

# FASHION

*Dreams*



CASUAL BUT  
CUTE OUTFITS

CHLOE VEITCH  
NETFLIX CELEBRITY

LOVE ISLAND  
SEASON 8

Fashion | Life Style | Photography Newz

ELEGANT INDIA  
FASHION WEEK

Haute  
Couture

Models Lifestyle

AUG-2023



Disha  
Fashion Model



*Don't say too much, show them what you have got*



M.J Krishna  
Model & Actor

*In the road to prove all  
haters wrong*



Anushree  
Fashion Model



# DESIGNER COLLECTION





# Top 9 Must-Read For This Spring

## **JUSTICE & JUDGEMENT HORROR TALES**

BY AUTHOR FREDERICK WILLIAMS

## **NAFIS AND THE COLOURFUL HALLWAYS**

BY AUTHOR ALESSANDRO NICCOLI

## **IDYLLS OF THE NYMPHAI: FROM A MANTIC CORACLE**

BY AUTHOR HARRY MATTHEWS

## **BLOOD AND DUST**

BY AUTHOR J.C. PAULSON

## **WHAT IF JESUS WERE A COACH?**

BY AUTHOR MICHAEL TAYLOR

## **WHELM**

BY AUTHOR AIMEE MEHEDEN-FRIESEN

## **THE ZERO-SUM GAME OF YOU**

BY AUTHOR ROSA L. ANTONINI


## **AMONG THE PINES**

BY AUTHOR MATT ANDERSON

## **HEIR TO THE EMPIRE: THE NEXT GENERATION**

BY AUTHOR JONATHAN TAYLOR





## How to Become a Fashion Model:

### 9 Tips for Becoming a Model

Establishing a modeling career requires time and discipline. If you're an aspiring model looking for full-time modeling work, check out the following tips:

1. Recognize your strengths. Being a model involves hyperfocus around your appearance. However, beauty is subjective, and you never know what someone will find beautiful about you. You can reflect confidence in your body language, which can affect how other people perceive you. The modeling world is full of rejection, and it can be easy to take that rejection personally. You need to keep in mind that you have something unique to offer. Presenting yourself as a confident person can play a big role in becoming a successful model.

2. Understand the duties of the job. Modeling requires hard work, determination, and the ability to follow directions quickly and efficiently, posing in particular ways or recreating looks for hours at a time. You will need to have a variety of poses in your arsenal for the type of modeling you are pursuing. You'll also need to know how to angle your face and body for the camera to convey the right image. If you want to become a runway model, you will need to establish and practice your signature walk.

3. Take care of your appearance. Modeling is all about aesthetics, but being attractive isn't the most necessary part. Taking care of your body is a big part of modeling. While there are now more modeling opportunities for various body types and clothing sizes, you still have to take care of your skin, hair, and nails—especially if you're a parts model.

4. Get headshots. To get a modeling job, you'll need a variety of headshots and full body shots to submit to potential agencies and employers. Hire a photographer with experience to shoot you in natural light and plain clothes to highlight your features. Ensure that your pictures closely resemble how you look in real life, so modeling agents can see what you bring to the table. Avoid submitting filtered photos from social media.

5. Create a portfolio. A modeling portfolio is an important tool that many potential clients will look at before deciding to work with you. These photos are more highly styled and edited than your headshots. Gather your best, high-quality professional photos, and organize them into a portfolio or on a website that advertises your abilities and range. A website can also make it easier for potential agencies to find you and see your work.

6. Find a modeling agency that fits your brand. Most models need an agency to help them find work. Research the top modeling agencies and find a few who seem legitimate and who represent the type of model you wish to become. If you find a model agency that seems like a good fit, submit polaroids (also known as digitals) along with any relevant modeling experience.

7. Try a modeling school. Enrolling in a modeling school or taking modeling classes can help aspiring models better understand the basics of what the career entails, like how to compose their photo portfolios, how to pose or runway walk, how to work with photographers, and personal image development.

8. Look for open casting calls. Sometimes, the best way to get into modeling is to go to an open casting call. While you can't just walk into any agency and be seen, open calls (or go-sees) are a period of time an agency sets aside to see new models without prior contact or appointment. As a new talent, use these go-sees for self-promotion, further increasing your chances of becoming a top model.

9. Consider moving. If you are serious about becoming a model, you may want to move a major city with more opportunities. New York and Los Angeles are major modeling hubs, and the best places to find editorial, runway, and commercial work.



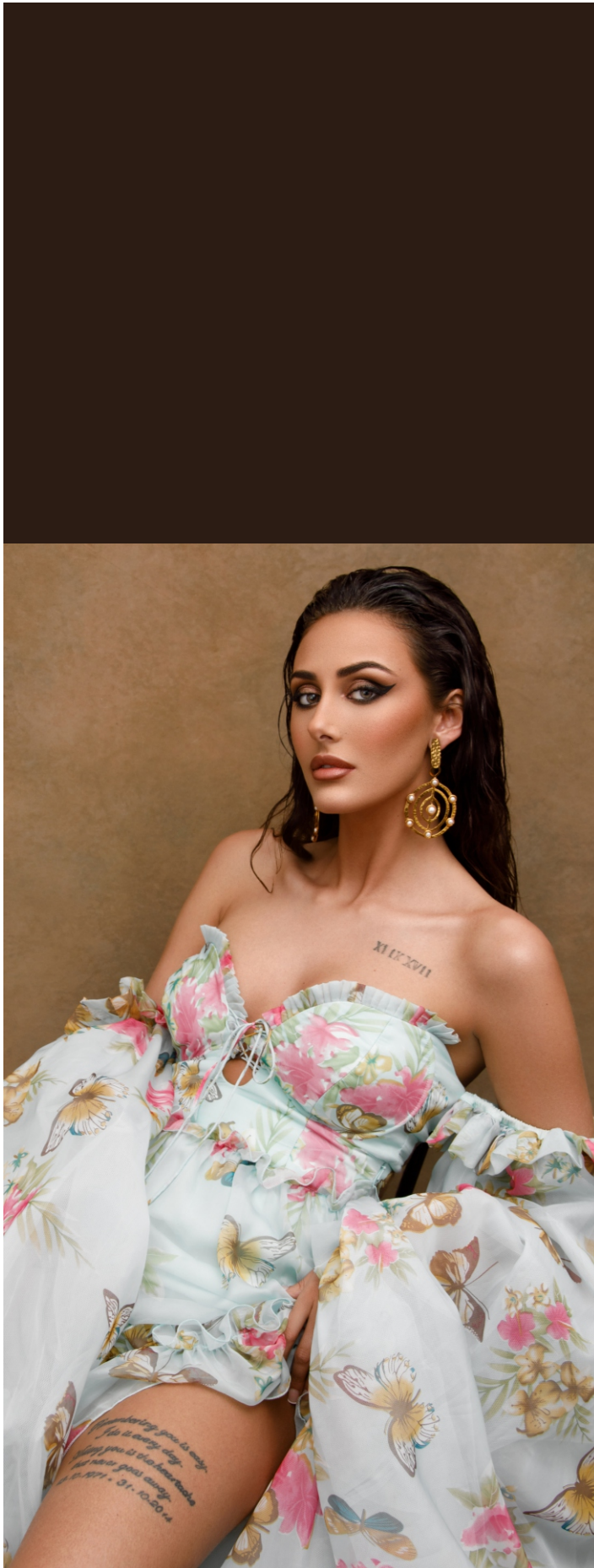
# EDITOR'S LETTER

Everyone wants to look good and some definitely want to flaunt it too. Modelling today is not restricted to the ramp alone. Whether print, product promotion or ad films, all fields demand good looking models to complement their products.

