

# ELIVUE

Summer 2025

**How Supercharged Serums  
are Revolutionizing Skincare  
to Refine Beauty**

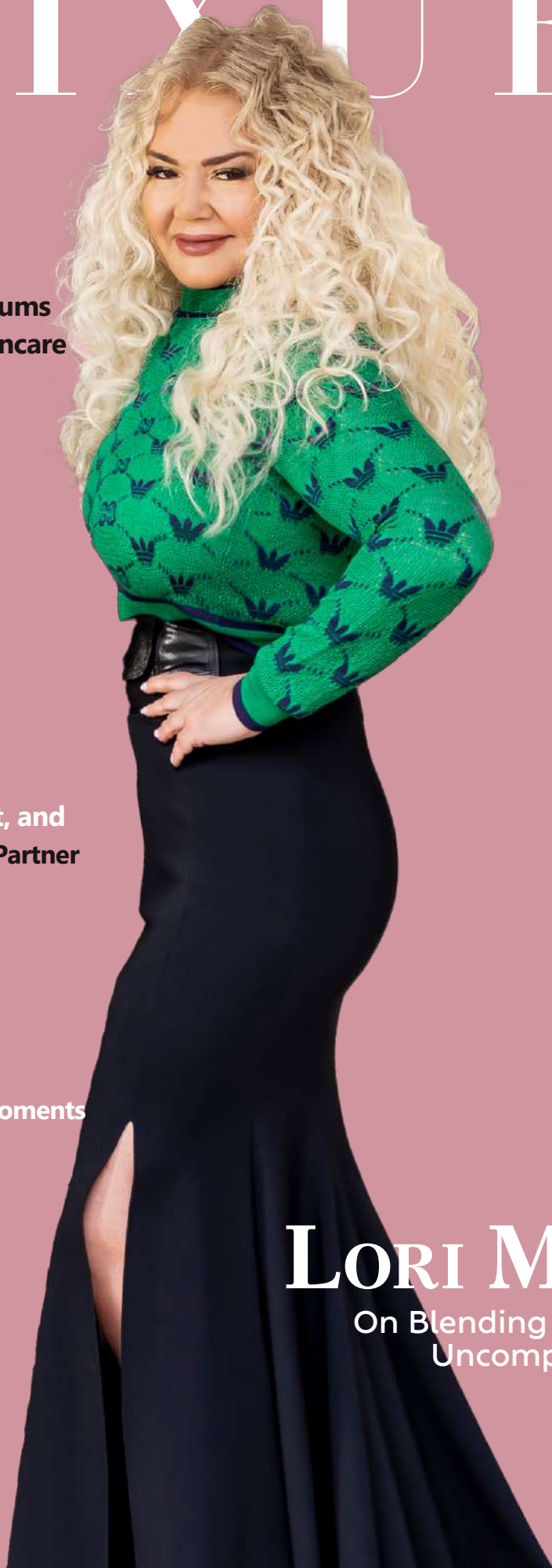
**Best Footwear for the  
Summer Weather  
with Comfort, and Style**

**Reclaim Strength, Trust, and  
Emotional Peace after a Partner  
Cheats**

**The Art of Slow Living  
Savouring Life's Quiet Moments  
with Purpose and Grace**

**LORI MORRIS**

On Blending Opulence with  
Uncompromising Style





# PANDÖRA





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**TURMERIC  
MILK &  
LEMON DROP**

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**LAIT DE CURCUMA  
ET BONBON  
AU CITRON**

PLANT MILK COLLECTION  
COLLECTION LAIT VÉGÉTAL

**CLEANSING BAR  
PAIN NETTOYANT**



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MILK &  
LEMON DROP**

**LAIT DE CURCUMA  
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AU CITRON**

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PARABEN FREE

SANS SULFATES  
SANS PARABÈNES

BODY WASH  
NETTOYANT CORPOREL

PLANT MILK COLLECTION  
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517 mL

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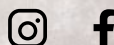
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## VANITY COUTURE

The Marilyn High-Low Draped Midi Dress is a celebration of effortless seduction and sculptural elegance. Designed in Vanity Couture's signature stretch metallic knit, Marilyn features a softly draped neckline, adjustable straps for a customizable fit, and a high-low hemline that flows with grace and drama. The body-hugging silhouette flatters from every angle, while the asymmetrical skirt reveals just the right amount of leg. Shown in Deep Bronze Gold and available in 24K Gold, Silver, and Black Onyx, Marilyn is your answer to golden-age glamour — reimagined for the modern muse.





