Putting your energy into someone else, putting yourself last, and giving someone else all of your gifts. Don't give all yourself to someone else, you need to be happy to make your family happy - what drives you, what you love, will open the doors, be your own muse and don't let anyone else take that from you, get grounded. Go from your highest vibration,

tighten your bubble, make real authentic relationships - not being creative - mom - don't hide in the shadows, always known as someone's wife, someone's mom, someone's boss, but you need to be known as your true authentic self - build each other up.

What's something our audience would be surprised to learn about you?

I am a Midwest girl, when I was young I was a tomboy, loved sports, athletic and very competitive.

What are your tips for success?

Now, having done the legwork to build a beautiful life from the ground-up, five key principles that guide my success include:

1. Don't put yourself last. In order to make others happy, you must first make yourself happy. No matter how many demands are made on your time, don't forget to include your own self-care and to consistently search out your passions.
2. Find your own unique beauty. You can feel just as beautiful in high-top sneakers as you can in six-inch heels. Beautiful style doesn't require millions of dollars. Find what feels good for you.
3. Keep it real. Never forget where you came from. You never know what others are struggling with, so always lead with kindness and compassion.
4. Start with the right mental attitude. Progress is often blocked by negative emotions or beliefs. Before you begin the day, start with meditation and gratitude. Get your mind in the right place to accept success.
5. Treat your body well. Schedule regular workouts and make sure to get the right nutrients throughout the day. Your body is your temple, and you'll get much farther by treating it right.

How do you stay productive and focused? How do you keep your mind and body healthy?

I am an early bird. I start my day early, drink my favorite instant coffee (GetSuper) and sit and enjoy the peace. I take time to write down my daily goals and intentions for the day. If you complete just one, you're winning. Don't feel guilty for not completing all of your tasks, there's always tomorrow.

I don't watch much TV, I am more of a music person. I love pumping music in the house, mostly songs I can relate to or sing to really inspire and motivate me. I always schedule workouts for the week which include a yoga sculpt class, I go to sunset cliffs in La Jolla, San Diego to meditate, it really helps set my mood. Occasionally I'll run the stairs. I love changing my work-out environments, there's something about hearing the waves, and the ocean nature in the morning. It gets you out of your own head, looking out at the ocean, you realize all of your problems are not that big in comparison to the ocean and how big our world truly is.

I try to stay focused on what's important. I journal along with writing my blog and sharing on my social platforms. It helps with being more mindful. I try to do more breathwork, take time to react, practice quantum crystal renaissance healing, sound healing, and crystal wavelengths which help align your chakras.

Where can our audience find you and get inspired?

My blog ChantelleMalarkey.com and IG @ChantelleMalarkey

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- Dove Cameron Interview with *marie claire*



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- Alexandra D. from MantraMask.com



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THIS HIGH HEEL FEELS LIKE A SNEAKER



We connected with the women behind new shoe brand, 7or9, a brand that's patented a technology for a specific kind of airfoam that makes their shoes as comfortable as say - your favorite running shoe. With dozens of options to choose from, from a short heel to a high heel and a versatility through accessories - this is our pick for a shoe brand on the rise.

We connected with founders, Deng Juan and Wang Huan, as they step into the future with this new-aged technology, this summer. Both founders are serial entrepreneurs - and both are heel-addicted. With technology so advanced now, they often thought, why are high heels still so hard to wear? After extensively researching the industry, they found that the wearing experience of high heels was not taken seriously.

So, they decided to make a pair of comfortable high heels and a brand that focuses on women's comfort and feeling inspired by sneakers - a significant difference than any other high heel brand.

The name 7or9 actually comes from the two classic choices of heel height - 7cm or 9cm, 7cm for loving yourself - and 9cm for loving the world more.

Focusing on the research and development of comfort technology is a priority. The brand applies the technology of sneakers, underwear, and even medical beauty to the design and production of high heels. "Every year, we release a new version of comfort. We make the classic models of heels to achieve the ultimate comfort, to find the balance of comfort and beauty. We use high-quality leathers and materials to create modern classics that are built to last." says the two ladies behind the brand.

When asked what their favorite colors and styles are, they said the Dark Tea, Black Forest, Udon - because they represent our three different technology families, which are air-touch foam, self heated boots and sofa sandals. That's right you have the comfort of a couch and the classic appeal of a luxury shoe fit for a queen!

