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# EDITOR'S NOTE



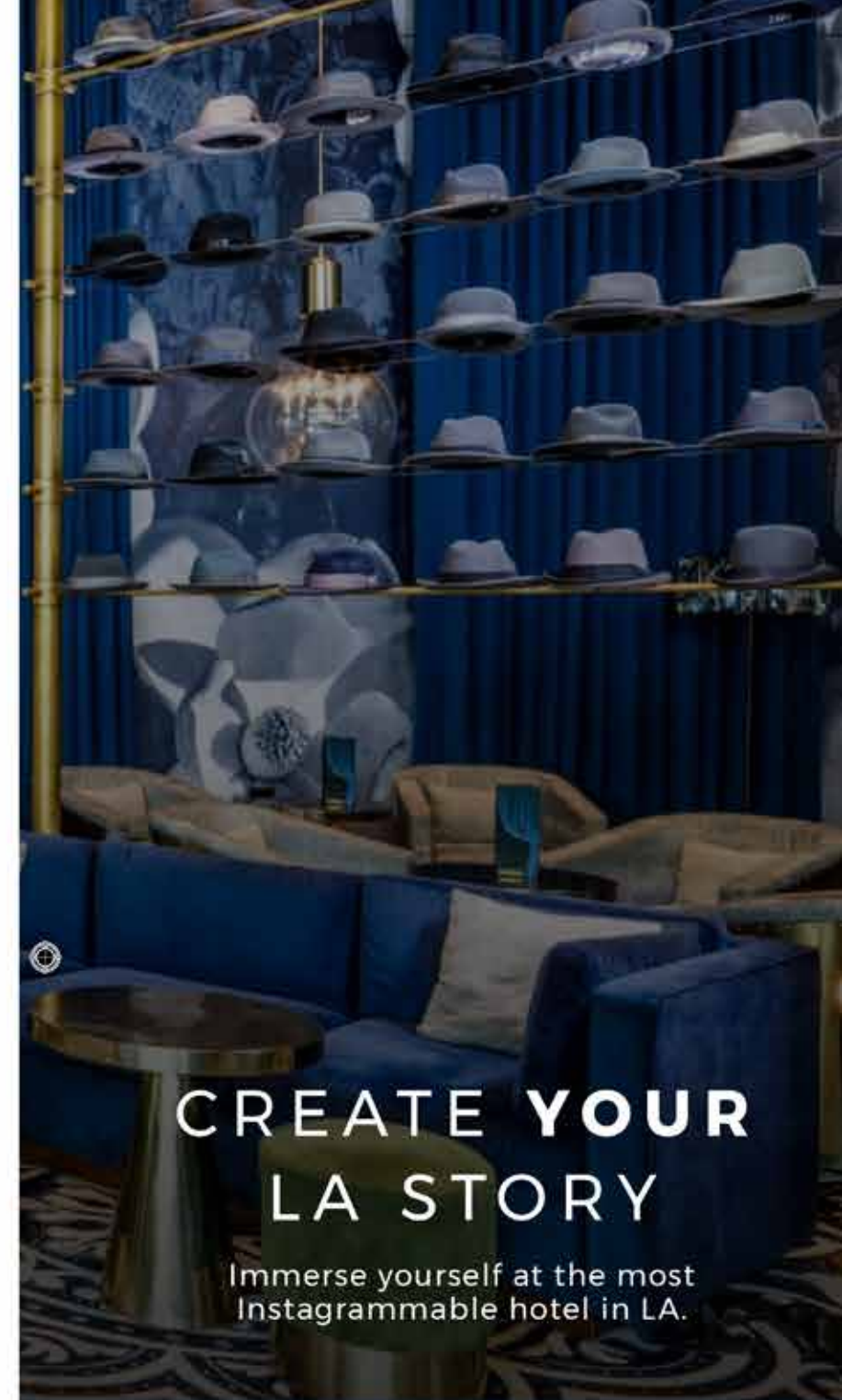
I will not sit here and lie, saying I believe in the commercialized concept of Valentine's day, but that does not mean that I do not believe in Love. I do...in fact, I consider myself as a true romantic.

That's why this issue, while we do honor the tradition of love, lust, and romance - we encourage that you don't save it just for the single day. Take these inside pointers instead to rekindle the romance and fall in love all over again with each passing day; making every day your own version of Valentine's day.

Love, whether it's for yourself, or someone in your life is precious and perhaps the most magical thing available to us. Times can get tough, but the one thing that can truly withstand the test of time is pure, genuine, Love...

Thank you for taking a moment to fall in love with us - we do hope you enjoy this issue of Love, Fashion, Beauty and Skincare.

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**BEAUTY**

# OUR PICKS



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A tinted serum in 12 stretchable shades formulated with NP-TriOX™ Technology to combat the effects of stress on the skin. Thank you TRINNY LONDON.



The satiny pink Benefit Cosmetics High Beam Liquid Highlighter accents cheek and brow bones for a dewy-looking glow.



Jaclyn Cosmetics Rouge Romance Cream Blush Stick transforms on skin for a gorgeous, effortless wash of color



This TRE C all shine no stick lip-gloss is perfect for lip tint to apply on top of your liner or bare lips. Get extreme shine with our Touch lipgloss in the perfect "cream" nude.



This mascara's combination of brush and toxin-free formula opens up eyes for a natural or defining, and totally buildable look. ILIA - a complete must have!



# BETTER THAN SEX

Never did I expect someone to complain about having too much sex. But that is what happened to me. Without knowing, my so-called fling, was quickly becoming a relationship.

---

After the sex-a-palooza ran its course, I began to realize that we enjoyed spending real time connecting. I suppose that is why they say that communication is the backbone of any healthy relationship. But that all falls on being able to be honest with one another, regardless of how difficult that can be.

No relationship will continue without seeing their own versions of ups and downs, but the maturity falls on whether you grow from it. Take for example, if you are upset with your partner, before you decide to react, it's important to step back and figure out the why. This is mainly because words can indeed hurt, and =, unfortunately, when we speak out in anger, there are shared that can't be taken back. And this is regardless of whether you truly meant them. This goes back to how I mentioned that communication can hurt feelings. Honesty has consequences but holding things in does too.

Allow the opportunity to communicate and listen. You want to ensure an understanding is taking place and that you also allow them an opportunity to speak and be heard. Healthy relationships are about asking questions, listening, and doing what you can to understand. This is the only way you will ever understand your partner and continue to grow stronger together.

Another important lesson is recognizing that your partner cannot give you everything. I'm certain by now you are wondering how this lesson is better than sex, let me explain. This is about being open to the fact that you two are not each other's therapists, therefore giving each other the opportunity to maintain a personal network is important.

There are several versions of love an individual needs, and the fact if your significant other may not be able to fulfill this. And no, I don't mean sex, but the forms of platonic, familial, and emotional love that a person requires to balance out. By branching to your network and accepting this factor, you are ensuring that you don't stay in a relationship out of co-dependency or just due to the fear of being alone. Instead, you can be in a relationship because of love.

Lastly, and perhaps the most important of them all – you are as much lovers as you are friends. Without contradicting the forementioned, you want to be able to have both a romantic and platonic relationship.

There is nothing more previous that knowing your significant other is a friend. Someone you can talk to and bounce back opinion and ideas. This is the same person you can learn from and enjoy your time with. The main foundation of a relationship is that of dating your friend, or as most wish, their best friend.

Sex is special, but when there is a true emotional connection, it makes it that much more of an experience. Because, yes, you can have mind blowing sex with someone you can't spend a whole day with, but then again, why would you want that? Wouldn't you rather have mind blowing sex with someone you have true chemistry with?

Therefore, if you and your loved one have hit a bumpy road, take a mulligan (or 5) and remember what made the relationship special to begin with...chances are, it is more than just sex.

# SINGLE? ME TOO

It is almost as if all the couples are mocking me for being single.

---

Valentine's Day is coming up. I honestly do not know what it is, but when this time of the year comes around, I see more people holding hands as I walk up and down the streets of New York, and all I am holding is the insides of my puffer jacket pocket. It is almost as if all the couples are mocking me for being single. I get jealous because I am spending Valentine's Day alone this year. Everywhere I look, there are beautiful shades of red and pink, and beautiful couples with a bouquet of flowers, deeply in love. We see hearts everywhere, chocolates and flowers, sometimes it reminds me of how single I am. To be honest, sometimes being single on Valentine's Day is not so bad.

Wherever we scroll, we always see things that remind us of Valentine's Day, the day of love. But, we do not have to celebrate love between you and someone else, we should and can celebrate the love between you and yourself. 2022 is the year that you become a Girl. Putting yourself first, taking self care to the next level, and literally taking no bull-crap. As we navigate through our life, the most important person in our life is yourself.

Valentine's Day is a day for love - love in all forms. From loving your little baby or pet at home, to loving your surroundings, everywhere you look, love exists. There are little details from parts of our lives that we love, but we subconsciously put it in the back of our heads. Perhaps this year, if you are single, let's resurface things you love and bring that energy back into our lives. Instead of buying presents for someone else, what about buying a little present for ourselves? We see all over the world that we have to take ourselves out on a solo date, but why not? We always see those "Let's take myself on a solo date in \*insert place here\*", and so the best way is to make it happen.

Spread some joy and love to yourself, and the environment. There are benefits to being single! Treat yourself to a lovely spa day, go on that shopping spree you were looking forward to, watch your favorite movie (and it does not have to be a romantic comedy!), and just relax. Make it all about you because who says you can't?!

It's Valentine's Day, you are a queen, and you are completely free. You really do get to do whatever you want. While all the couples stare at each other in their lusciously with whatever potion drink they are taking, you get to enjoy your day with either yourself, your friends, or your loved ones. Make this occasion all about you too. Celebrate yourself, as you should because the only person that matters most in your life is you! Do something indulgent like buying yourself an expensive meal, and a bouquet of flowers, or ordering chocolate and ice cream to your doorstep.

The best part about being by yourself is that you do not have to force anything. Whatever you are feeling is validated and it is all about you. Sip on some fun drinks, munch on little snacks, and take the time to appreciate everything around you. It truly is the time to romanticize yourself and your life. Let yourself fall in love all over again with who you are at the core, and your surroundings. Put on your favorite songs or the movies that you want to watch, and just jam out. Mix a cocktail or mocktail (whichever fits your vibe) and before you know it, Valentine's Day is wonderful and it is all about the love.