## VANITY COUTURE

The *Serena open-front dress* exemplifies elegance with its knee-length design and strategically placed cutouts, complemented by distinctive large gold chains. The dress is ideally suited for formal occasions and events, making it a versatile addition to any wardrobe.



# A Study in Style



Photo courtesy of Elixuer Magazine

# Hello!

In this issue, we celebrate bold beauty, unapologetic style, and the art of living exquisitely—and no one embodies that spirit more fiercely than our cover star, Lori Morris.

With a design legacy that spans over three decades, Lori doesn't just create interiors—she crafts experiences.

Her signature flair is fearless, feminine, and deeply personal, reminding us all that style is not just about what we wear or how we decorate, but also about how we choose to express who we are.

Inside, you'll find inspiration in every form: transformative makeup looks, striking fashion trends, and thought-provoking features that explore confidence, creativity, and the quiet power of reinvention. If you prefer the allure of a smoky eye or the statement of a sculptural silhouette, this edition is an ode to the beauty of self-expression in all its forms.

Thank you for including us in your world.

With style and admiration,

*Althea Bloomfield*  
althea@elixuer.com

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# LORI MORRIS

## Redefining Liveable Luxury

by David Messiha

# H

Having won over 30 awards for her exquisite design creations, Lori Morris certainly knows the value of liveable luxury. For the luxury designer, there are no rules for colour palettes; it's all about the clients and their preferences.

From a very young age, Morris was inspired by the beauty around her to create stunning designs. Having seen her mom work with an interior decorator, Morris wanted to join their discussions. Nevertheless, that hasn't hindered young Lori from having a say in decorating and designing her own bedroom.

Currently, Morris has made a name for herself within the interior design industry by creating bespoke interior design creations that evoke palatial settings.

Liveable luxury isn't just about happiness, "it's about having delicious beds to sleep in and oversized, beautiful, comfortable pieces of furniture with beautiful textures and fabrics, and being able to have different sight lines to where you are able to expose different materials with beautiful sparkling chandeliers and a stunning art collection," she says.

Morris spoke to us about her goals for the future, the design process, and the challenges of starting a business in a male-dominated field; she also offered practical tips on adding a touch of luxury to a home.

*Photos courtesy of Lori Morris*



### Can you tell us about the inspiration behind the house of Lori Morris Design?

I've been a creative artist my whole life, and I've always been interested in design, architecture, graphic design, interior design, and architectural design. And I've always loved it. I loved it as a child. When I started this business many years ago, it wasn't a very big interior design industry like it is now. There was no HGTV; there was no social media. There was no outlet to express your creativity like it is now.

But I've always been a creative person, so it was just sort of a natural fit for me to get into this industry. Even when I was a young child, I always decorated and designed my room and my bedrooms. My mom worked with a decorator at the time, and I always wanted to be part of the meetings. I was very young at the time, but it was something that I had always been very interested in.

Many years ago, it wasn't such a big industry, so it didn't necessarily feel like a natural fit to become a big business at that time. But you know it was really the only real thing that ever interested me. Wherever I went, whether it be restaurants or hotels or lounges or even seeing buildings in old-world European cities, it was just always a source of inspiration and very fascinating for me. So, it just became a very natural fit for me to be in this business, and I see it very clearly in my mind.

### What challenges did you face in starting this business?

I started the business at a very young age, and I didn't know anything about business. I didn't have any clients; I didn't really have anything. I was just very young and naïve, which, thank God, was a blessing because, had I started with far more knowledge, I may not have done it. The challenges were what every other business owner faces, such as acquiring clients,

generating business, and managing cash flow, all within an industry that, at the time, was very different from what it looks like now as a landscape of business.

Forty years ago, there was no social media outlet to display your work; there was just one Canadian magazine that you could potentially get interviewed in, which wasn't necessarily a global reach like it is now, given our current situation. It was extremely hard being a woman many years ago, starting businesses when women didn't necessarily have businesses.