The fashion industry is one of the most polluting industries, and one of the most energy and raw material intensive. For this reason, and in spite of the tenuous advances that are already being introduced, 2023 will be the year in which companies will have to leave their promotional and advertising initiatives to three, replacing them with really significant actions that will even exceed what consumers are already demanding today. In this way, the definitive transformation of the industry towards a new sustainable model will be promoted.

Liba Khan  
(Editor Fashion Dreams)





Chloe Veitch is a fun and bubbly comedic celebrity, TV personality, activist, model and influencer! Chloe's passions are linked to what she is mainly known for; her comedic abilities. After presenting Netflix 'Too Hot To Handle' after show, she is now looking to move into acting via Netflix originals.

The 'Friends' actor, Phoebe to Chloe Veitch! Watch out!

The Essex celebrity was 'Too Hot Too Handle' fan favourite which lead her to be Netflix's choice to star in the famous 'The Circle' game on season two. Whilst working on an entertainment program, she also has strong advocacy where she uses her influence to have - a positive impact on the younger generations! In 2021 she appeared on 'Celebrity Hunted' where she participated in raising money and awareness for cancer in remembrance of her own auntie Debbie, who passed away in her 40s.





Before Chloe got into reality TV, she was an editorial model and travelled the world, in some places, including South Korea. Where she walked the longest catwalk in the main city, Seoul.

Chloe is extremely family orientated, and was lucky to have met a variety of people from different walks of life, which ultimately makes her incredibly personable and lovable to ...well... everyone! That's why we love her! She has come from humble beginnings and therefore naturally give back by working with NGOs, and charity and influencing other to do so along her way!

This is why in 2020 Chloe partnered with her dad to set up a NON- profit charity organisation called 'STAND' recovery. The work of the charity is focused on helping people in active addiction to find peace by giving them a safe place to live, a safe space to help them build a brighter future, judgement-free.

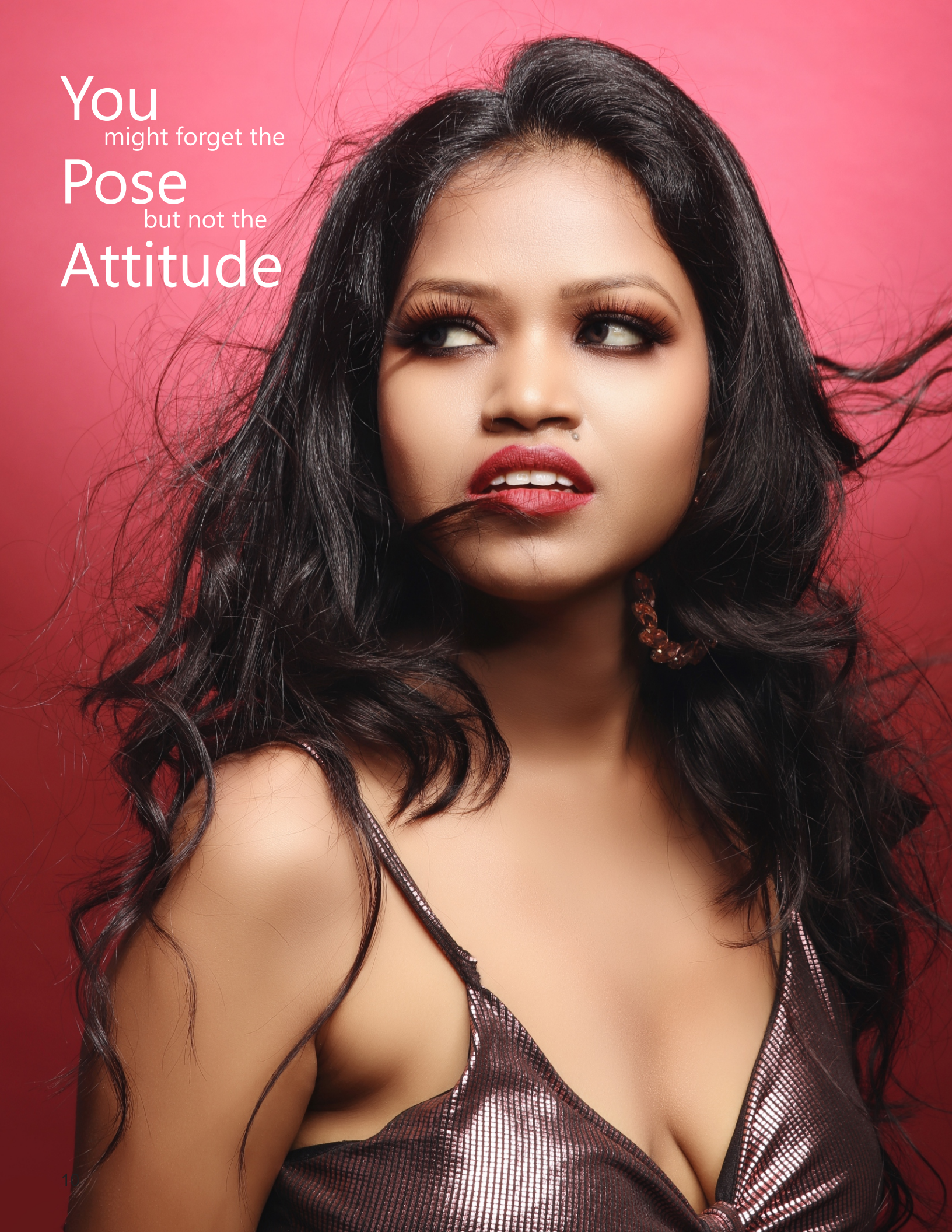
HATTRICK CHLOE!! Chloe has just completed her third number-one **NETFLIX SHOW (Perfect Match)** she has a stunning **1.9 million followers on Instagram** and **1.2 million followers on TikTok!** Most recently she posted about the struggle, she faced before going into the industry, she is set on inspiring young women, just like her, don't want to do well in a somewhat broken world/society.