Check out 7or9 by visiting their website 7or9.com or on instagram @7or9.official.





THE FIRST ADIDAS X GUCCI COLLECTION

Originally debuting on the Exquisite Gucci runway, a mirror-filled space where historic emblems multiplied and metamorphized across sartorial streetwear, the first adidas x Gucci collection expands on the creative concept founded on an affinity for three stripes. Revealed in a lookbook released last month, the cross-category selection portrays the kaleidoscopic aesthetic of Alessandro Michele by mixing the codes of the House with those of the historic sportswear brand, and consequentially those of high fashion and streetwear.

For the launch, Alessandro Michele has envisioned a campaign that takes inspiration directly from an archival 1979 adidas catalogue. To animate the concept, a gridded template showcases a variety of moving imagery captured by Carlijn Jacobs. Against brightly colored backdrops, models stretch, run, or dance in place to a soundtrack of pensive phrases such as, "When your thoughts become reality, you understand what magic is."

The assemblage plays out across women's and men's ready-to-wear, as well as on bags, shoes, accessories, jewelry, and lifestyle pieces.

Throughout the selection, the GG monogram and Interlocking G mix with the adidas Trefoil in colorful prints, as well as on jacquard fabrics; while the red and green Web of Gucci complements the three stripes of adidas. Pushing the collection further into hybridized territory, ready-to-wear pieces echo the sporting attire of decades past while portraying an undeniable contemporary character. Additionally, conventionally formal pieces like leather heels, suede loafers, and silk scarves are marked with casual codes. Beyond the standard selection, the expansive offering also includes some lifestyle items including a golf bag in two different variations, a nod to the House's heritage in leisure products.

Reflecting a shared commitment to innovation, progress, sustainability goals, and collective action, the collection features multiple pieces crafted with future-conscious material fabrications including polyester, cotton, and viscose. Furthermore, each piece comes with special packaging that features the adidas x Gucci logo and that was strategically designed to reduce environmental impact.*

The collection will be distributed through designated stores, online on Gucci.com and through ephemeral Gucci Pop-Ups, where the spaces will be decorated with one of the geometric prints found in the offering. A dedicated product selection will also be available on the adidas CONFIRMED app.

*All paper and cardboard come from sustainably managed forest sources, and an uncoated paper has been used to ensure it is fully recyclable. In addition, shopping bag handles are made of 100% recycled polyester while pouches and suit carriers are made of a mix of regenerated cotton and recycled polyester.

#adidasxGucci
Credits

Creative Director: Alessandro Michele
Art Director: Christopher Simmonds
Photographer: Carlijn Jacobs











GET TO KNOW EMILIA MCCARTHY; A SEASONED TALENT WITH MORE THAN 20 MOVIE & TELEVISION CREDITS

Emilia accounts with more than 20 movie and television credits, including starring roles in the two Disney Channel Original Movies "Zombies" and "Zapped," and series regular roles on Netflix's "October Faction", "Hemlock Grove," and Nickelodeon's "Max & Shred".

Emilia McCarthy has worked with the masters before turning 20, like directors Alejandro González Iñárritu and David Cronenberg to mention a few. She has shared screen credits with Brad Pitt, Cate Blanchett, Julianne Moore, Famke Janssen, Gael García, and Robert Pattison. Emilia landed her first role in the Golden Globe award winning film "Babel" at the tender age of 7 because of her physical resemblance to Elle Fanning and her knowledge of Spanish and American language and culture. For Emilia, her dedication for acting has not been a phase, it is her life passion. She is at her happiest when she is in front of the camera. A seasoned actor at her young age, Emilia's versatility and talent have been recognized by the industry, winning her several prestigious awards and nominations.

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How long have you wanted to act?

As a kid I always loved performing, from dancing to putting on hour-long shows for my family and using every recess as an opportunity to choreograph performances no one asked for.

When did you get started in film?

I started acting at the ripe age of 7, it was a random epiphany I had. As children we always have big aspirations and I was lucky that I did not waver from my passion. It wasn't just a phase and now I truly could not see my life without acting being a part of my life.

What has been your favorite experience acting?

One of the most memorable experiences in my career has been filming Babel. It was my very first audition and I booked this role as Elle Fanning's double. We filmed in the Mexican desert for 6 weeks and my parents and I had no idea what the industry was about. But this was where I truly fell in love with the film industry and I never looked back.

Who would you love to meet in the industry? Why?