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# TABLE OF CONTENTS & STAFF

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EDITORS NOTE  
BEAUTY MUST HAVE  
BETTER THAN SEX  
SINGLE? ME TOO  
TABLE OF CONTENTS  
DITCH THE MICROWAVE  
MEET IVY HEART  
ANGELA MUSTONE  
BROKEN HEART  
A-BEAUTY  
SKINCARE MUSTS  
LAST MINUTE GIFTS  
SUSTAINABLE FASHION  
FUNCTIONAL SPORTSWEAR  
CRISTINA NITOP  
ROOM DIFFUSER  
TRAVEL  
IN LOVE WITH LUXE  
PERFUME DEFINED  
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# IT'S TIME TO DITCH THE MICROWAVE

PROVIDED BY CLIENT RELATIONS

It's time to ditch the microwave and upgrade your lifestyle with Steambox - the self-heating lunchbox - which heats your food through steam anywhere, anytime.

After 2 years of intense development and highly successful crowdfunding campaigns, Steambox is finally ready to hit the market, and make its first customer deliveries in April, 2022.

Eating warm, healthy and fresh meals has become more important than ever, but it is hard to find the time. Following the highly successful launch of Steambox at CES 2022 in Las Vegas, consumers will have a better alternative available. They are now just a touch of a button, or a swipe on their phone, away from a delicious nutritious meal in 15 minutes.

"The response to Steambox at CES 2022 was simply amazing. When it comes to eating, Steambox truly makes consumers independent, with no more hassle, limitations or expensive, and possibly unhealthy, takeaways. Steambox allows you to take control of what you eat, where you eat and when you eat," says Amit Jaura, Co-Founder & CEO, Steambox.

After the official CES unveiling, consumers can now pre-order Steambox, which assures that they will be the first who will receive their device at the beginning of April.

## HOW IT WORKS

Through its innovative technology, Steambox's rechargeable system can heat up to 3 meals on a single charge. On top of Steambox tackling everyday problems, its svelte design and modern appearance make it a perfect match with your lifestyle and daily food choice.

Steambox is also app-connected and controllable, through this app the user can follow recipes, track calorie intake and they can also connect to and start specific steaming programs.

## STEAM BEATS MICROWAVE

Rather than conventional heating, steam ensures that food tastes better than a microwaved meal and nutrients are preserved. Steambox's vision is to share Freedom of Food, by enabling consumers to enjoy a warm and healthy meal, no matter the circumstances.

To find out more, contact  
Amit Jaura (Co-Founder & CEO)  
[amit@steam-box.com](mailto:amit@steam-box.com)



NEW

## Touch Lipgloss

This all shine no stick lipgloss is perfect for lip tint to apply on top of your liner or bare lips. Get extreme shine with our Touch lipgloss in the perfect "cream" nude.



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# IVY HEART, A NEW CAPSULE COLLECTION INSPIRED BY LOVE

Adidas and IVY PARK CEO Beyoncé announces IVY HEART, a new capsule collection inspired by love, just in time for Valentine's Day, from the ongoing adidas x IVY PARK creative partnership; As with previous adidas x IVY PARK offerings, this latest collection features distinct looks with inclusive and in gender-neutral sizing in fashion styles, performance gear, footwear, and accessories. The line is available online at adidas.com on February 9th and February 10th in selection stores globally.

This cinematic campaign focuses on the guiding thematic color behind the collection. In the Western world, red is commonly associated with love, romance, and sensuality. While in the East, red is attributed to good fortune and joy. Wherever you are, it's clear that this color represents positivity. The concept is centered around bringing people together from all different backgrounds through this one color that's sentimental to so many. This theme is illustrated through enhanced lighting, bold yet minimal production design, elevated styling and most importantly the international cast. Cultural cues from specific iconography and symbols are explored in visual motifs with sensitivity and intention. IVY PARK pays homage to various cultures inspired by this color, incorporating red through a futuristic yet authentic lens.

The campaign is led by a diverse cast of models, including actress and model Karrueche Tran, model and actor Tyson Beckford, singer/songwriter, actor Troye Sivan, model and actress Shu Pei and actress/comedian Naomi Watanabe.

No matter how you define it, love - most importantly love of one's self - is at the core of IVY PARK's newest drop. Bold and sexy looks are an integral part of IVY HEART, which is aptly decked out in a spectrum of vibrant reds, playful pinks, and nuanced neutrals. In colors that include Candy Paint (Shock Pink), Lipstick Smudge (Red), Raspberry Beret (Power Red), Red, Red Whine (Cherry Wood) and Cheeks (Off-White), the line is punctuated by tactile materials like velour, ribbed knit, and faux latex. IVY PARK's latest collaboration with adidas is further complemented

by performance fabrics and graphic prints, allowing ample designs to mix-and-match from work out to night out.

The capsule collection's design touchpoints are rooted in Beyoncé's love of athleticism and fashion, merged with adidas' performance and innovation. The references culminate in a collection of silhouettes that are sporty, stylish, and above all, unique. Conceived around three pillars of foundation, active, and fashion, IVY PARK's latest collection is highlighted by the Velour Dress and Tracksuit, Faux Latex Puffer, Pique Jumpsuit and Sequin Duster. Accessories include a 5-Panel Hat, a clutch and a Heart-Lip Belt Bag.

Footwear consists of both on-the-court and off-duty models. The range is highlighted by a new iteration of the classic Stan Smith sneaker in Cheeks (Off-White), with a rubber dipped midsole. Additionally, the collection introduces a new silhouette, the IVP Superstar Plim, a mule style shoe inspired by the iconic adidas Superstar in Cheeks (Off-White). The line also features a new colorway of the IVP Savage sneaker in Cheeks (Off-White), a IVP swim slide in Lipstick Smudge (Red) and the Ultra boost in Candy Paint (Shock Pink).

Available starting February 9 online and February 10 in select stores globally









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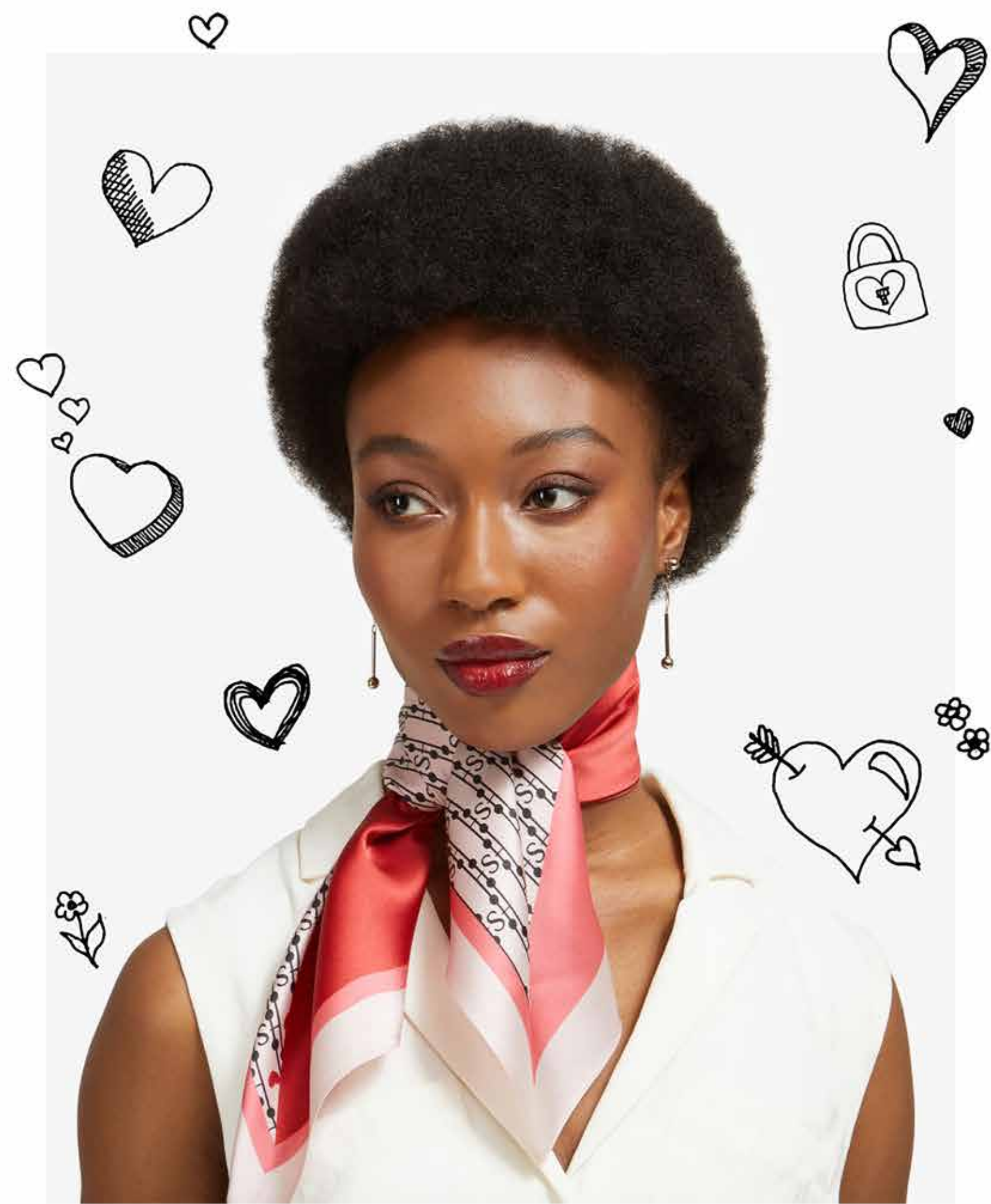