Chloe shows her audience daily that no matter where you come from, you can always dream, persist and commit to getting to where you want to go -whilst having fun along the way!

Chloe has captured the hearts of many as a British princess who exudes grace and charm. Her ascent to fame is a testament to her talent and hard work, and she shows no signs of slowing down. With a tenacious spirit and a passion for acting, Chloe is poised to climb higher on the ladder of success.



You  
might forget the  
Pose  
but not the  
Attitude





NETFLIX

# CHLOE VEITCH

Most-Established Netflix Reality Celebrity



# UNPUTDOWNABLE BOOKS FOR 2023

## A LIST OF PAGE TURNERS

IN THE FAST-PACED WORLD OF 2023, FINDING A BOOK THAT CAN TRULY CAPTURE YOUR ATTENTION AND HOLD IT UNTIL THE FINAL PAGE IS A RARE AND TREASURED EXPERIENCE. THESE "UNPUTDOWNABLE" BOOKS ARE THE ONES THAT MAKE YOU IGNORE YOUR PHONE NOTIFICATIONS, STAY UP WAY PAST YOUR BEDTIME, AND LOSE YOURSELF IN THEIR PAGES. THEY TRANSPORT YOU TO DIFFERENT WORLDS, INTRODUCE YOU TO FASCINATING CHARACTERS, AND KEEP YOU ON THE EDGE OF YOUR SEAT WITH EVERY TURN OF THE PLOT. IN THIS ERA OF INSTANT GRATIFICATION AND CONSTANT DISTRACTION, THE POWER OF A TRULY UNPUTDOWNABLE BOOK CANNOT BE OVERSTATED. SO WHETHER YOU'RE AN AVID READER OR JUST LOOKING FOR YOUR NEXT GREAT READ, JOIN US AS WE EXPLORE THE BEST UNPUTDOWNABLE BOOKS OF 2023.

SCIENCE FICTION

POETRY

LOVE & RELATIONS



# EDWARD GATE AND THE RETRIEVAL

## BY AUTHOR QUINTO LAM

Edward Gate gets hit by an asteroid when he was 5 and the next thing he knows he wakes up from a coma 7 years later. Edward gets accepted into Brickston High, but he gets weird dreams of a girl he doesn't know and an older man talking about a prophecy of some sort. As he gets more and more of these dreams and as he meets the girl in the dreams in real life, he realises that he has to go on a journey someday.

Months later, Edward gets expelled from Brickston High, he cannot delay the journey anymore. He gets his two friends and they go on a journey.

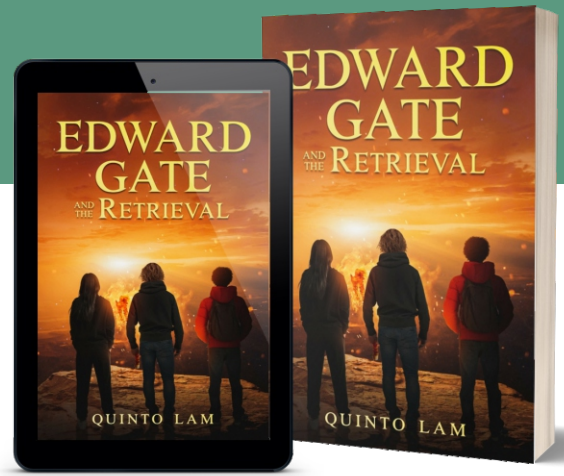
They go to a portal which leads them to another realm, then they search for the three legendary keys which unlock the cage of Death. Another party is going for the three legendary keys, but unlike Edward, they want to use them to unlock Death's cage. They arrive at the portal, but it is guarded by puzzles and a giant maze. After the trio traversed through the defences and killed a monster that took the lives of hundreds, they entered the portal and went into the second dimension.

The trio goes towards the first key and they almost get there, until Death's supporters come up and stop them. They fight through the supporters though and they get the first key. After that, the trio goes on a ship, gets attacked by goblins and retreats back onto land for the rest of the journey to the second key. As they advance, so do Death's supporters.

When they all get to the second key, Death's supporters get the second key before the trio can. The trio go on a long chase after the second key and it all comes down to one fight. The trio of kids against a dozen full-grown adults trying to release Death. If the trio wins, they win the race and stop Death, but if they lose, they lose their advantage of having one of the three keys necessary. One fights to decide the fate of the world.

A very well-written adventurous story that is full of unexpected twists. The story is also humorous and fast-paced. You'll love Edward and will enjoy his journey. With a vivid imagination and a love for exploring new worlds, Author Quinto Lam has created characters that jump off the page and adventures that keep her readers on the edge of their seats. Despite his young age, Quinto's talent for writing has already earned his critical acclaim and a growing fan base.

**GET YOUR COPY OF 'EDWARD GATE AND THE RETRIEVAL' TODAY. AVAILABLE ON AMAZON AND BARNES & NOBLE.**



**QUINTO LAM**

## JOURNEY AS AN AUTHOR

Quinto Lam is author of Edward Gate and the Retrieval. He's 13 years old and he currently lives in Hong Kong. And this is his journey.

Quinto has always been passionate about writing. He wrote a couple of short stories when he was very young and he hasn't started only one novel. Quinto started his first novel back when he was eight and he gave up on it only 2,000 words into the novel.

A year or so later, he began a new novel. After 2 months of work and 14,000 words, Quinto accidentally deleted the Word file. On that day, he thought that he would never write a novel ever again.

Now we jump to early 2022. Quinto had a brilliant idea in mind for a plot and started writing even though he remembered the last time he tried to start a novel. He gave his friend Jayden the link the same day and asked Jayden to rate his writing. This became routine for Quinto as Quinto wrote more and more, waiting for Jayden's critiques every single day.

After 3 months of writing 70,000 words and 3 months of getting the manuscript edited, refined and proofread, getting the cover for the book and getting the ISBNs, writing the side stories that would be released along with the main novel, Quinto Lam is the proud author of Edward Gate and the Retrieval and he thanks the people who've supported him and most importantly his advisor Jayden which made his life much easier. Author Quinto has more books planned, but does not disclose how many. The series will include at least three books, including the first. He is enthusiastic about the series, having learned a lot from the first book. The author's current priorities in life include studying, playing badminton, and working on Edward Gate. Although some may consider it dull, the author finds this lifestyle delightful. The author hopes that readers will enjoy the series.



# THE INTERVIEW

WITH AUTHOR QUINTO LAM

**Q: How do you handle writer's block or creative burnout?**

I have an advisor, Jayden, and whenever I face writer's block, I step back and chat with him about what the oncoming plot should be.

**Q: What is the most difficult part of your writing process?**

The hardest part is writing the middle of the story. You want to write the epic climax you've been planning but you still have to develop your characters more. It's very daunting but very necessary.