I would love to meet Rachel McAdams. We are from the same hometown in Canada (London, Ontario) and feel like we could connect on a lot of levels. I also would love to meet Amanda Seyfried because once a day someone tells me I look like her. (Can you tell my favorite movie is Mean Girls).

As an influencer, and public figure, what messaging do you like to portray to your audience?

I think it's easy these days to see social media as overwhelming. I think it's important to find the balance in using the platform as a tool to spread awareness on important issues and a place we can go to see the beauty in our world through content of people that we love and are inspired by. If we lead with respect, compassion and hope I think messaging on social media can be an important and positive space in our society.

You have many philanthropic attributes. In what ways do you give back?

I am lucky because I have been given a platform to be able to share important causes in contributing to raise awareness. Most



specifically, a cause incredibly important for me is the preservation of our planet. One of my favorite opportunities I've had is participating in the United Nations campaign "The World is in Our Hands", that brought a wide range of important people in the industry to spread awareness and a reminder on how fragile our planet is. I am also thankful for the opportunity to be a part of a franchise (Disney Zombies) that at its core shares with our younger generation the importance of inclusivity and coming together.

What do you do for fun?

I love to hang out with my amazing friends and to watch as many shows and movies as I can (I call it research).

What is your goal as an actress? Where do you see yourself in 5 years, 10 years?

My specific goal is to be on HBO. I think they have such great high quality content for actors. Our industry is slowly shifting into the world of streaming services and I think a lot of actors are taking this route because there's such great opportunities for us in that realm.

Tell us about your upcoming releases!

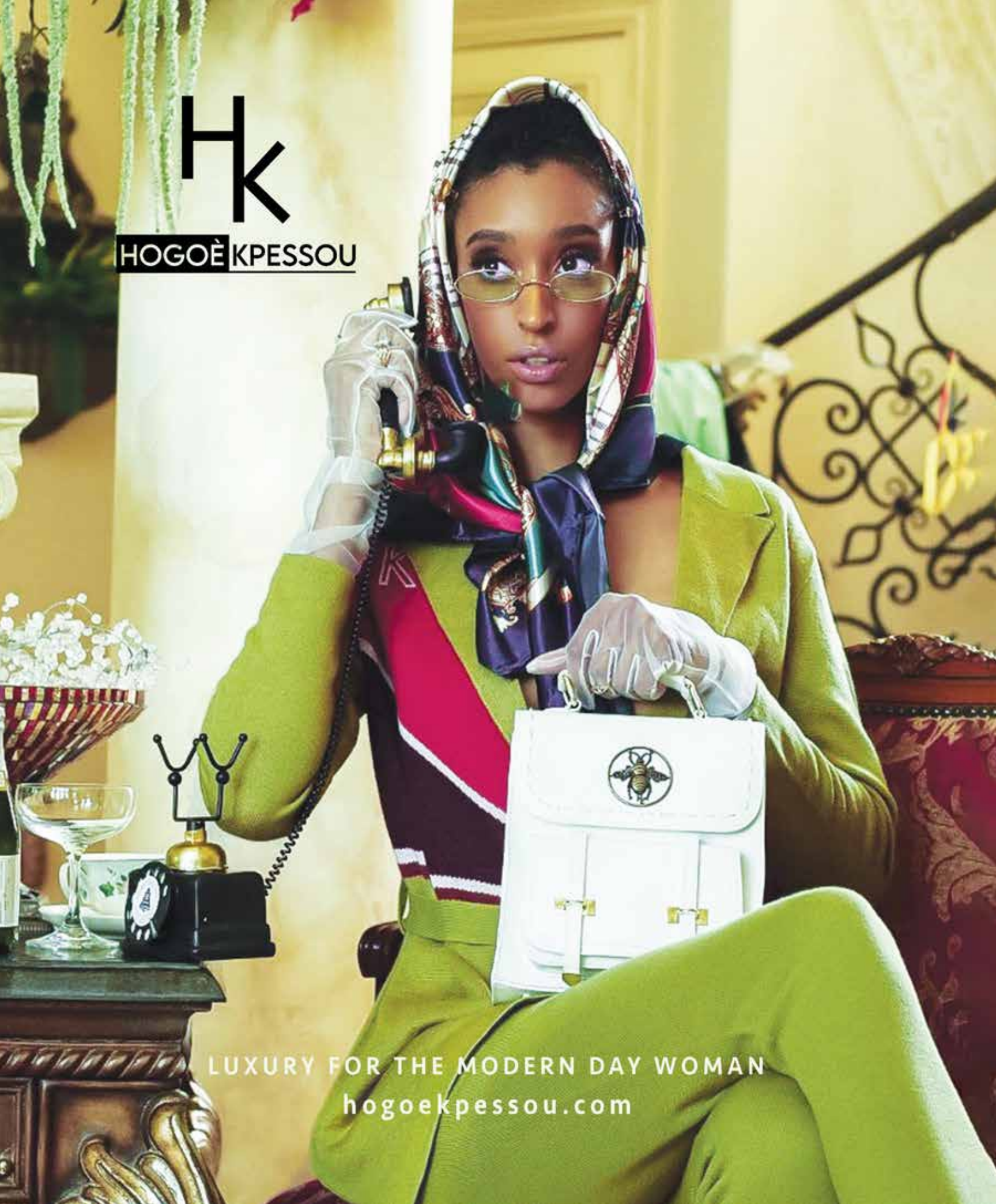
I am very excited for the third installment of the Disney Zombies franchise to air on Disney+ on July 15th, and for the new medical drama SkyMed about flight nurses and pilots tending to remote communities to premiere on Paramount+, CBC, and CBC Gem on July 10th!