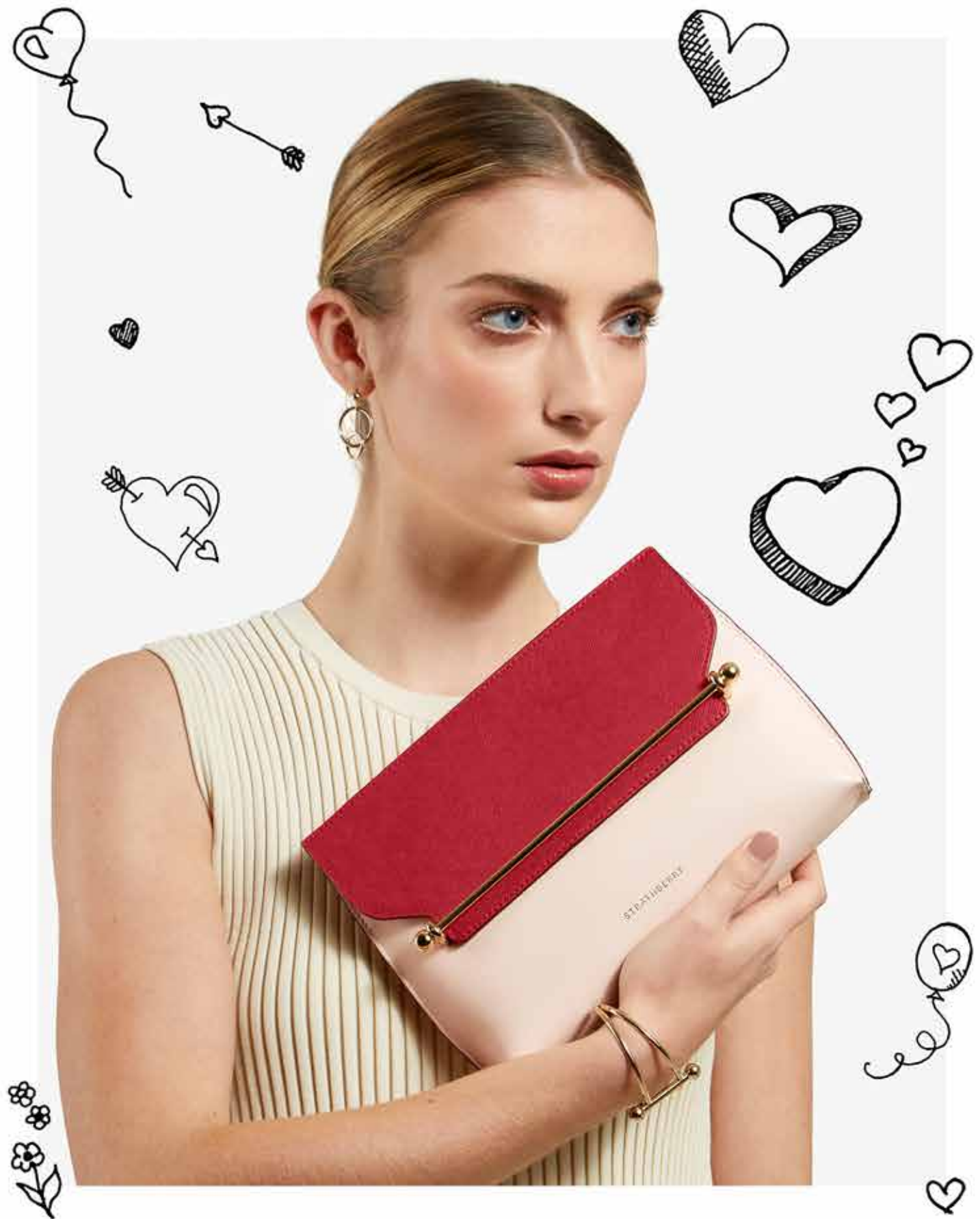
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STRATHBERRY





# ANGELA MUSTONE

the woman behind HighOnLove, a sexual wellness and female empowerment advocate is an amazing entrepreneur, a total boss babe that continues to inspire all around.

Angela Mustone, the woman behind High On Love, a sexual wellness and female empowerment advocate is an amazing entrepreneur, a total boss babe that continues to inspire all around. Combining natural moisturizers such as coconut oil and shea butter with premium cannabis oil for head-to-toe hydration. Originated from Canada, High On Love's blends are transforming romance and bringing a new level of sensuality to skin care, reshaping intimacy and spoiling everyone it touches. Just like the name, High On Love's products are all aphrodisiacs waiting for you to bring them to your highs,

The inspiration behind High On Love came when Mustone was traveling in the Far East, researching cosmetic blends. There, she experienced an epiphany: that the mind and body connect so much more intimately through the transformative benefits of cannabis oil, a powerful wellness ingredient that had only just begun its foray into mainstream society. With the whole brand formulated and focused on the foundation of women and their high on pleasures always. Angela Mustone has always been an advocate for females first. With continuous years of research and perfecting formulations, led to all the amazing products that are luxurious with sensual and self-care products designed to take pleasure to the next level, and with a plus - blended with premium cannabis oil. The society has always put women's pleasure in the past, but this brand is there to change that.

With February here, the month of love, High On Love is the perfect brand to check out. Whether it is love with yourself, or with someone else, High On Love is perfect for the season of hearts. High On Love is thoughtfully created for women, blissfully appreciated by couples, High On Love's revolutionary wellness products are formulated with premium cannabis seed oils to take pleasure to the next level. Combining high and love together, it truly does not get any better! Why choose between the two sensational feelings, when you can truly have the best of both worlds.

High On Love has so many amazing products to choose from. We also heard from a little birdie that there are new products on the way. We see a few new things online: Lip Balm, Hand Cream, More Oils, and Merch and we are looking forward to all of them. Angela Mustone tells us all about them and we can not wait to let you know!

High On Love will be releasing a THC Sensual Stimulating Oil (currently available in Colorado) and is currently Mustone's favorite. It's a next-level version of the original "claim to fame". The Objects of Luxury kit is also brand new and will be newly launched. This latest collaboration with Calexotics is just stunning - it's a premium be-dazzled silicone body wand (in the signature HighOnLove pink) along with the Sensual Massage Oil in a really addictive sugar scent.

Promoting a healthy, sex-positive attitude, for women all over the world, High On Love encourages women to explore their sexuality on their own and become intimate with themselves, first and foremost. The best pleasure starts from loving yourself first. Mustone believes that each and every woman should be responsible for and proud of her own pleasure and sensuality. High On Love products are little luxuries and gives simple joys in gorgeous bottles filled with high-quality products.

High On Love carries pleasure toys in gift sets. There are so many pleasure toys already in the market, but the toys that she carries are different. The pleasure toys are premium and functional but they're also designed to be beautiful with women in mind. Over the years, women's pleasure has always been put second to last. The long everlasting joke of how women fake orgasms because the woman is not satisfied should not have existed. It sucks, why should women be afraid to have pleasure and love it. Mustone wants to take the taboo out of pleasure, so our toys are always cute enough that you'd want to show it off, or give to a friend.

Speaking of pleasures, with Valentine's Day here, the whole line is perfect to up your sensual sex life. But, the most recommended product from High On Love would be their Cannabis Body Butter. It's just so rich, luxurious and pampering - it's really a gift for yourself or someone else. It's extra nourishing, almost like a renewing treatment for your skin. Here in Montreal, Valentine's Day falls in the dead of winter, so it's truly a treat for skin in need of TLC. It is winter after all, so you can come inside, and have a little stay.

Honestly, when we discovered High On Love, we were heightened and experienced the "lovely high" in the name. Although the brand is located and from Canada, we are so happy to say that the brand is available to be shipped to the US as well. The THC line will be in various states later this year but currently in Colorado. So, if you reside in Colorado, do try it out! However, if you are not in the US, that is okay! Her hemp seed line is now in the UK and Dubai as well as Europe and Russia.

The hemp seed line is going to be featured in Elle magazine, and then the THC line is going to be showcased in several mainstream cannabis outlets: Sensi, High Times, Rooster and Westword. Look forward to seeing them all over! We have always loved High on Love since the moment we met them, imagine the high you will get when you see them as well!

They are almost constantly launching new products, so be sure to follow @Highonlove.official to hear the latest on HighOnLove - plus, they love posting exclusive discount codes for our followers. High On Love just continues on to expanding and we can not wait to see what is there for High On Love's journey in 2022.



  
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# BROKEN HEART

Breakups are hard, but a reality of the system. Unfortunately, with love being shoved in our faces this time of year, it only makes them that much harder.

---

Perhaps the scariest part of any relationship is when you reach a point of no return, the breakup stage. It's quite rare that this occurs with both parties in agreement, as it happens with the sudden change of heart from one of the parties. However, it's never so much the breakup itself that makes it difficult, but the change from everything you have become accustomed to.

Then you fall victim of the many questions that roam through our minds: What went wrong? What could have been done differently? Or everyone's favorite, why wasn't I good enough? This one happens even if you are the one to initiate the change. This is because we miss our ex, or at least the life you were building with them in the picture.

Luckily, though it may not appear as so now, you will eventually heal and love again. Don't believe me? Just look back to how many exes have been in your roster – still think you won't rebound? Ok, fine, you are still hurting now, and though it may be true, the previous statement is not the comforting you are in search of...therefore, yes, a broken hurt suck, and hurts like a bitch.

And while you may want to dive under the sheets to cry, spending hours on social media in hopes they come back, let us give you a few other options to help through the transition.

First and foremost, stop thinking into the what ifs. Just accept that the love story has ended so you can begin writing a new one. This means you need to remove the old memories as well. Block on social until you can accept that there's no hope. Remove memorabilia from your life and begin to allow opportunity to replace.

But don't try this alone, as it'll be harder than you think. You need to build a support system. While we want to be strong in the moment, the reality is there is only so much we can do in this vulnerable state. That's why we recommend you reach out to a select few that will understand and be there. This can help you out, when you feel like texting ex-bae, text your friends instead. Or get out of your slump but stepping out with the crew.

Why we recommend a few? This way, you don't need to worry that anyone will be overly tired with you. Still not convinced? Breathe, get a pint of ice cream, and just remember, it'll be ok...it'll just take time.

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# A-BEAUTY CENTER STAGE

We have all heard about clean beauty and Korean beauty but honestly we think that as amazing as these beauty products are, we believe that African beauty should also have a big seat at the table as well. With black history-month intact, we believe that we should spread the love of beauty and advocate for African beauty products.

African beauty, also coined as A-Beauty, are the beauty products that are super rich and natural created from generational studies that range from knowledge of centuries of remedies and stories and ingredients that originated from nature. We are sure that you have heard of the infamous ingredients such as Shea butter, Argan oil, and coconut oil. It is no surprise that these are from the very root and core of these amazing products.

Let's be real, A-beauty is not a new concept, but has always been a part of the table. It has always been celebrated, but unfortunately not many people know about it. We are here to bring back the hype. The ingredients in African beauty are known and derived from simple, yet effective, which is why it works so well.

So, the question is why did A-Beauty seem less in trend than other cultural skincare? The evidence and how amazing the products are is all there. Let's put our hands together and spread the love for A-beauty. Here are some brands you should totally check out!

#### Naturally Drenched

Inclusivity is the cornerstone of Naturally Drenched. Recognizing the lack of Black representation in the beauty space, we aim to work with underrepresented communities to ensure our voices are heard—and our curls are loved! It is our goal to encourage all to embrace, love, and preserve their unique hair texture.

#### Carol's Daughter

Encouraged by her mother, Lisa created Carol's Daughter creating high-quality products made with love in her Brooklyn kitchen. With her products being such a big hit between her loved ones, she knew that she had to make it accessible to everyone. Bringing a tribute to her mother, Carol, Lisa named her brand Carol's Daughter

#### The Y by Yusuf

Creative and ambitious from his earliest years with a childhood full of performance, imagination and glamorous inspiration from a multi-ethnic family with strong roots in entertainment, Yusef began experimenting with hair at age 9, and essentially never stopped. Yusef's career began formally with the exclusive world of couture in Paris. Eventually becoming Rihanna's hair stylist, he brings his vision to the next generation of stylists.