**Q: How do you handle revisions and editing processes for your work?**

I normally edit the book myself, then give it to editors for developmental edits, copyedits, line edits and proofreading. Then I do one final check to make sure it is up to my standards.

**Q: What came first to you – the plot or the characters – and why?**

I came up with the name 'Edward Gate' long before I started this novel, but after him, I thought of the characters. Edward Gate popped into my head as a short, simple, catchy and original name.

**Q: In your book, which part of the story is your favourite?**

The part at the end of the book where Edward sits on a mountain reflecting on everything he had done during the journey.

**Q: What was the most surprising thing you discovered while completing your book?**

I had always thought that writing a book was the hardest part, but if you have passion, it is one of the easiest. You get attached to your plot and characters and writing becomes a habit.

**Q: Can you share with us something about the book that isn't in the blurb?**

This isn't related to the plot at all but it is very humorous. During Edward's time at Brickston High, a student insults the teacher. The best part is that the teacher's responding insult was hilarious and absolutely destroyed the student.

**Q: Does one of the main characters hold a special place in your heart? If so, why?**

A character that doesn't appear in the blurb is called Phys. He is the mentor to Edward and his two friends but he is also very fun to write. His dialogue is very funny and sometimes writing him is what makes me want to write that day.

**Q: What was the inspiration for the story?**

I'm a big fan of Harry Potter and the works of Rick Riordan. The inspiration that I got for having Edward be able to bend fire, is partly from Percy Jackson (A character made my Rick

Riordan) being able to bend water.

**Q: What is the significance of the title?**

Edward is on a journey trying to retrieve the three legendary keys that unlock the cage of Death. So it's appropriately called Edward Gate and the Retrieval. At least in my opinion.

**Q: Tell us about the process for coming up with the cover.**

I had planned the cover before I finished writing the book. The part where Edward sits on a mountain that I referenced earlier was made so that the cover of the book could see the world that I had made. I was so proud of this world that I had created myself, so I wanted to show it on the cover.

**Q: Do you find it more challenging to write the first book in a series or to write the subsequent novels?**

I think writing the first book is harder because if people read your first book and don't like it, they won't read the rest of the series. So the first book has to be near perfect, and since it's your first book you'll likely have minimal experience.

**Q: Who is the author you most admire in your genre?**

Rick Riordan is my most admired author. His style of writing is so unique and he can insert humor so effortlessly without the joke being forced in. It's smooth like butter but still cracks you up.

**Q: If you could ask one author that you admire three questions about their writing, writing process, or books, what would they be?**

I would ask Rick Riordan how he inserts jokes so effortlessly into his writing style. I would also ask him how he plans a book or a series. And lastly, I would ask him what mythology he would want to add to a new book series if he were to write one.

**Q: Are you working on anything at the present you would like to share with our readers?**

Yes. I'm working on the second book of the Edward Gate series and it is called Edward Gate and the Breakout. At the time of having this interview I have finished planning the book and it is epic in my opinion. I'm also writing a story on Wattpad about Brickston High without Edward present in the school.

**Q: How do you feel about your book being published in**

Honestly, it is a pleasure. I can't believe that my book is getting published in a multi-national magazine with over half a million readers. Thanks to DE MODE for reaching out to me!



# *The Journey*

(in own words)

**M**y journey on love island was an incredible experience, it was a rollercoaster and a mix of up and downs with both positive and negative implications on my life. I found love island to be one of the hardest things I have experienced so far in my life but also one of the most rewarding and fun times which not many people will get to experience in their life and for that I am so grateful and feel so blessed. Throwing yourself into the face of the public is hard to do and although it's beautiful I now have a platform where I can share stuff and causes that I am passionate about with a following which was the whole reason I wanted to go on the show, I consider myself to be very hardworking and ambitious and the idea of having a platform to jet start-up businesses and have new opportunities excites me.

However, I also have had to deal with the bad side of now being in the public eye, especially with social media trolls and negative press which has felt hard at times especially when they have been so brutal about my appearance, which sometimes makes you question yourself. Coming out I'm working on social media projects, mostly on TikTok and just engaging the audience I now have with funny content showing my 100% genuine self which was robbed from me on the show due to the editing. I like to keep things real and my audience appreciates that I don't just show myself at my best and I'm loving creating content that is authentic to me for my audiences. I have plans to be on another tv show as I enjoy reality tv and I'd love the opportunity to go on another show and meet new people and show my full personality.

Since coming out of the Love Island villa to so much hate and negativity I have made it a goal of mine to get so successful just to prove all the haters wrong. I find throughout the whole experience in a backhanded way it's made me love myself more than I did prior to the show because I've had to build myself up since coming out from the show and learn that regardless of anyone's opinion I have to love myself and all my features and imperfections that I put in a spotlight for people to crucify, I chose this decision and I've just had to own it both the good and the bad.

# love island

## SEASON 8





ELIE SAAB

PREFALL 2023 COLLECTION





ELIE SAAB

PREFALL 2023 COLLECTION



## OF NOIR AND NUIT

Enveloped in an air OF NOIR AND NUIT, the ELIE SAAB woman is always in the spotlight of bold glamour and defiant poise. She brings feminine enigma into luminescence in ELIE SAAB PREFALL 2023.

The collection of dark and sophisticated expressions invokes captivating allure, lavish opulence, and sheer power into the present moment. Vivid strokes of saturated colour add wisps of brilliance to strong silhouettes in dominant shades of black. Like bursts of elation, Sangria and Purple Magic sequins splash across tulle embroidered tailored suits. In the same breath, Fanfare Aqua and a touch of Nautical Blue cascade down strapless dresses and plunging V-neck gowns, illuminating more defined lines. Floral buds dot across New Red scuba mini-skirts and Moonflower White cotton shirts, while three-dimensional foliage blossoms out of boxy leather shirts and matching A-line skirts. Geometric embroidered monograms youthfully thread across a structured denim skirt highlighting outlines through illusions of movement.





ELIE SAAB

PREFALL 2023 COLLECTION





# Son Jung Wan SS23

collection at

**NYFW**





A man with dark hair and a light complexion is looking upwards and to the right. He is wearing a white shirt with a small blue floral pattern. The background is a wall made of large, irregular stone tiles. A teal speech bubble is positioned in the upper left corner, containing the text 'IF YOU CAN'T FIND A GOOD ROLE MODEL, BE ONE'.