What's next for Emilia McCarthy?

With the release of SkyMed being in the drama world I am excited to continue down that route in my career, permanently living in LA and excited for what new opportunities all of that brings.



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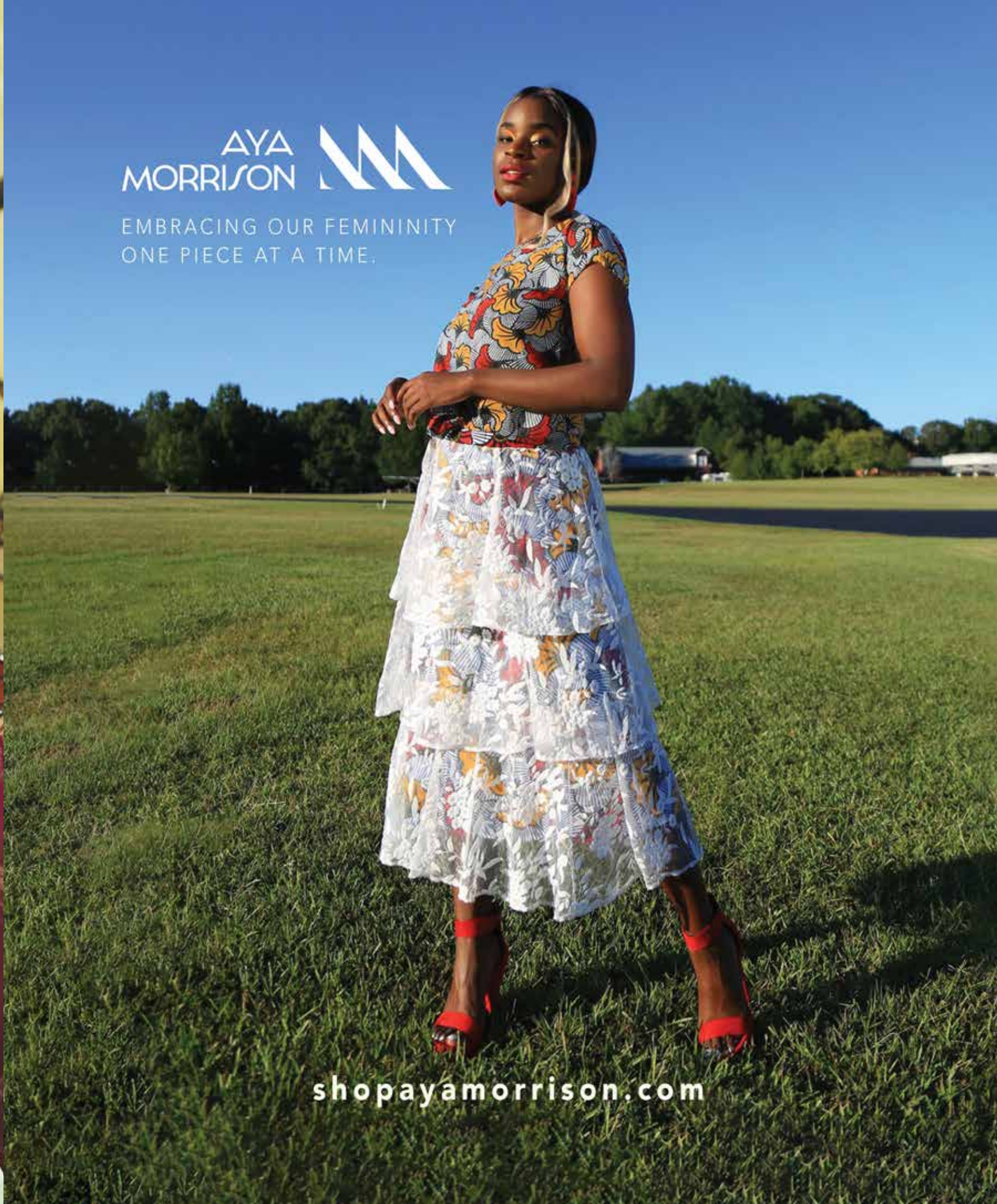