But I kept working and working as hard as I could seven days a week, putting in 12, or 14 hour days and going to any outlet I possibly could to reach clients, for people to see my work, and even doing a lot of things for free, just to get my name out there and get my position out there and sticking to my true values of what my design centerpiece was and sticking to what I believed in terms of my work ethic and everything that I did.

But it was just completely challenging, and I just kept working through it, just never quitting and never stopping and always believing in myself, just pushing and pushing and pushing until it finally materialized. I persevered through many tears and sleepless nights, never giving up and always hustling to outwork everyone, doing everything I could, believing in myself, and carrying on until I got here.



### **What has changed for the interior design industry since COVID began?**

I think the biggest change, which is fundamental for everybody, is the work-from-home and live-from-home policy. There were obviously a lot of bad things with COVID, but there were a lot of good things too that came out of it with all kinds of changes in life.

Change is always scary for a lot of people, but change is always good. And I think what it did is demonstrate to people that their home is really their sanctuary, and their home is really where they want to be with their family, with themselves.

Things as fundamental as your home office that, in the past, may have just been like a little room in the house to take calls and make a few meetings, became like an actual prime piece of real estate in your house that was dedicated to an office not only to house just your desk, but meeting areas, and work areas, and where people can come and actually have clients in your house where you can demonstrate your work and in my particular case, showcase a beautiful office.

In terms of decoration, I think the wellness areas of a home have changed immensely in terms of what people like. It used to be just a simple spa area where it might have been a gym, but now people want cold plunges and infra-red saunas and wet saunas and dry saunas and full gyms and massage areas and yoga areas and Pilates areas and everything really.

All these amenities are meant to transform your house both from an interior and exterior perspective. People now want as many amenities and features as possible. It's like building your own sort of resort hotel within the confines of both your budget and the square footage of your home.

### **Can you tell us about any awards that you have won?**

I have won over 30 awards. For example, we won the Andrew Martin Award several times. We have submitted our work for the Andrew Martin Award, which is the Academy Award for Interior Design from the United Kingdom.

We've submitted our work for the past eight years, and every year, we came to the top hundred list. That has been a very exciting experience for me because, as you might know that it is a very prestigious award, and I really enjoyed being a part of it.

There are many other awards that we have won both from North America, from the United States and Europe where we have submitted some big projects and we have won those awards, which are very prestigious for me in terms of accomplishments, allowing your industry to acknowledge your talent, is certainly lovely.



### How do you define luxury?

Luxury is a very interesting word that is defined in many ways by many people. For me, luxury is true happiness, and however you get that, happiness is what luxury is. Now, in terms of specific design luxuries, they are dealt with in terms of the functionality of your life, allowing you to have all the special amenities, textures, fabrics, finishes, beautiful pieces of art, chandeliers, and a stunning home.

But, you know, we all may not have that luxury and that not being able to give that financial commitment. To me, luxury is true happiness. Livable luxury, on the other hand, is being able to have delicious beds to sleep in and oversized, beautiful, comfortable pieces of furniture with beautiful textures and fabrics and being able to have different sight lines to where you're able to expose different materials with beautiful sparkling chandeliers and a stunning art collection.

And putting that all together is what luxury is to me. With fine manicured landscape gardens and beautiful pools and beautiful landscape architecture, that's luxury.

### What are your favourite colour palettes for interior design?

I am a colour girl, and there are no rules in my design philosophy. For me, every colour is beautiful. If you are blessed with the skill to be able to manipulate colour to give it a feeling of beauty, then that is something that is very special. I think colours should be part of everybody's home, whether it's been exposed through artwork and accessories or through nature and the colour of flowers, or the fabrics and the textures and the materials you use.

### Can you describe your design process?

We have two companies. One is the House of Lori Morris Design (LMD), and the other is Rooms by Lori Morris. The house of LMD is the larger company where we undertake large-scale renovations or new builds.

We would get a client, they would come in, and after everybody decided they wanted to work with each other, you would be assigned a project manager. From there, we would start the design process, where we would draw conceptual drawings of your project, of whatever the scope it is. From there, we do a detailed drawing package.