#### Mele

MELÉ was born from the unique belief that melanin-rich skin should always be a priority, and never an afterthought. Backed by science and made with ingredients that nourish, enhance and protect the beauty of melanin-rich skin, MELE is a brand that doesn't just push products, but pushes for change in the skincare industry. Because your shade of amazing deserves skincare that's just as amazing.

#### Briogeo

Briogeo is inspired by New York City's vibrant culture and core values, which reflect an appreciation for individuality, positivity and transparency. We know that what brings every city to life are the unique and diverse people who call it home. That's why we offer bespoke hair care regimens catering to the subtle nuances that make each of us unique.

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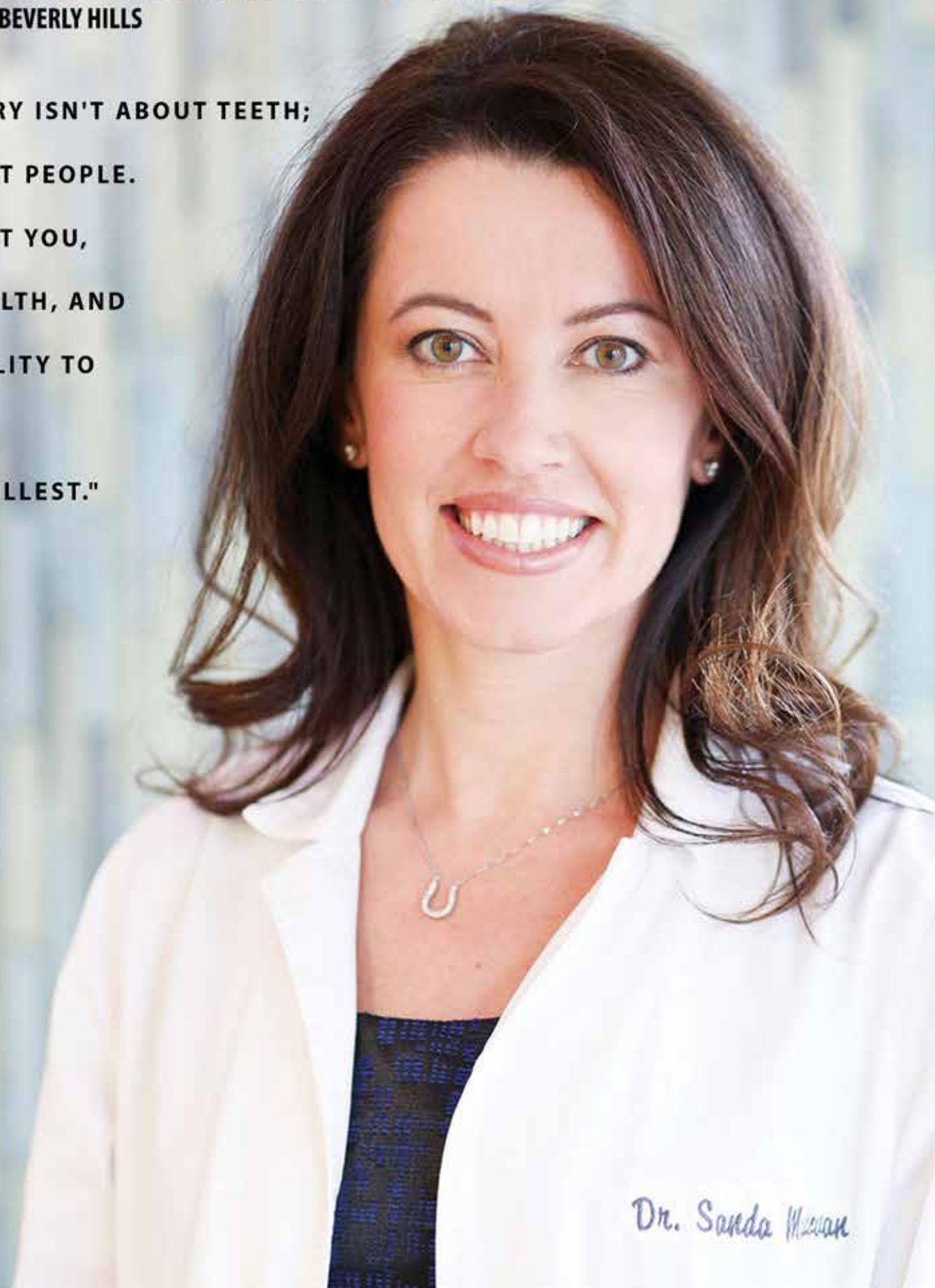


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EDITORS'  
PICKS



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EDITORS'  
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EDITORS'  
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# GET ROMANTIC!

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Objects of Luxury Gift Set: HighOnLove



ALIBI EAU DE PARFUM; Oscar De La Renta



POLLY in Red: Honey Birdette



Kiss and Tell Gift Set: HighOnLove



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*"This stuff is great. I think I got this at Anthropologie on a whim, & it's unbelievable. I would say that's my number one beauty hack... to sleep in a sheet mask. If you can, obviously. If not, wander around the house for like eight hours in a sheet mask."*

**- Dove Cameron Interview with marie claire**



*"These are my absolute favorite Eye Gels. They really do work. Never have to worry about trying to cover up those dark circles."*

**- Erin T. from MantraMask.com**



*"In LOVE with this mask. If I could wear one every day I would. Super hydrating and my skin radiates afterwards. I can definitely see the difference with my pores and fine lines too."*

**- Alexandra D. from MantraMask.com**



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# SUSTAINABILITY; A WAY OF LIFE

*Sustainability is all the hype, but honestly, it should stay and never go. And we are not only talking about the fashion industry, but how we as a species shop in general. From reusable products to clothing, sustainability has slowly become a way of life. Let's be real, when we go shopping, oftentimes the first thing we focus on is how an article of clothing looks, then looking at the material second. However, when we unconsciously do that, the article of clothing ends up being used once or twice or even just for the season, before we find another article of clothing that catches our interest.*

With fashion trends literally changing every season, every year, it can be hard to keep up with the trends. Then, when the feeling of wanting to clean out your wardrobe comes around, we end up throwing away a lot of clothes that we only wore a number of times. As much as we love new items, we should still keep in mind how much it can have an effect on the environment.

And we are not just talking about clothes, but rather all parts of your daily routine. Reusing and recycling items that we have in our possession can be so great to help the world around us. Changing your daily routine can be hard, but starting small and adding components to your life can add to the life of sustainability.

We know how expensive sustainability can be and especially with the current climate, it can be hard to change in a snap of a finger. However, when we break down what we do everyday, there can be subtle changes. Thinking of your daily routine, there should be some parts that can be changed. If you do skincare or beauty routine, changing from one use products to reusable cotton pads or makeup wipes can be a small start to your journey. Nowadays, looking for alternatives is not hard. There are more environmentally friendly alternatives to everyday usage items that can range from your makeup remover, to cotton pads, to even reusable pads or period underwear.

We get it! Being sustainable can be super expensive. When we talk about being sustainable fashion wise, we often think of fashion brands that thrive and are specifically environmentally conscious, but being sustainable fashion wise does not have to be that way. There are so many options. That goes from vintage shopping to thrifting clothes can start your journey into sustainability too.

It can be scary from where to start when you do not know where to start. There are so many different ways to go about this journey to add to your daily life. Sustainability has a different meaning in everyone's life. The best way to figure out what your stance on sustainability is depicting and dissecting the parts of your life that you think can have a little change here and there.

Make sustainability a part of your life. It's good for the environment and can help you transition to a more environmentally friendly lifestyle.



Caitlin O'Conner starts her day with Balance7

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Lenka saw first hand how effective nature is to treat and heal the skin. In today's world, many beauty products are full of unpronounceable chemicals that might not always be safe for the consumer. Natura Culina aims to provide safe and result driven skincare using the purest of ingredients to treat skin and various skin disorders. Over the years, Natura Culina has proven to be effective in treating acne, breakouts, eczema, dryness, discoloration, fine lines, and much more.

Learn more at [www.naturaculina.com](http://www.naturaculina.com)

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RE/SHAPE  
BY ALI LANDRY



Not long ago I was given my dream hosting job; up early, live for an hour and home by 11. **I THOUGHT IT WAS THE IDEAL DAILY WORK SCHEDULE. HOWEVER TWO WEEKS IN, I WAS CRAWLING INTO BED WHEN I GOT HOME.**

I was feeling off, not off to go to the doctor, but off. I was experiencing brain fog, digestion issues, thinning hair, low sex drive and could not get a good nights sleep. This new job escalated some of the issues I was already dealing with. Some people said this was age related, others said to **JUST DEAL WITH IT, BUT I WAS NOT GOING TO SETTLE.** I became determined to figure it out, and that's exactly what I did.

I launched RE/SHAPE to share curated resources, products, services, and research from around the world focused in the areas of **WELLNESS, LIFESTYLE, HEALTH, BEAUTY AND FITNESS.** These are the resources that have helped me **reshape MY MIND, MY HEART, MY SOUL AND MY HEALTH.**

I've called Los Angeles home for 25 years and love finding the very best wellness sources around our city to truly **ELEVATE OUR LIVES** and help us all **reshape** a little quicker.

My mantra has become, **IT'S NEVER TOO LATE TO RESHAPE** an area of your life that is no longer **SERVING YOU.** I'm excited to announce my first book will release, March 2023 with Nelson/Harper Collins.

**YOU ARE WORTH IT!**

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Straightener

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- 60-minute auto shutoff





# A QUIETER AND MORE SOPHISTICATED LENS IS APPLIED TO **FUNCTIONAL SPORTSWEAR**

Victoria Beckham and long-term fitness partner Reebok unveil the latest capsule collection

A quieter and more sophisticated lens is applied to functional sportswear this season – ease and adaptability are key themes for Drop Six. The high-performing wardrobe comprises the most essential activewear, executed in its purest form and remaining closely connected to the sporting and fashion worlds.

“At the beginning of the design process I always start with one key piece that references a particular sport. Last season was all about the tennis dress whereas this Drop sees the introduction of a wide-leg basketball warm-up trouser inspired by my travels to the US. My vintage wardrobe also plays a big part in the look and feel of each capsule, the Reebok M65 Parka nods to one of my favourite jackets – we’ve cropped it, cut it to the waist and fitted it with wide pockets so it can be worn all day long.”

– Victoria Beckham, Creative Director

Feminine proportions are revised, and silhouettes are cropped and boxy, consciously flattering the waist. Yarns in the seamless series are woven tighter for a more compact texture, twisting to allow for movement of the body while sculpting and providing support. The VB Cropped Hoody is also updated with the addition of a jersey lining, promising comfort and warmth during recovery.