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Wherever you look, on TikTok or on Instagram, coffee is always the drink that people put up. Iced Coffee, we all drink it. Some of us drink it everyday of the year, and others only drink it once in a while. Iced Coffee can be basic, or fancy with a bunch of added ingredients. A simple iced coffee can turn into an iced latte, or an iced mocha, and so much more. There is no one way to make the best iced coffee that fits everyone, so make a cup of iced coffee that suits your style. All we can do is give you some tips on creating a good cup of Joe.

The first thing to do is get a bag of your favorite coffee beans. Every bag of coffee bean is unique so only you can know what type of coffee beans best fits your taste. And your journey goes from there! Here are some ideas for you to explore.

The easiest coffee that is always a classic is making a cold brew. The cold brew is smooth and refreshing, perfect for a quick pick me up. A friendly reminder that cold brew and iced coffee are different. Cold brew is made without heat for a smoother, naturally sweet taste. Iced coffee is brewed double strength then cooled, which creates a refreshing, lighter taste.

For a good cup of cold brew. Grind your 1.5 cups of coffee beans and place the coffee grounds in a large Mason jar. Then pour in three cups of water, and stir. Then soak it in overnight. Strain the soaked coffee grounds in a cheesecloth and squeeze out as much of the coffee juice as you can. What you have left is some amazing cold brew. From then, you can include your favorite choice of milk, or syrup.

If you have a coffee machine, the options are even more endless. Grab a cup and add ice in it. If you put in your espresso first and then ice can shock your coffee and make it more bitter. Take a shot or two of espresso, pour it into your cup. From there, you can put anything in there. A splash of caramel, and your favorite milk, that makes the famous Starbucks Iced Caramel Macchiato, or a splash of chocolate syrup and milk to make your mocha. Perhaps create shaken espresso by adding espresso, ice, and syrup, along with your milk into a cocktail shaker or a mason jar and there you go.

Creating the perfect cup of iced coffee really comes down to your tastes. Every person has a specific wants and needs in their cup of joe. Some like their cup of coffee bitter, and some like their cup of coffee milky and sweet. In the end, there is no one way to make the best iced coffee that will fit anyone. Our best advice is to look through a ton of recipes. Look up your favorite coffee shops or chains and sometimes they release the recipe for you to try and copycat. Get all the right ingredients and prepare the best cup of iced coffee for you.