We take it out to get organized to be built, and from here, we start the decoration process where we present the decoration to you, which is mainly custom decoration done by the House of LMD with all kinds of inspirational pieces of vintage, antique and modern influences to finish the look.

A new build could take six years, renovation could take a year, and we manage it, and we get everything fabricated and organized, and then we put it together. It takes one to two to four weeks to install, depending on the size of the project. And then we do the reveal just like on TV; it's the most exciting day for the clients and the most exciting day for me.



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Then the other company that we have is called Rooms by Lori Morris, and that's a smaller-scale company where we'll do rooms if someone just wants a kitchen or a bathroom with some light construction or wants a few rooms stylishly decorated.

**Can you tell us about some of the latest projects that you're working on?**

We are doing lots of exciting projects. We're doing projects all over North America. We're doing projects in New York, Florida, and in Connecticut. We're doing projects in Muskoka and in Quebec as well. We are doing some golf courses as well as some commercial work on luxury condo buildings. We're sort of all over the gamut.

**Where do you see yourself in five years?**

Doing the same thing that I am doing right now, loving my design, just bigger and better and more of it. We are now represented in Muskoka and Toronto, and we might be opening another office in the United States. We are just continuing to grow all the time.

**What advice would you give people who want to add a touch of luxury to their home?**

Well, I think, again it all depends on your budget because, of course, the budget dictates what you do and can't do. But if you could start an art collection, I think that is critical to any

luxurious space, because art is the fundamental grounding point to make any room of a house setting stunning.

An art collection is very important to have. If you start young or begin with one piece at a time, you can buy the best piece that you can possibly afford and start your art collection. That is critically important because it can set the authenticity and elegance of a space.

And then, of course, collecting beautiful pieces of lighting, beautiful pieces of furniture. Increase your art collection gradually, increase your furniture collection, and be able to buy beautiful pieces that stand out and can be a focal point of a space.

It starts with the background of the space to be able to have ceiling details and architecturally detailed wall panels and, beautiful floor designs and fireplace mantles and lighting and furniture. Of course, all the layers add up to it. But if you're just starting with one thing, I would definitely say art! ♦





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# How Supercharged Serums Are Redefining Radiance

by Maureen Simpson

**S**kin care is an experience grounded in innovation, personalization, and results. At the heart of this evolution is the rise of supercharged serums—sleek, potent formulations setting a new standard for radiant, youthful skin.

Effortlessly sophisticated yet undeniably practical, these high-performance elixirs have become the crown jewels of modern skincare. Fueled by science and designed with intention, they promise to elevate your regimen from ordinary to exceptional.



## Potency Meets Precision

What distinguishes a supercharged serum from its conventional counterparts is its elevated concentration of active ingredients, carefully curated to penetrate deeper and deliver targeted benefits. These extend beyond skin solutions—they're skin transformations. Every drop works with precision and purpose, from smoothing fine lines and fading hyperpigmentation to replenishing moisture and refining texture.



## A Symphony of High-Tech Ingredients

The modern serum is a marvel of biotechnology. Formulations boast everything from stabilized vitamin C and multi-weight hyaluronic acid to plant-based retinol alternatives like bakuchiol, peptides, niacinamide, and stem cell derivatives. Each ingredient plays a role in restoring the skin's vitality while enhancing its natural glow.

Innovative delivery systems—such as encapsulation technology, liposomes, and nanoemulsions—ensure that actives are released steadily into the skin, offering maximum potency with minimal irritation.

### Designed for the Individual

At its core, luxury is about personalization—and today's supercharged serums embody that philosophy beautifully. No matter your skin type or concern, there's a formulation designed to meet your needs. Brands now offer AI-driven diagnostics, custom blends, and even multi-chamber serums that let you curate your skincare cocktail, a bespoke experience for the discerning woman.



### Effortless Elegance in a Bottle

Beyond their scientific prowess, supercharged serums have become a symbol of refined self-care. The textures are silky. The absorption is instant. The results? Undeniably visible. These multi-tasking marvels often combine hydration, firming, brightening, and soothing benefits within one minimalist yet luxurious bottle. Fewer steps, elevated results.