Colours are grounded in earthy tones of clay and seaspray green, reminiscent of the year of staycations in the British

Isles and punctuated with solar yellow, found in the embroidery of the iconic VB Cowl Neck Jumper and impactful vector taping. A matte finish brings an element of subtle sophistication to the range. To contrast the simplicity, the logos are bigger and bolder, exuding energy and confidence.

Footwear makes a statement, the VB Zig Kinetica features in a striking neon sonar yellow while the iconic and minimalist VB Club C, with embossed logo detailing, includes classic graphic iterations of contrasting black and white, as well as a subtle coral glow.

Drop Six by Reebok x Victoria Beckham is available globally from early February 2022 at [reebok.com/victoria\\_beckham](https://reebok.com/victoria_beckham) and [victoriabeckham.com](https://victoriabeckham.com)

Keep a lookout as • The Drop Six collection launches in early February 2022, and we are already drooling over it!







ADIBA

Photographer: @salsadancephotography  
Model: @sallyperrini

### Gladiolus Dress

Constructed from the most elegant full-length shimmer satin in a rich emerald green. The Gladiolus Dress offers a classy high-neck with a one-button closure at the back, high-waisted seam and an airy flowing silhouette with an upper-high side slit. The sleeves are complemented by a wide 5" cuff closed with two stunning antique-inspired gold 3D floral motif buttons.

#charlesandron @charlesandron



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# CRISTINA NITOPİ PRESENTS AN EXCLUSIVE COLLECTION

Returning to the stage with an exclusive collection tailored specifically for her cover debut with THE LA FASHION.

---

Designer, Cristina Nitopi, who showed in NYFW last season did not stop her creative momentum as the season concluded. She now returns to the stage with an exclusive collection tailored specifically for her cover debut with LAFM.

Cristina Nitopi's vision presents a collection focused on luxury and individuality, expressed through a combination of couture and Italian style. Most recognizable yet is her use of high-quality silk fabrics; quality materials being something we often see with this designer.

"I pushed the boundaries with this collection because I really wanted the collection to represent individuality." – Cristina Nitopi

The idea that luxury is saved solely for special occasions is now a thing of the past. Thanks to Cristina Nitopi, we can take a head-to-toe formal set and transform it into everyday luxury. Not ready for that transition? Her pieces, while amazing as a set, can become individual eye-catching styles that can help elevate your existing wardrobe as you mix and match.

We can't wait to see what Cristina Nitopi has in store for the world of fashion next.  
[www.cristinanitopi.com](http://www.cristinanitopi.com)

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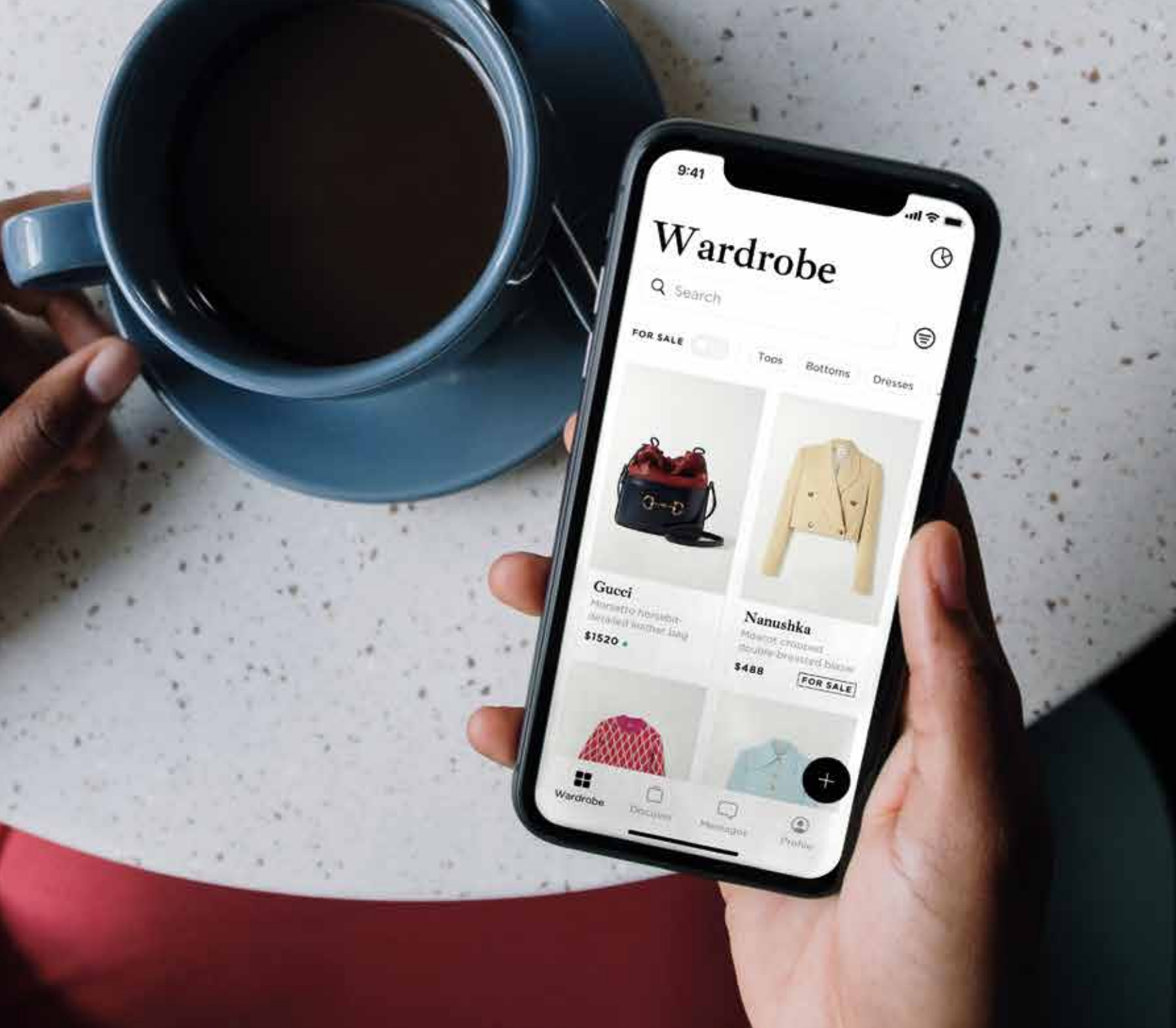
MODEL: Kelly Gale PHOTOGRAPHED BY: Derek Kettela  
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# AN EXCLUSIVE ROOM DIFFUSER

PROVIDED BY CLIENT RELATIONS

AUTOMOBILI LAMBORGHINI CONFIRMS ITS PARTNERSHIP WITH CULTI MILANO. LESS THAN EIGHT MONTHS SINCE THE BIRTH OF THE FIRST OLFATORY PROJECT WITH AN EXCLUSIVE ROOM DIFFUSER, THE PARTNERS NOW PROPOSE AN ELEGANT SCENTED CANDLE WITH THE SAME NOTES.

An innovative project in which style and design become the protagonists to mark the new proposal: a square shape (210 g), painted white with a matte pearlescent finish and screen-printing with the logos of the two brands in Bronzo Zenas, like the color of the super sports cars. The scent is the original one: energetic and bold, with a citrus opening of grapefruit and bitter orange that turns into fresh and lively notes when it reaches the heart of vetiver and bergamot, finishing in an enveloping breath of cedar and sandalwood.

The product will be available on the digital channels of CULTI MILANO and Automobili Lamborghini; at the Lamborghini flagship store in Sant'Agata Bolognese; in the

CULTI HOUSE shops in Milan, Turin, Rome, Forte dei Marmi, Naples, Bari; and from selected wholesale partners.