IF YOU CAN'T  
FIND A GOOD  
ROLE MODEL,  
BE ONE

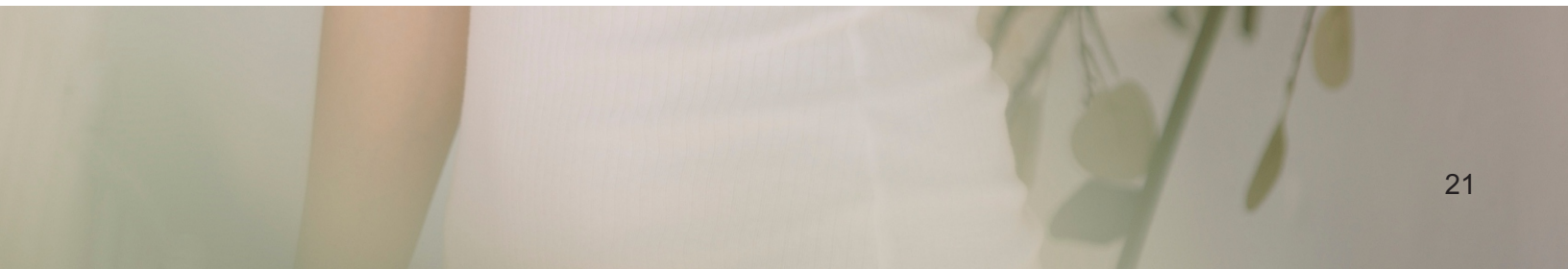
Modeling is a job that entails an immense amount of audience interaction. If you're a model, you must be willing to share your stunning photos with friends and followers





# Beyond Tokyo

Exploring the Beauty of Japan's Countryside





WRITING CAN BE  
HARD, BUT IT  
DOESN'T HAVE TO  
BE LONELY. READ  
THE BEST 6 LGBTQ  
BOOKS FROM THE  
MASTERS OF THE  
CRAFT.





# THE NEEDLE AND THE DAMAGE DONE

## BY AUTHOR & DR. PATRICK TREACY

The Needle and the Damage Done is the story of a boy from a small Irish village who became an adventurer, multi-award-winning doctor, and physician to the stars. Part travelogue, part thriller, part celebrity tell-all, the memoir is a whirlwind of adventure and a fascinating insight into the colourful life of Dr Patrick Treacy.

Cosmetic doctor Patrick Treacy grew up in rural Northern Ireland during The Troubles. Determined to become a doctor, he raised money for medical school in Dublin by smuggling cars from Germany to Turkey. He studied biochemistry at Queen's University Belfast and medicine at the Royal College of Surgeons. While working in a Dublin hospital, he was accidentally jabbed with a needle from an HIV patient. He took blood test after blood test for many years until he was confirmed negative. Initially overwhelmed by the experience, he moved to New Zealand, away from everyone who knew what he was going through: his girlfriend and his colleagues. Thus, he began a peripatetic existence, working as a doctor around the world. In Saddam Hussein's Baghdad, Treacy was arrested and imprisoned, spending days wondering whether he was going to be hanged as a spy. He worked as a ship's surgeon in California and with the Royal Flying Doctor Service in Australia. On returning to Dublin, Treacy set up the Ailesbury Clinic where he pioneered the emergent field of cosmetic dermatology, championing treatments regarding the use of botulinum toxin and dermal fillers. His award-winning research brought him numerous international accolades and many celebrity patients, including the King of Pop himself, Michael Jackson, who came flocking to his door.

Central to this memoir is Treacy's personal journey: his efforts to escape the conflict of The Troubles, coping with the fear that he may have contracted HIV, getting over his lost love and surviving the crippling Irish recession. Most of all, it gives us a fascinating insight into his award-winning research on the influence of Botox® on the brain and how he developed protocols to reverse the damage being done to patients' faces as a result of the complications of dermal fillers.

Patrick Treacy's poignant memoir 'The Needle and the Damage Done' is a gripping page-turner and you'll feel as if you're on a rollercoaster like journey reading this book full of excitement, wonderful experience steeped in optimism, risk and sheer excitement.



**GET YOUR COPY OF 'THE NEEDLE AND THE DAMAGE DONE' TODAY. AVAILABLE ON AMAZON AND BARNES & NOBLE.**



**DR. PATRICK TREACY**

## JOURNEY AS AN AUTHOR & A DOCTOR

Dr Treacy, born in Fermanagh (Northern Ireland) was awarded the "Top Aesthetic Practitioner in the World 2019" at the MyFaceMyBody Global Awards (Las Vegas). He is recognised as one of the most influential aesthetic practitioners in the world. He won the 'Doctor of the Year' UK 2019 (London) and is among a few doctors in the world to have won the coveted AMEC Trophy three times (Paris 2014 and 2016, Monaco 2019). He was given the CCME Medal for "Excellence in contributions to Aesthetic Medicine" (Mexico 2016) and received the MyFaceMyBody Specialist Award (London 2018). He was awarded a Laureate in Aesthetic Medicine by the Azerbaijani College of Medicine and the Beauty & Anti-Ageing Trophy (Baku 2017). He was awarded the 1st AIDA Trophy for his research in Aesthetic Medicine (Abu Dhabi 2017). He won both the "Irish Healthcare Award for Medical Research" (Dublin 2017) and the "British College of Aesthetic Medicine Award for Medical Research" (London 2017). He is recognised to be among the first doctors worldwide to use hyaluronidase during vascular filler occlusion and to establish protocols for its use.

Dr Treacy is a fellow of the Royal Society of Medicine and the Royal Society of Arts (London). He is Chairman of the Ailesbury Humanitarian Foundation and is the driving force behind countless humanitarian efforts that impact the lives of children in communities across Africa, Haiti, and the Third World. To this end, he has opened orphanages in Monrovia, Liberia, and Mirebalais, Haiti. He practices cosmetic medicine in his clinics in Dublin and Cork. He has featured on CNN, Dr Drew, RTÉ, TV3, Sky News, BBC, and Newsweek. He serves on the editorial boards of five international aesthetic journals. He is author and co-author of many articles in peer-reviewed scientific journals and has contributed to chapters of medical books. His research has strongly influenced this specialist area where he has developed global protocols relating to dermal filler complications and wound healing, as well as pioneering techniques for HIV facial lipodystrophy.



# THE INTERVIEW

WITH AUTHOR & DR. PATRICK TREACY

**Q: How do you handle writer's block or creative burnout?**

Thankfully, I have never experienced it. I can write for up to eight hours at a time. The Covid lockdown gave me the opportunity to get all of those books out of my head and down on paper.

**Q: What is the most difficult part of your writing process?**

Approaching emotional subjects like the death of my mother or the break-up of a relationship.

**Q: How do you handle revisions and editing processes for your work?**

I find it easy to do it on a computer. You have to save each revision with the current date, or one can easily backtrack and be unaware you're working in an older edition of the narrative.

**Q: In your book, which part of the story is your favourite?**

Probably the beginning, formalising structure and dropping hints about where the narrative is likely to follow. Most of my life story is in my new memoir, *The Needle and the Damage Done*. It details growing up in rural Northern Ireland during the Troubles, studying medicine at the Royal College of Surgeons then coping with the fear that I may have contracted HIV from a hospital needlestick injury, and later working as a doctor around the world.