### Consciously Curated

Today's luxury consumer is discerning not only in performance but also in purpose. Many supercharged serums have clean, vegan, and cruelty-free standards in mind, free from parabens, sulphates, and synthetic dyes. Ethical beauty is an expectation.



### The Future is Bright—And Beautiful

In the pursuit of timeless beauty, supercharged serums are the future. They represent a harmonious blend of science and self-care, delivering unparalleled efficacy without compromising indulgence. Adding a supercharged serum to a daily ritual is a revelation for the women who seek performance with polish and innovation with intention. ♦



# 8 Summer Nail Shades for Every Event

by Keena Al Wahaidi

**B**etween heading to the park and catching brunch with your besties, summer 2025 is all about embracing vibrant colours and playful textures. especially so when you're contemplating the best nail colour for every summer event this season. Luckily, there's an endless array of nail shades to elevate your everyday look, ensuring you're perfectly polished for every occasion.

It's important to transform your vibe this summer with the perfect nail colour, because nails are more than a fashion trend - they're a statement. Let your nails do all the talking with colours that are as fun and fresh as your summer plans. Check out these 8 must-have nail shades that will carry you through every event on your social calendar.

## 1. Butter yellow

For the trendsetter: Butter yellow is being dubbed as the go-to shade this summer season and it's easy to see why. This fresh colour is soft and sunny, a perfect addition to your outfits for beach weddings and garden parties. Most importantly, it's a chic alternative to traditional yellows, providing that warm but cheerful manicure that's sure to be a stunner.



## 2. Mint green

For the effortless look: Nothing says refreshing like a new coat of mint green. Its cool hue brings a touch of elegance to your nails, minus the excruciating effort of finding that just-right shade of green on those casual summer days. It's playful enough to wear to picnics and iced coffee dates.

## 3. Dusty lavender

For a hint of romance: A delicate lavender shade evokes a sense of serenity, which is great for anyone seeking a subtle yet trendy nail colour this summer. It's feminine, but not overly sweet. Bring this colour along to low-key weekend hangouts or sunset dinners.



**4 . Classic white**

For the ultimate summer staple: There's just something about a clean, white manicure that is a no-brainer for bright summer days. It's bold, but boasts a high impact look with less than usual effort. It's fresh, timeless and most importantly, wearable on any occasion. What more could you need for an essential summer colour?

**5 . Neutral pink**

For a clean girl aesthetic: Wearing this shade means embracing everything minimalistic, but even better than that, is its endlessly wearable aesthetic. This barely-there shade of pink will make any summer look timeless — plus, it's the best everyday neutral. Neutral pink is a no-brainer, and you'll be a vision of grace when you wear it.



**6 . Dark maroon**

For the sunset vibes: Darker colours may be reserved for winter, but maroon is going to be a late-summer favourite this season. It's the best for those moody evening looks or a golden hour outing. It's a dramatic contrast from other summer shades, making you look sophisticated without trying hard.



**7 . Deep blue**

For the cool, calm and collected: Inspired by summer skies and seascapes, this shade will add a dramatic edge to your summer palette. Bonus tip: pair this shade easily with metallic accessories or your favourite denim. This shade of blue is ultimately versatile when done right. In its best light, it offers simplicity yet elegance whether you're keeping it casual or dressing to impress this summer.



**8 . Cherry red**

For the unapologetic: Is there ever a time when red is not in style? Probably not, but it is especially having a big moment this summer. Cherry red nails are making a major comeback, bringing a pop of colour that's retro and timeless. It's a punchy, bold colour that's bound to bring confidence to patio dinners and late-night dates. You'll turn heads without even knowing it. ♦



# T&BOA



TRBOA



# Trending Summer Hairstyles Going Viral

by Yanik Hamilton

**T**his summer, hair takes center stage with a luxurious mix of elegance, ease, and expressive individuality. As the day’s air gets warmer, women are embracing bold yet breezy styles that radiate confidence and charm. From reinvented classics to head-turning new trends, this season’s most viral hairstyles are curated for the modern woman who moves with purpose and grace. Whether your summer plans include upscale getaways, coastal escapes, or rooftop soirées, these hairstyle trends offer the perfect fusion of glamour and practicality.