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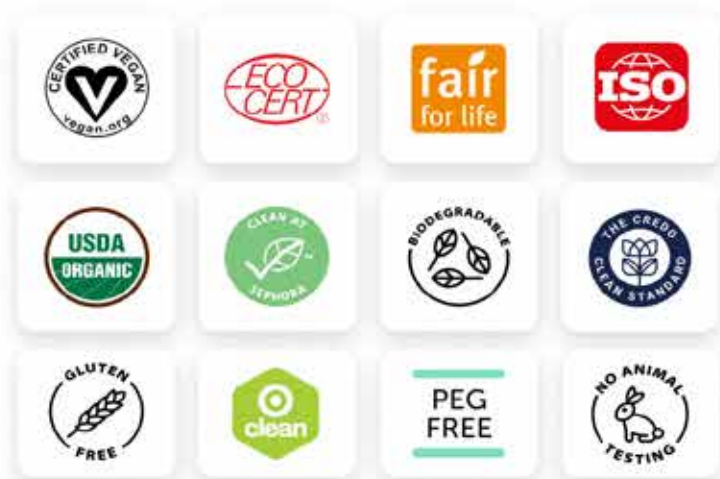
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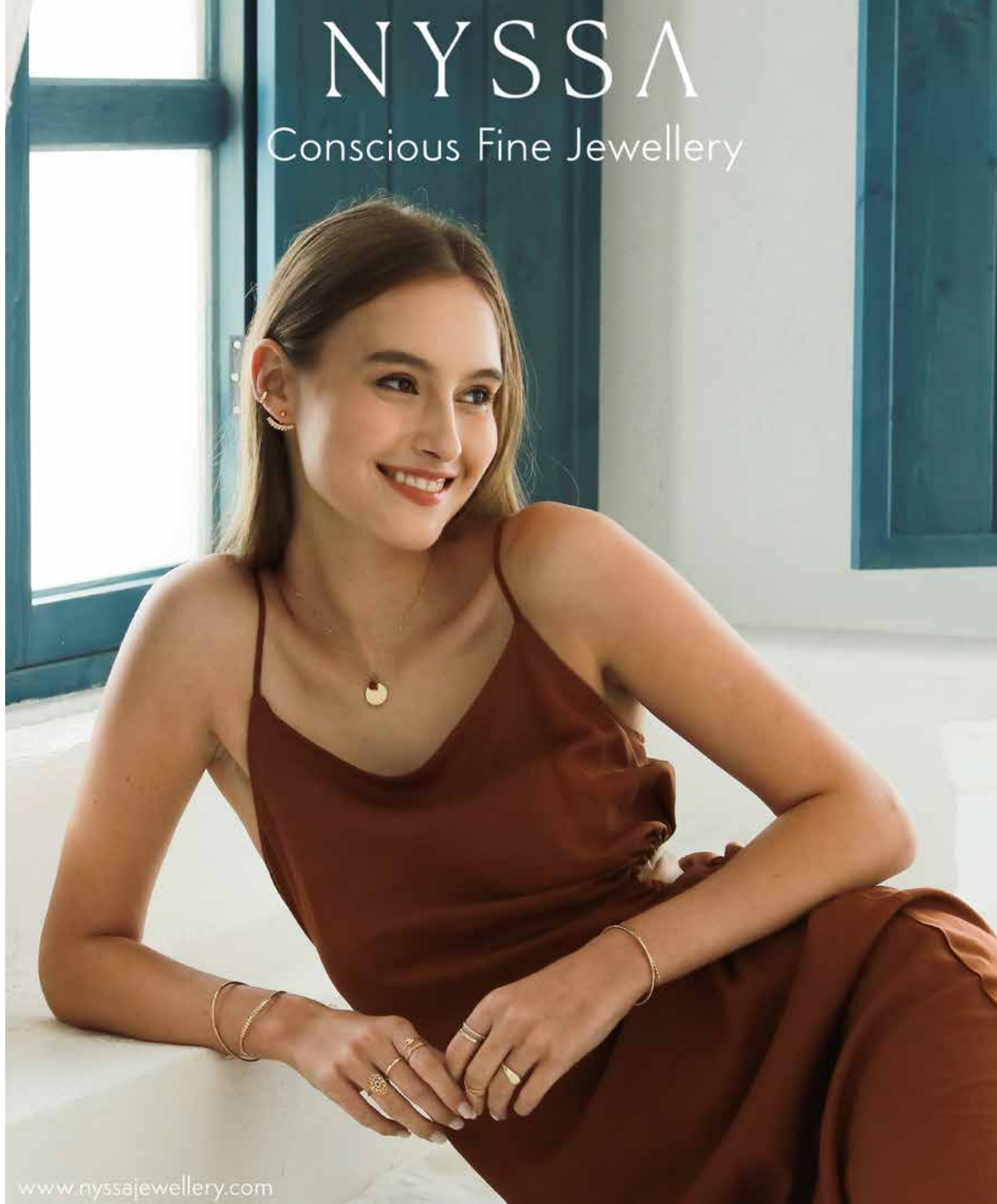
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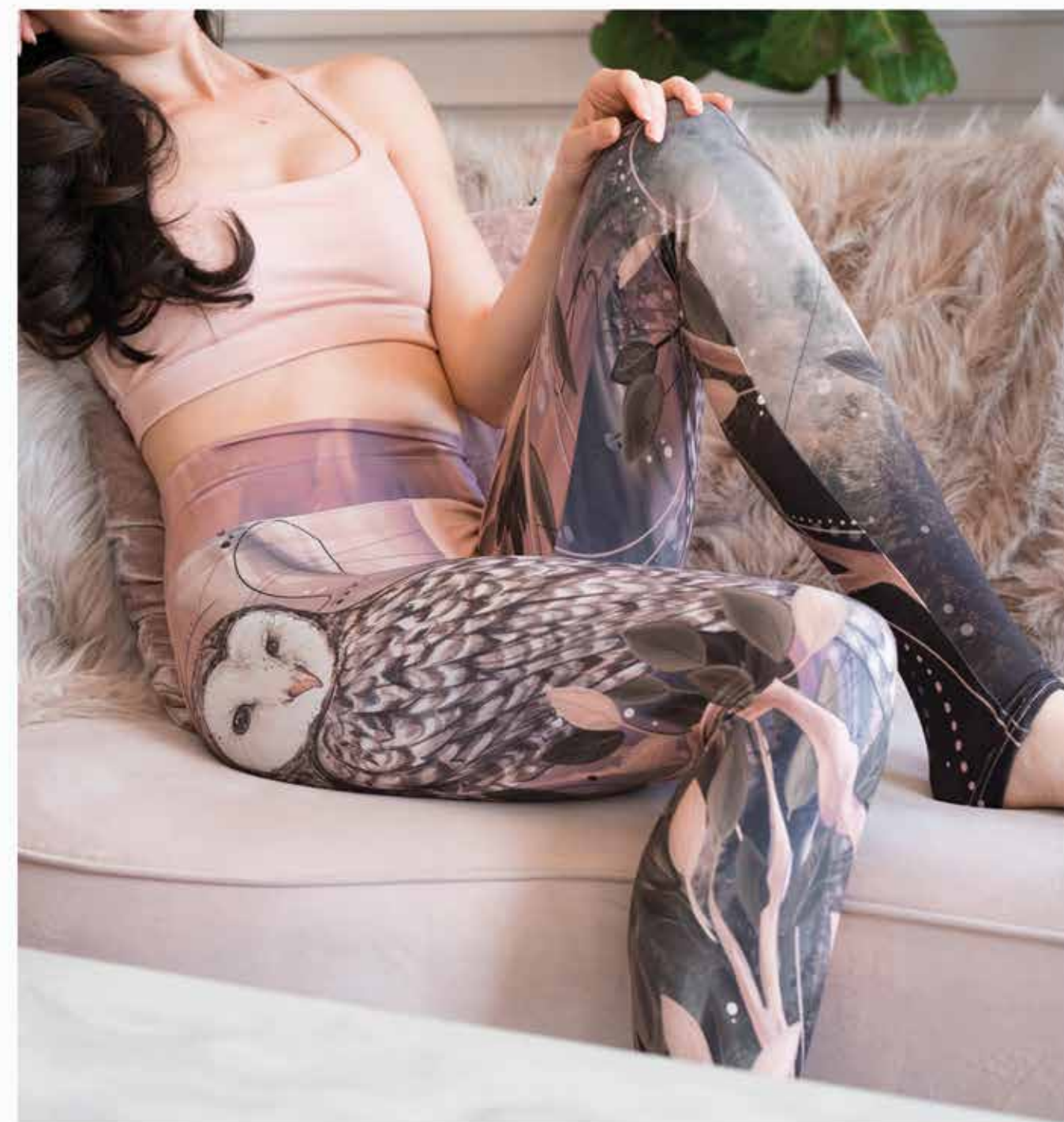


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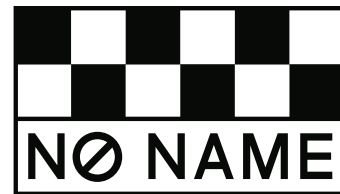
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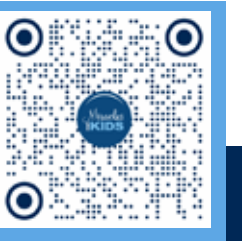


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*Gretchen Rossi with
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*Strawberries were washed 21 days ago



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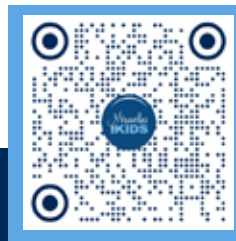


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