**Q: What was the most surprising thing you discovered while completing your book?**

That people accept you better for being honest even if it is embarrassing to do so.

**Q: Can you share with us something about the book that isn't in the blurb?**

The most poignant memento I have is probably the remainder of one of the tubes of cream that I used to treat Michael Jackson's vitiligo. Nelson Mandela rang him during an application from that tube. When he handed me the phone, I thought it was a concert promoter calling about an HIV concert we were organising in South Africa. After discussing the fact that we both had lived in Cape Town I mentioned that I had lived in Clifton, Camps Bay and Bantry Bay. He replied, "You know Cape Town better than me". I suppose I am really just a blow-in." I actually said,

"Where did you live before that?" before Michael put his hand to his mouth, hurriedly pointed to the phone and said, "It's Madiba!"

**Q: Does one of the main characters hold a special place in your heart? If so, why?**

Possibly **Michael Jackson**. I knew Michael as a friend and witnessed the personal agonies he suffered during the treatment of his vitiligo, of watching him cry as he took off his wig and

showed me his scarred scalp. While writing this answer, I am conscious of the global feelings towards Michael Jackson whose reputation has been severely damaged since the screening of *Leaving Neverland*. After watching the documentary, myself,, many questions remain. Some critics say that it is more a testimonial than a journalistic endeavour, as people defending the singer were not involved or interviewed. I can only attest to the fact that anytime I saw Michael around children, including his own, he acted with total respect and love to them.

**Q: What do you hope your readers take away from this book?**

I'll let one of the reviews answer that question. The book is organised into chapters that encapsulate the most adventurous and special moments where love and wonderful experiences are steeped in optimism, risk and sheer excitement. The writer, as well as giving me a wonderful sense of determination and persistence, I also got an insight into the more enduring times in his life as he faced many trials and tribulations in his early life and the journey as a young Doctor who later becomes the best aesthetic practitioner in the world.

**Q: Tell us about the process for coming up with the cover.**

Actually, it wasn't planned. I was in the Galderma Headquarters in Watford and the photographer wanted a headshot. There was a skull nearby and I just grabbed it and we liked the finished result.

**Q: If your book was to be made into a movie, who are the celebrities that would star in it?**

It's currently with **Netflix** so I mustn't say anything.

**Q: Are you working on anything at the present you would like to share with our readers?**

I'm working on *Destinations* in the form of a travelogue. The manuscript runs to approx 150,000 words and includes photographs of the many people whom I have met during the course of my travels. Generally, each chapter contains a brief introduction, often relating to the history of the country, and is followed by a story or reflection, based on my medical work, or thoughts about the country in which I find myself. At all times, being keen to taste something of the cultures of the places where I am working. The script covers all four corners of the globe, with a particular emphasis on Africa and the Middle East.

**Q: How do you feel about your book being published in**

Thank you for the opportunity of being published in such a wonderful magazine.





Lifestyle is the interests, opinions, behaviors, and behavioural orientations of an individual, group, or culture.

The term was introduced by Austrian psychologist Alfred Adler in his 1929 book, *The Case of Miss R.*, with the meaning of "a person's basic character as established early in childhood".

The broader sense of lifestyle as a "way or style of living" has been documented since 1961. Lifestyle is a combination of determining intangible or tangible factors. Tangible factors relate specifically to

demographic variables, i.e. an individual's demographic profile, whereas intangible factors concern the psychological aspects of an individual such as personal values, preferences, and outlooks.

A rural environment has different lifestyles compared to an urban metropolis. Location is important even within an urban scope. The nature of the neighborhood in which a person resides affects the set of lifestyles available to that person due to differences between various neighborhoods' degrees of affluence and proximity to natural and cultural environments. For example, in areas near the sea, a surf culture or lifestyle can often be present.







## The Best Lifestyle Blogs for Women

### in 2021 What Is a Lifestyle Blog?

Before we dive into the best lifestyle blogs on the internet right now, let's talk about what a lifestyle blog actually is. A lifestyle blog is a curation of interests and activities based on the blogger's life. These blogs are usually a combination of the blogger's personal experiences and valuable, informative content for their audience. It's important to note that a lifestyle blog is not the same thing as a personal blog. While a personal blog is just a diary of the blogger's life, it doesn't necessarily share the

informative and inspirational content of a lifestyle blog. No matter your age, location, season of life, and personal interests, you'll be able to find a lifestyle blogger you can relate to! Some topics you'll commonly find on lifestyle blogs are:

You'll notice that most lifestyle bloggers have a few categories from that list they focus on most often, but they certainly might sprinkle in other topics as well! Lifestyle blogs also tend to change over time. As the blogger goes through different seasons of life, so does her blog! And her blog often reflects what's happening in her own life.

The Every girl The Everygirl is a blog I've been reading for years, and it's definitely one of my favorites! This site provides just about everything you need to know about as a millennial woman, including career, finance, wellness, travel, relationships, and so much more. Their content is super helpful and relatable! The Financial Diet The Financial Diet is a lifestyle blog with a major emphasis on personal finance. Not only do they offer general financial advice, but they also share personal stories and advice for life situations that any millennial woman could find herself in. As I have had to start over both personally and financially over the past couple of years, I've found myself taking away more and more from this site. Advice From a Twenty Something Advice From a Twenty Something shares tons of advice that any millennial woman will love. The blog covers all aspects of 20-something life such as dating, friendships, career, personal development, and fashion. I find the content on this site to be super relatable. Plus I love that she answers questions from her readers on the site! Wit and Delight Wit and Delight is a lifestyle blog that shares personal stories. They share the fashion and home decor advice you'll see on other, but somehow in a more real and relatable way. I really love the wellness articles and personal stories. Barefoot Blonde Barefoot Blonde is a more personal blog, where the blogger, Amber, shares a lot of what is going on in



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style. She also shares some beauty, travel, and home decor content. A Cup of Jo A Cup of Jo is one of the most popular women's lifestyle blogs out there. She covers the content you'll see on most other lifestyle blogs, such as fashion and beauty. But I also really love that she dives deep into some deeper, more personal topic such as dealing with different relationships and women's issues.