Scented candle – 210 g, 50,00 Euro  
lamborghinistore.com, culti.com



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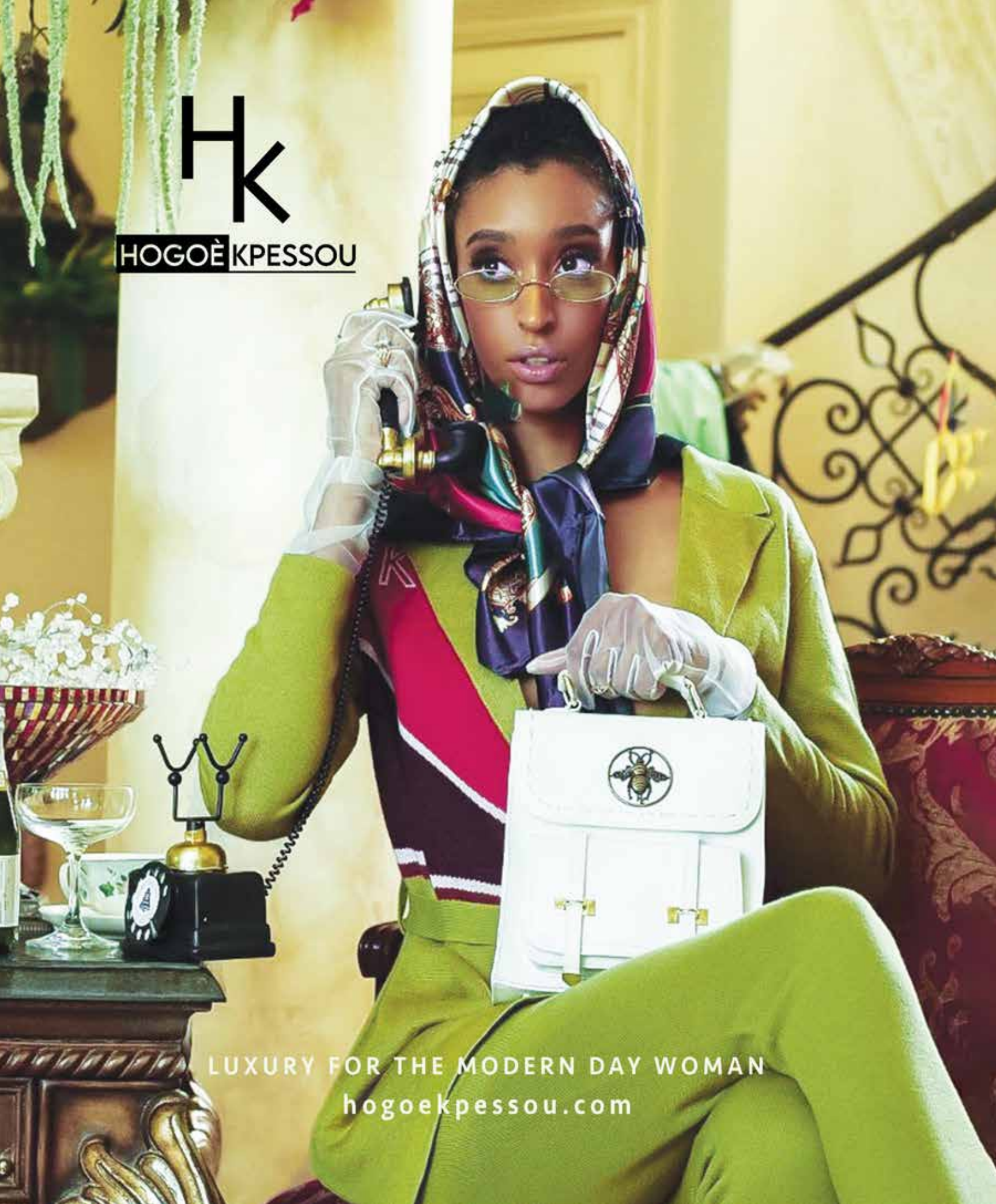
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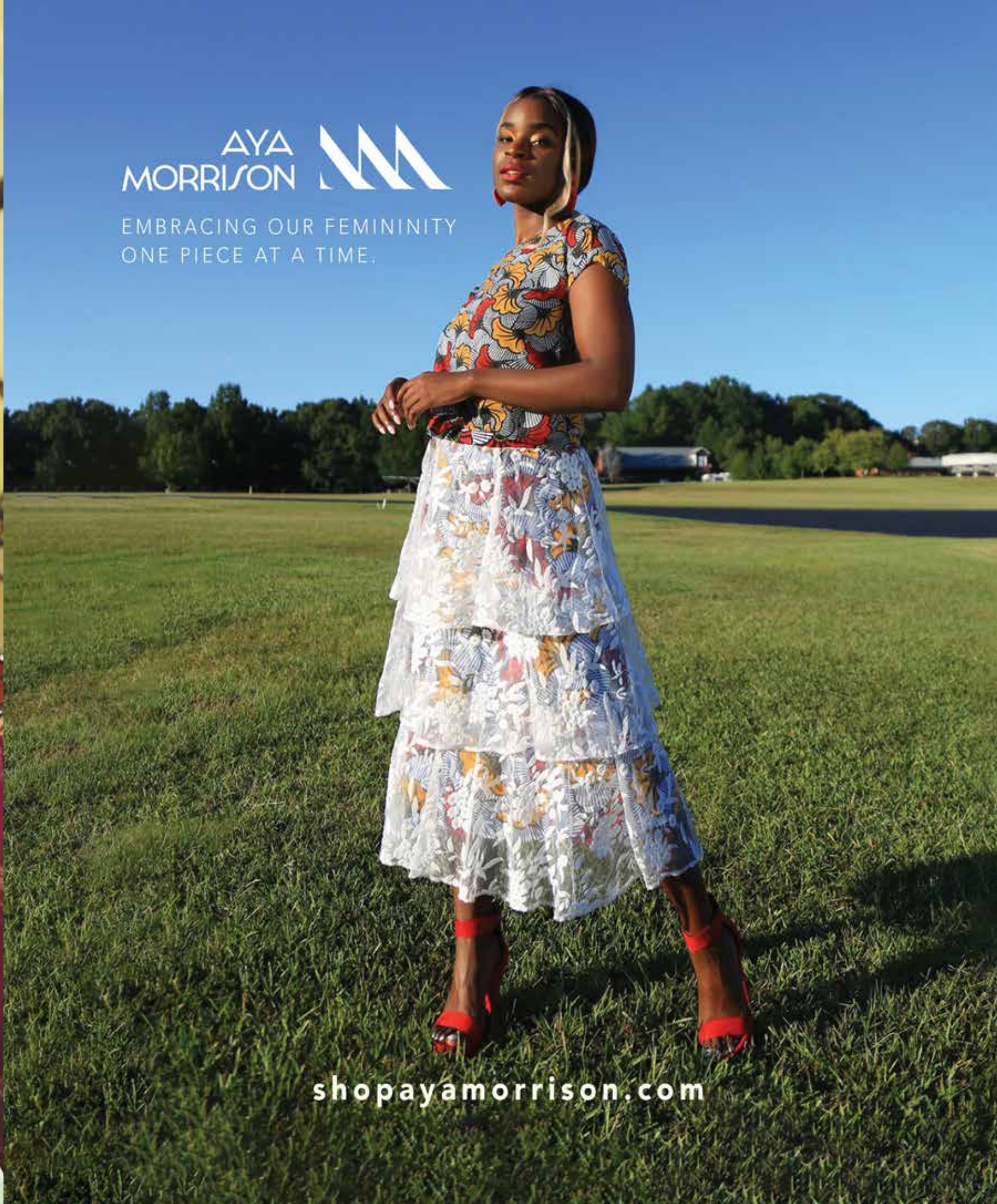
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# TRAVEL: DREAMING

Dreaming of traveling around the world, working from a different place every month is one of the many fantasies that I have. I always wanted to travel the world. Everytime I scroll on social media, I see mutuals and colleagues that are working from the other side of the earth, as well as being able to freely experience the world.

I always get a little green with envy when I see that because I want to be able to wake up to the beautiful view of Cancun, or experiencing the multiple different cultural foods of the world, as well as being able to work. So, naturally whenever I have free time, I look up airplane tickets and pretend to fly out of my little apartment in New York. (Not that New York is bad, but I want to get out and experience the world.) With Valentine's Day around the corner, you can use that as an excuse to romanticize your life.

Let's take a look at the best places to travel during this year. Travel is more challenging now more than ever especially with the current weather, and the many rules and regulations, as well as the restrictions. Borders and countries open again just to suddenly shut down because of what is happening and checking up to make sure the newest variant can be contained as much as possible. It is no wonder that countries are definitely keeping a watch out.

Now, before you go, make sure you take all the precautions and follow the instructions and regulations before you enter the place you wish to visit. Still, though, with the pandemic, there are still sparks of hopes. Plus, here are some places that you can visit for an affordable price.

## Anywhere in the US

If you are from the United States, perhaps you can change up your environment and travel around the US. As long as you are vaccinated, you are able to travel. If you are working remote, and not needed in office, you have about fifty different states that you can travel and experience. It would be a different environment anytime. If it's close enough to where you live, you can take a quick road trip and getaway.

## Aruba

During this time of year, because it is the winter, a little escape to the tropics and get away from the cold. Being away from the cold, and a quick refresh would definitely be nice. The price is not bad either, so instead of waking up to your house, perhaps a view of the beach to start your day?

## Switzerland

Switzerland is beautiful at this time of year. But then again, Switzerland is always beautiful. Visit the charming old city squares and the Jesuit Church (the first Baroque church in Switzerland). Also, you can romanticize your life and live the main character's life.

## Monte Carlo

From the beautiful glamor on the French Riviera, look no farther than Monte Carlo. Having stunning coastal views, and some beautiful delicious restaurants and spas in the Mediterranean make Monaco the staple on our list for romantic destinations.

## Paris

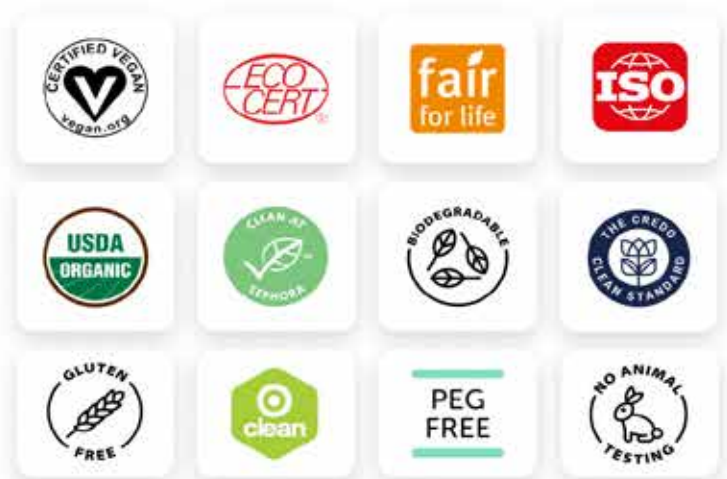
Paris is the must go to city because of its ever-changing and yet always true to its lovers. The romantic city is a must travel to, especially during the season of love. Imagine holding hands with your favorite, grabbing yummy pastries, and walking the lights.

Of course, these are the destinations that will always be on our list. There are so many beautiful destinations to visit during the month of February, but its best to find the country that best catches your attention. Do keep in mind the precautions as well as the preparations you need before flying. If you want to travel now, make sure to check and follow all the regulations.



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A woman stands in the center of the frame, wearing a striking red, high-cut, long-sleeved gown with intricate lace detailing and a matching red capelet. She is also wearing a large, ornate gold crown adorned with red flowers. Her hands are placed on her hips, and she gazes directly at the camera with a neutral expression. The background is a wall of dark red, vertically-slatted panels with a geometric lattice pattern. The lighting is dramatic, casting long shadows and highlighting the textures of the fabric and the crown. The overall color palette is dominated by red and gold.