Corporate is a fashion and lifestyle blog for women in high-achieving careers such as lawyers, bankers, MBAs, and consultants. As a woman who works in a very professional work environment, I love getting

her life. But on top of that, she also shares tips on hair, beauty, fashion, and more .A Beautiful Mess A Beautiful Mess is one of the OG lifestyle blogs. Founded by two sisters, Elsie and Emma, this blog is my go-to for anything creative. They have an amazing collection of home decor projects, receipts, craft ideas, and more. If colorful and creative is your style, you will love this blog! Cupcakes and Cashmere Cupcakes and Cashmere is one of the first lifestyle blogs I found when I started reading blogs years ago. The blogger Emily shares articles on fashion and beauty, recipes, home decor, and personal stories. She has also written several books and has her own clothing line. Gal Meets Glam Gal Meets Glam is a fashion-centered lifestyle blog where the blogger Julia shares really fun and unique southern

fashion advice tailored toward similar careers. The Skinny Confidential The Skinny Confidential is the perfect blog for anyone focused on health and fitness, among other things. The creator also has a podcast where she brings on guests to share health and fitness tips and tricks. Lauren Kay Sims Lauren Kay Sims is a blog written by, you guessed it, Lauren Sims. It's a pretty lifestyle blog that covers just about everything, including fashion, beauty, travel, motherhood, fitness, and more. She's also super active on Instagram stories and shares a lot of tips on there. Some of my personal favorites from her are her skin care tips! Pink Peonies Pink Peonies started as a lifestyle blog, but it's basically turned into an empire. On the blog, Rachel shares advice and inspiration for fashion, home decor,



# LIFESTYLES

beauty, and more. She also has her own women's clothing brand. Sincerely Jules Sincerely Jules is a lifestyle blog that shares personal style and beauty advice for women. Most of her posts are fashion-related, and she shares amazing photos! The Blonde Abroad The Blonde Abroad is a great lifestyle blog for anyone who loves travel! For years Kiersten has been the go-to resource for solo female travel. She shares advice on every step of the travel-planning process. She also shares inspiration and beautiful photos who are just looking to live vicariously through someone else's travels.

Final Thoughts I just love reading lifestyle blogs, and that love has only grown the longer I've been blogging myself. I love discovering women online who have so much to offer, whether it be some amazing advice or a personality you just can't help but love. I've also been able to get to know many other bloggers over the past five years, and I can tell you they are some of the most genuine and positive people I have met! I hope you loved this list, found a new favorite blog, and maybe are even considering starting your own lifestyle blog!





# FASHION

Will the coronavirus pandemic, which has forced a rethink of so many industry habits, ultimately spawn an era of slower fashion with fewer seasonal collections, deliveries suited to the weather – and fewer markdowns?

Plenty of designers and fashion executives would certainly cheer those changes.

“To be honest with you, I like the idea of having a slower pace in terms of seasonality – of having in the windows cashmere

in winter and swim wear in summer,” said Donatella Versace, chief creative officer of Versace. “This will give us that time to research and create things that have that something more and special that I am sure will be needed to make people say: I want it!

“Considering that all of us – I mean us designers – have been complaining about the pace of fashion, about the unsustainable speed that the delivery calendar had us keep, this is for sure a chance to rethink a lot of

things, including seasonality,”

“I suppose there’s room for everything. You can satisfy a voracious customer who needs immediate gratification and will blithely turn to someone else who is quicker and cheaper, or you can make a connection with someone un-rushed who can respect waiting for an order,” he mused. “In an ideal world, you have a choice.” 29





# What is Fashion?

Fashion is something we deal with everyday. Even people who say they don't care what they wear choose clothes every morning that say a lot about them and how they feel that day.

One certain thing in the fashion world is change. We are constantly being bombarded with new fashion ideas from music, videos, books, and television. Movies also have a big impact on what people wear. Ray-Ban sold more sunglasses after the movie Men In Black. Sometimes a trend is world-wide. Back in the 1950s, teenagers everywhere dressed like Elvis Presley.

## Who dictates fashion?

Musicians and other cultural icons have always influenced what we're wearing, but so have political figures and royalty. Newspapers and magazines report on what Hillary Clinton wears. The recent death of Diana, the Princess of Wales, was a severe blow to the high fashion world, where her clothes were daily news.

Even folks in the 1700s pored over fashion magazines to see the latest styles. Women and dressmakers outside the French court relied on sketches to see what was going on. The famous French King Louis XIV said that fashion is a mirror. Louis himself was renowned for his style, which tended towards extravagant laces and velvets.

Fashion is revealing. Clothes reveal what groups people are in. In high school,



groups have names: "goths, skaters, preps, herbs." Styles show who you are, but they also create stereotypes and distance between groups. For instance, a businessman might look at a boy with green hair and multiple piercings as a freak and outsider. But to another person, the boy is a strict conformist. He dresses a certain way to deliver the message of rebellion and separation, but within that group, the look is uniform. Acceptance or rejection of a style is a reaction to the society we live in.



“A little of what you call frippery is very necessary towards looking like the rest of the world.”

Fashion is a language which tells a story about the person who wears it. “Clothes create a wordless means of communication that we all understand,” according to Katherine Hamnett, a top British fashion designer. Hamnett became popular when her t-shirts with large messages like “Choose Life” were worn by several rock bands.

## There are many reasons we wear what we wear.

Protection from cold, rain and snow: mountain climbers wear high-tech outerwear to avoid frostbite



and over-exposure.

Physical attraction: many styles are worn to inspire “chemistry.”

Emotions: we dress “up” when we’re happy and “down” when we’re upset.

Religious expression: Orthodox Jewish men wear long black suits and Islamic women cover every part of their body except their eyes.

Identification and tradition: judges wear



robes, people in the military wear uniforms, brides wear long white dresses.

**“THE APPAREL OFT PROCLAIMS THE man.”**

**-SHAKESPEARE, HAMLET**

Fashion is big business. More people are involved in the buying, selling and production of clothing than any other business in the world. Everyday, millions of workers design, sew, glue, dye, and transport clothing to stores. Ads on buses, billboards and magazines give us ideas about what to wear, consciously, or subconsciously.

Clothing can be used as a political weapon. In nineteenth century England, laws prohibited people from wearing



clothes produced in France. During twentieth century communist revolutions, uniforms were used to abolish class and race distinctions.

## Fashion is an endless popularity contest.

High fashion is the style of a small group of men and women with a certain taste and authority in the fashion world. People of wealth and position, buyers for major department stores, editors and writers for fashion magazines are all part of Haute Couture ( "High Fashion" in French). Some of these expensive and often artistic fashions may triumph and become the fashion for the larger majority. Most stay on the runway.

Popular fashions are close to impossible to trace. No one can tell how the short skirts and boots worn by teenagers in England in 1960 made it to the runways of Paris, or how blue jeans became so popular in the U.S., or how hip-hop made it from the streets of the

Bronx to the Haute Couture fashion shows of London and Milan.

It's easy to see what's popular by watching sit-coms on television: the bare mid-ribs and athletic clothes of 90210, the baggy pants of The Fresh Prince of Bel-Air. But the direction of fashion relies on "plugged-in" individuals to react to events, and trends in music, art and books.

"In the perspective of costume history, it is plain that the dress of any given period is exactly suited to the actual climate of the time." according to James Laver, a noted English costume historian. How did bell-bottom jeans fade into the designer jeans and boots look of the 1980s into the baggy look of the 1990s? Nobody really knows.

Once identified, fashions begin to change.





## International Fashion Editor Cynthia Durcanin answers the question, "What is fashion?"

Fashion is a state of mind. A spirit, an extension of one's self. Fashion talks, it can be an understated whisper, a high-energy scream or an all knowing wink and a smile. Most of all fashion is about being comfortable with yourself, translating self-esteem into a personal style.

### Why is it important?

Fashion is a means of self-expression that allows people to try on many roles in life. Whether you prefer hip-hop or Chanel-chic, fashion accommodates the chameleon in all of us. It's a way of celebrating the diversity and variety of the world in which we live. Fashion is about change which is necessary to keep life interesting. It's also a mirror of sorts on society. It's a way of measuring a mood that can be useful in many aspects, culturally, socially even psychologically. At the same time, fashion shouldn't be taken too seriously or you lose the fun of it.

### How do you know what will be hot in the future?

The collections in Paris, New York and Milan, and now London, typically set the stage for the industry one year in advance. Though, I think the street is the real barometer of style. More and more designers are drawing their inspiration from life on the street. So once again, there is a link to personal style and fashion. A teenager can throw something together without thinking about it and it can trigger a new trend.

### How do you choose what to wear in the morning?

It depends on my day, mood and what's clean. If I have an important meeting or presentation, I put more thought into what I will wear. But on my most days, I dress to my mood which can range from funky to retro to classical.







CALL TO ACTION



# Definition of Fashion

According to the editorial policy of *Fashion Theory: The Journal of Dress, Body & Culture*, fashion is defined as "the cultural construction of the embodied identity." As such, it encompasses all forms of self-fashioning, including street styles, as well as so-called high fashion created by designers and couturiers. Fashion also alludes to the way in which things are made; to fashion something is to make it in a particular form. Most commonly, fashion is defined as the prevailing style of dress or behavior at any given time, with the strong implication that fashion is characterized by change. As Shakespeare wrote, "The fashion wears out more apparel than the man." There are fashions in furniture, automobiles and other objects, as well as in clothing, although greater attention is paid to sartorial fashion, probably because clothing has such an intimate relationship with the physical body and, by extension, the personal identity of the individual.

## Fashion Through the Ages

Fashion is most often thought of as a phenomenon of the Western world from the late Middle Ages onward; but fashion-oriented behavior existed in at least some other societies and historical periods, such as Tang Dynasty China (618-907) and Heian Period Japan (795-1185). For example, at the eleventh-century Japanese court, it was a term of praise to describe something as *imamekashi* ("up-to-date" or "fashionable"). A regular pattern of stylistic change with respect to dress and interior decoration existed in Europe by the fourteenth century. The first fashion magazine

is thought to have appeared in about 1586 in Frankfurt, Germany. By the seventeenth century, Paris was the capital of European fashion, and the source of most new styles in women's dress. By the eighteenth century, however, fashions in men's clothing tended to originate in London.

## Modern Influence of Fashion

La mode is the French word for fashion, and many scholars believe there is a link between la mode (fashion) and la modernité





(modernity, or the stylistic qualities of what is modern). Certainly, the number of people following fashion increased greatly in the modern era, especially beginning in the nineteenth century, due to the spread of democracy and the rise of industrialization. The later nineteenth century witnessed both the mass-production of ready-to-wear clothing and also the development in Paris of the haute couture. Although most dressmakers then were women, some of the most famous early couturiers were men, such as Charles Frederick Worth. Other famous Paris couturiers of the twentieth century include Gabrielle "Coco" Chanel, Christian Dior and Yves Saint Laurent.



## Haute Fashion vs. Ready to Wear

It is popularly believed that there is a great difference between high fashion and ordinary clothes, but this is not the case.



Designers such as Chanel and Dior sold expensive fashionable clothes to a relatively small number of people, but their designs were widely copied by manufacturers, who sold the "knock-offs" for a fraction of the price of the originals to a much more extensive clientele. Another popular myth is that men do not wear fashion. While it is true that men's clothing changes more slowly and subtly than women's clothing, it, too, follows the fashion. In the 1980s, for example, Giorgio Armani designed fashionable men's suits and jackets that had a profound influence on menswear generally. Finally, it is widely assumed that changes in fashion "reflect" societal change and/or the financial interests of fashion designers and manufacturers. Recent research indicates, however, that there also exist "internal taste mechanisms," which drive changes in fashion even in the absence of significant social change. Particularly relevant is Stanley Lieberman's research on fashions in children's first names, which are clearly





western designers of exotic stylistic conventions from diverse cultures spanning the Asian continent.

## Influx of Asian Merchandise in the West

Though luxury goods have been filtering into Europe from countries like China since ancient times, it was not until the great age of exploration that a wider array of merchandise from cultures throughout Asia found their way to the west. For example, the importation of Chinese ceramics exploded in the seventeenth century. Not only did these wares remain popular for centuries, they also inspired the creation of stellar ceramic companies like Sevres in France and Meissen

unaffected by commercial interests. No advertisers promote the choice of names such as Rebecca, Zoe, or Christopher, but they have become fashionable anyway.

## Definition of Orientalism

The Orient has been a source of inspiration for fashion designers since the seventeenth century, when goods of India, China, and Turkey were first widely seen in Western Europe. While the use of the term "Orientalism" has changed over time, it generally refers to the appropriation by





in Germany. Even plants, like the legendary flower from Turkey that led to the "tulipmania" craze in Holland and the brewed leaf that became the status drink of the well-to-do and evolved into the ritualized "high tea," fueled the love of all things from Asia.

## Impact on Fashion

It was in the realm of fashion that the impact of "Orientalism" could also be profoundly felt. Platform shoes from central Asia led to the creation of the Venetian chopine in the sixteenth century. Textiles from all over Asia, primarily China, India, and Turkey, inspired the creation of fashions like the robe à la turquerie in the eighteenth century. This was a more extraordinary phenomenon since the fear of Turkish Islamic invaders was a constant and imminent threat. Coupled with the threat of an invasion was a diametrically opposed view: the romantic notion of a far-distant land, such as Cathay (or China), filled with genteel philosophers and lovers of art. This idealized impression of China would continue until the rise of the industrial revolution and European colonialism in the early nineteenth century. The gritty reality of



ever-increasing business transactions between East and West, as well as the ever-encroaching military dominance by European powers in Asia was firmly cemented by the middle 1800s.



# KIDS FASHION

## KIDS FASHION TREND 2023

Kids wear should not have drawstring as they have tendency to wind around the child neck and cause danger. fastners should not be attached in the wrong place which may hurt the kid. They should be soft, warm and porous and for babies elasticised garment should be avoided



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