# IN LOVE WITH LUXE

Photographer: Adrian Tapia Rivera

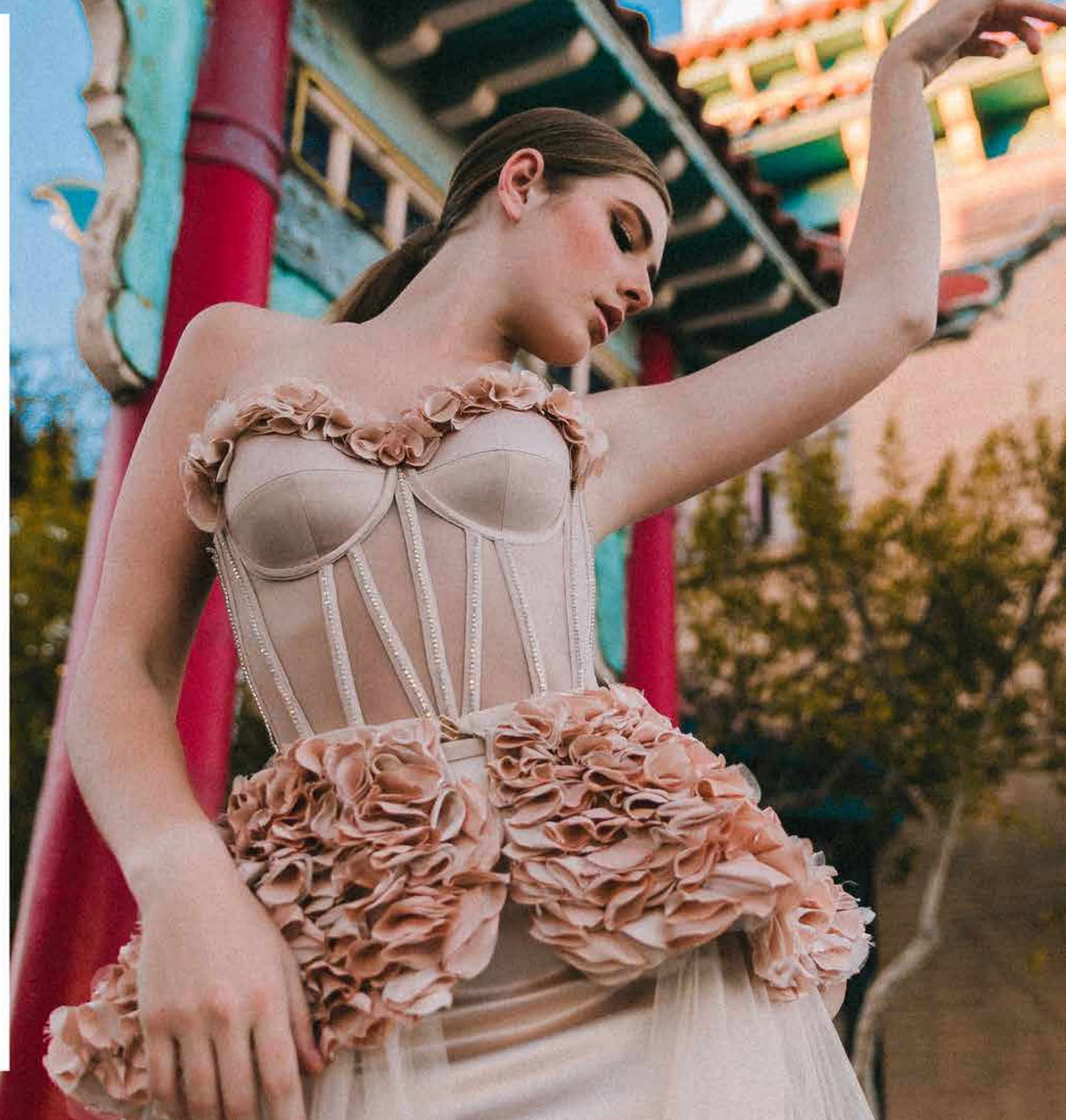
Stylist : Anna Gupta

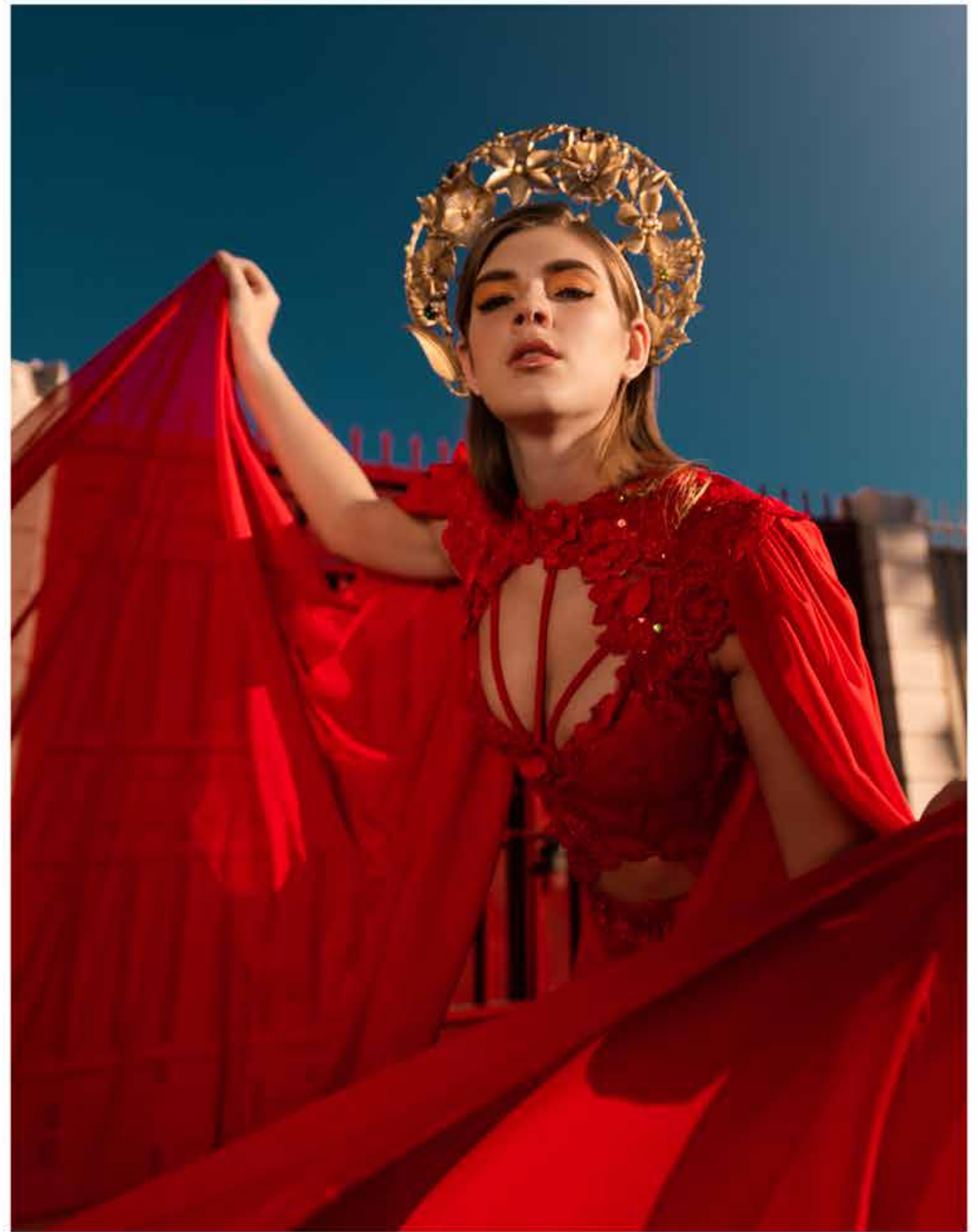
Muah : Reyna Khalil

Models: Taylor Marie Cowhey, Kiera Byrne

Fashion Designer: Anna Gupta Designs

Crowns: AristoKrown









# WHAT YOUR SCENT MEANS

Everyone has their own signature scent that they are attracted to - but have you ever wondered why? Whether you were playful, seductive, mysterious, bold... it all has connection! Let us help and share some samples!



**LUXE:** Oscar De La Renta presents Alibi Eau De Parfum, the first fragrance designed for the house! So, how does this apply? You are so luxurious that even your home expresses modern femininity! After all, Oscar always told us to just, "Evolve with it"



**FLIRTY:** Fun, fabulous and FLIRTY, Very Good Girl Eau de Parfum is a bold interpretation of the iconic Good Girl scent. Evolving Carolina Herrera's vision of the duality of the modern woman, this irresistible fragrance will walk straight into your heart with its seductive rose scent and red-hot design.



**BOLD:** A captivating new fragrance full of passion, sexiness and self-confidence. GUESS Seductive Red for Women features Tonka bean and vanilla in the base giving way to sensuality and a soothing warmth. While the red cherry in the top note provides a powerful and unexpected introduction.



**FEARLESS:** Rebecca Minkoff Eau de Parfum is the ultimate expression of fearless, urban femininity with a contemporary edge. A modernized tobacco accord featuring fiercely feminine accents of jasmine and coriander to radiate sensuality, warmth and a magnetic aura.



**WARM:** An extreme, luminous and deep concentration of patchouli infuses COCO MADEMOISELLE Eau de Parfum Intense with a voluptuous dimension. The warm, soft and feminine amber accord—an intoxicating blend of tonka bean and vanilla from Madagascar—wraps the scent in sensuality.



**OPEN MINDED:** This fragrance for women and men is a dreamy blend of kalamansi lime, green tea, citrus, and soft musk perfumes. A light and crisp eau de toilette, this unisex cologne evokes la dolce vita with the signature scent of the Southern Italian countryside.:



**SWEET:** A delicate hair perfume, enriched with Mirsalehi honey, formulated to refresh and scent the hair with Gisou's signature honey-infused fragrance. Hugs for Everyone!



**INDEPENDENT:** MYWAY by Giorgio Armani - Bergamot meets orange blossom from Egypt in a luminous, sparkling start, with an amplified bright floral bouquet of tuberose and the soft scent of jasmine from India as the beating heart. Finally, the vibrant and warm cedarwood scent from Virginia meets a sensual vanilla aroma from Madagascar and white musks to sign the composition.



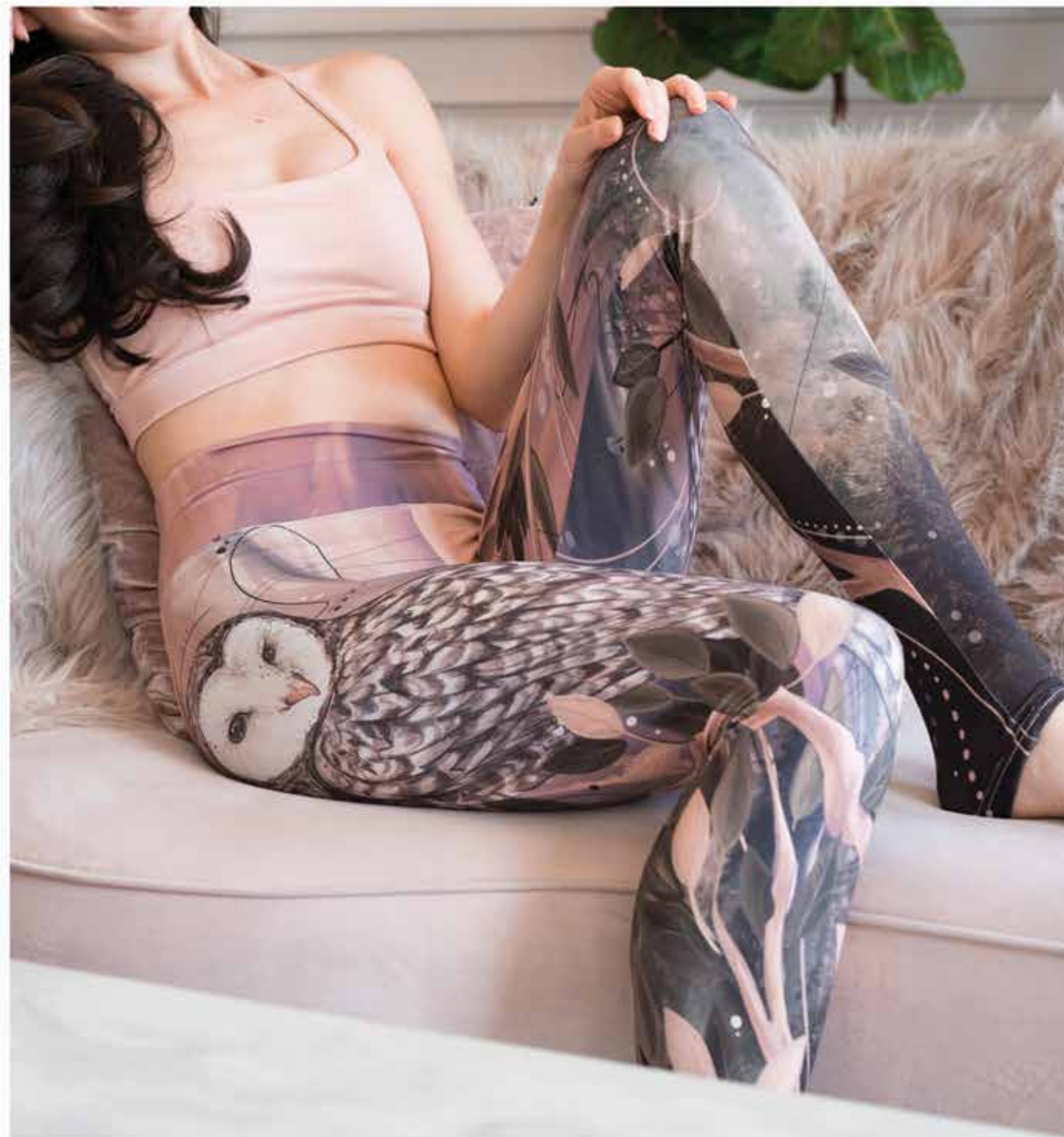
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# ADIDAS: SUPPORT FOR ALL

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## WHY THEY RE-ENGINEERED THEIR ENTIRE SPORTS BRA PORTFOLIO

A sports bra is the single most important piece of workout apparel for those with breasts, but 90% of women aren't wearing the right size. That's why ADIDAS is re-engineering their entire portfolio with 43 new styles, available in 72 sizes, catering to more bodies and workouts than ever before.

In sport, everybody should feel free and inspired by what their bodies can achieve. But women's needs are historically underserved when it comes to sportswear designed to support the female form.

In fact, just 17 years ago when Professor Joanna Wakefield-Scurr set up a pioneering research group in breast health at the University of Portsmouth, there were only 6 scientific studies on the biomechanics and support requirements of the breast, while there were 1000's of studies on sports shoes.

Together with Professor Wakefield-Scurr and the University of Portsmouth, ADIDAS has set out to shine a light on the importance of proper breast support, and the lifechanging benefits it can have on sports participation and performance.

### WHY WE NEED A SPORTS BRA

If breasts aren't properly supported during running, they can move up to 19cm and could experience the same G force as an F1 driver.

This is because there are no muscles in the breast. Instead, it is a lump of tissue that sits in front of the pec muscles, but it is not attached to them. The only natural support the breast has is the skin and the Cooper's ligaments, which are very thin, stretchy structures that exist to protect the milk-producing parts of the breast, but not to lift and hold it.

"Unknown to many, athletes may require the same amount of breast support during power walking as they do during sprinting, and a lack of support has the potential to cause irreversible damage. Breast movement in sport continues to be an area that is overlooked," explains Professor Joanna Wakefield-Scurr.

So the fact is, we don't have enough natural support in the breast to hold it firmly in place. When we move, the breast moves, which can cause breast pain, permanent breast tissue damage, and impact sports performance.

### THE SCIENCE OF SUPPORT

Women's bodies and breasts come in many sizes, and there are endless ways in which they move during exercise. There really is no 'one size fits all' when it comes to bras, and due to a lack of choice, it's not surprising that 90% of women aren't wearing the right sports bra size.

Our research has shown that wearing the well-fitting sports bra reduces movement-related breast pain. If we stop the breasts moving, we reduce the risk of damaging the skin and the Cooper's ligaments.

The right sports bra also improves function and impacts stride length. For example, when you run a marathon, your breasts run an extra four miles on their own if not properly supported.

"There is a sizeable data gap when it comes to sports bra development, so we worked with experts in breast health and biomechanics, University of Portsmouth, to challenge ourselves and drive forward our innovation to better meet the needs of our female athletic community," said Amy Charlton, Senior Director Product at adidas.

### SUPPORT FOR ALL

This year we're making our biggest ever commitment to women and a big part of how we do that is by innovating products to better serve our athletic community. Sports bras are a foundational piece of kit, but research into the category uncovered vast dissatisfaction from women who weren't being properly supported.

That's why – after comprehensive research and development – we've created 43 new styles across 18 product franchises, to give them more choice and help them find the sports bra that's right for them. This is adidas's most extensive and size inclusive sports bra collection to date, created to help more women experience sport without restraint.

Using the latest material and design innovations, the new collection features:

**TRAIN - ADIFLEX** training bras offer sleek coverage and support with a cool touch for a powerful feel. The range is designed to unlock the highest levels of performance for HIIT, team sports, gym sessions, and everything



in-between. Each piece features breathable custom stretch fabrics with heat zones and quick drying.

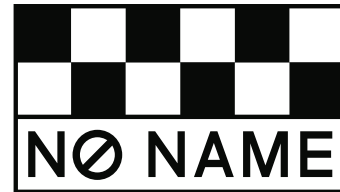
**STUDIO - ADISOFT** bras are where comfort meets performance. With simple, minimal detailing and contoured seams, the super-soft garments provide all-round support with a stylish finish. The range is designed to move with the body for fluid motion – perfect for the studio, soft sports, and light to medium impact training.

**EVERYDAY - ADIBARE** bras offer stylish comfort 24/7. Light-as-air and silky smooth, each piece in the range is crafted with a stretchy breathable AEROREADY fabric that keeps its shape perfectly. Designed with a natural cotton feel that fits like a second skin for that 'barely there' feeling all-day long.

**RUN - ADIFORM** bras are designed to provide a distraction-free running experience thanks to strong and smooth fabrics that wick moisture and stay cool during hard runs. Designed with secure wrapping, custom stretch, and flat seaming for ultimate comfort, runners can hit the road with confidence and support, exactly where they need it most.



Support starts here.

The SS22 Bra Collection is available worldwide from February 14 via [www.adidas.com/women-sports\\_bras](http://www.adidas.com/women-sports_bras), in stores, and via the adidas app.



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# THE ADIDAS FOR PRADA RE-NYLON COLLECTION

Today, both brands are pursuing shared commitments to crucial sustainability goals while celebrating two timeless icons

Together with Prada, Adidas is returning to introduce a new chapter of their ongoing collaborative partnership – blending Prada's expert craftsmanship with their lineage of sportswear innovation. Today, both brands are pursuing shared commitments to crucial sustainability goals while celebrating two timeless icons: the adidas Originals Forum and Prada's Re-Nylon fabric.

Demonstrating this partnership's commitment to innovation, the adidas for Prada Re-Nylon collection reimagines luxury sportswear through a more sustainable lens. For the first time in the collaboration's history, this collection includes ready-to-wear, accessories, and bags, as well as elevated takes on the adidas Forum High and Low silhouettes. Each piece has been made in Italy by Prada, composed of the brand's signature, infinitely recyclable Re-Nylon fabric.

First launched in 2019, Prada Re-Nylon is a groundbreaking textile created through the recycling of plastic waste collected from oceans and textile fiber waste – it can be purified and recycled indefinitely, with no loss of quality. Prada Re-Nylon is a fundamental reflection of Prada's environmentally conscious ideology and commitment to sustainable practices – woven into the very fiber of its signature fabric. This celebration of Prada Re-Nylon through the adidas for Prada collection underscores a landmark: the shift of the entire Prada production from virgin nylon to Re-Nylon, achieved by the end of 2021.

Adidas is also set to celebrate the inherently innovative spirit of their latest collection with a unique digital activation, bringing brands and people together in a radically inclusive manner. Collaborative by nature, fans of the collection will be invited to participate in the metaverse with adidas and Prada through open-source co-creation.

The adidas for Prada Re-Nylon collection launches globally on January 13th, 2022 via Prada boutiques, [prada.com](https://prada.com) and [adidas.com/prada](https://adidas.com/prada). The adidas for Prada Re-Nylon Collection

Delving into and then reimagining the adidas archive, the adidas for Prada Re-Nylon collection sees Prada transform the legendary adidas Originals Forum silhouette.

A balance between luxury artisanal craftsmanship and sporting excellence, the adidas Originals Forum High and Low silhouettes are elevated in their construction with Prada's groundbreaking Re-Nylon textile. The functional and aesthetic identity of the adidas Originals Forum is then playfully reinterpreted, with the addition of removable Prada mini-pouch attachments featuring the brand's signature enameled metal triangle. Simultaneously elegant and subversive, the reimagined adidas Originals Forums also feature luxurious leather Three Stripes details and forefoot overlays, highlighting Prada's world-renowned leather-working expertise. The adidas for Prada Re-Nylon Forum High and Low sneakers are available in monochromatic black and white colorways and arrive in premium boxes with dust bags, bearing the instantly recognizable logos of each brand.

The ready-to-wear and accessories offering sees Prada turn its focus inward, reworking signature pieces with iconic adidas branding – executed in Re-Nylon textile. The collection includes: the adidas for Prada Re-Nylon Track Coat, the adidas for Prada Re-Nylon Tracksuit, the adidas for Prada Re-Nylon Sweater, the adidas for Prada Re-Nylon Hooded Jacket, and the adidas for Prada Re-Nylon Bucket Hat. Sleek, innovative, and refined, each piece is available in a duo of color iterations – black with white stripes and white with black stripes – detailed with Prada's historic enameled triangle logo.

Authentically reflecting Prada's design language yet fusing the DNA of both brands, the adidas for Prada collection also features a suite of six expertly crafted bags. A timeless expression of adidas and Prada's house codes, the three larger bags on offer include: the adidas for Prada Re-Nylon Travel Bag, the adidas for Prada Re-Nylon Backpack, and the adidas for Prada Re-Nylon Shopping Bag. Combining unparalleled luxury with functional excellence, the selection of smaller bags includes: the adidas for Prada Re-Nylon Bandoleer, the adidas for Prada Re-Nylon BP Hoodie, and the adidas for Prada Re-Nylon Belt Bag. Each piece is brought to life through the blending of two timeless emblems: adidas' signature Three-Stripes detailing and the metallic triangle logo of Prada.







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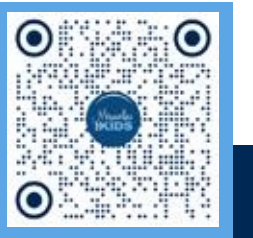


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