## 1. The Wet Look Bun

Sleek, sculpted, and dripping in confidence, the wet look bun continues to dominate this summer. Seen on red carpets and fashion editorials alike, this ultra-smooth style uses glossing gels and serums to achieve a fresh-from-the-sea aesthetic—ideal for hot days when frizz is the enemy. Whether worn high and tight or low and minimalist, it instantly elevates your look with little effort and maximum impact.



## 2. Polished Beach Waves

Waves are a summertime staple, but this year’s take dials up the luxury. Instead of tousled, windblown textures, we’re seeing glossy, structured bends that scream sophistication. Soft, symmetrical waves with side parts and high shine add just the right amount of drama for day or night. Finish with a shine mist and a gold hair comb for a runway-worthy result.



## 3. Bubble Braids

One of the most delightful hair trends this season is the bubble braid, an imaginative twist on classic styles. This playful look creates volume and visual interest through spaced elastics that form rounded “bubbles” down the length of the hair. Whether worn in a single low ponytail or double braided for a youthful spin, it’s the perfect fusion of fun and fashion. Try it with silk ribbons or pearl accents for an upscale finish.

## 4. The Airy Shag

If you're seeking a cut that's as light as the summer breeze, the airy shag is your match. With soft, feathered layers and breezy movement, this modern take on the '70s classic adds volume without bulk. The style works with all hair textures and lengths, especially when air-dried with a spritz of sea salt spray. Paired with curtain bangs, it embodies an undone elegance perfect for the woman who exudes quiet confidence.

## 5. Statement Hair Accessories

Luxury is in the details, and hair accessories are getting the high-fashion treatment this season. Think oversized gold barrettes, bejeweled clips, velvet bows, and pearl-studded pins—all bringing a sense of opulence to the simplest styles. A low bun instantly becomes event-ready with a designer logo pin, while a side-swept wave gains personality with a crystal-encrusted barrette.



## 6. Sleek Braided Ponytails

Braided ponytails offer a sleek solution for warm weather while exuding power and poise. Whether styled high with ultra-smooth roots or worn long and low with a fishtail braid, this look is both protective and polished. Paired with dewy makeup and bold sunglasses, it's a perfect look for daytime glamour or late-night dancing under the stars.



## 7. Copper and Honey Tones

When it comes to colour, this summer is all about warmth and glow. Copper tones, from soft strawberry to rich amber, are making headlines, while honey blonde balayage remains a perennial favorite. These luminous shades flatter sun-kissed skin, create depth, and reflect light beautifully, giving hair a natural vibrancy that feels luxurious and fresh.

## 8. The Micro Bob

Short hair is having a refined moment, and the micro bob leads the charge. This clean, chin-grazing cut is crisp, bold, and unapologetically modern. It frames the face with precision, draws attention to the jawline, and pairs beautifully with oversized sunglasses and bold lipstick. For extra edge, opt for a centre part or tuck behind the ears with metallic clips. ♦



VANITY COUTURE





## VANITY COUTURE

The 'Roxy Asymmetrical Keyhole Cut Out Monokini In Hot Pink' is bold, vibrant and sexy. This unique one piece highlights all your best features without sacrificing a bit of comfort. The luxury gold chain shoulder compliments the keyhole cut out over the bust. This swimsuit bottom has moderate coverage and nicely sits over the hip to enhance your shape. Get creative and wear this style backward for a completely different look. Make a statement at your next poolside event in this piece.





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**VOTIVE CANDLES**

# Best Footwear for the Summer Weather

by Rosalee Scott-Edwards

As our social calendars fill, summer calls for footwear that is equal parts stylish and functional. If you're strolling through sunlit boardwalks or attending elegant rooftop soirées, the right shoes elevate your outfit and your seasonal experience. Here's our curated guide to the best footwear for summer—designed to keep you cool, chic, and confidently on the move



## Strappy Leather Sandals

A timeless staple, strappy leather sandals offer sophistication with breathability. Choose minimalist neutral tones or metallic finishes that can transition seamlessly from day to night. Look for padded footbeds for added comfort.

## Espadrille Wedges

For a dash of coastal charm, espadrille wedges bring elevation without compromising ease. Ideal for garden parties or weekend brunches, they pair effortlessly with sundresses, linen trousers, and flowy skirts.

## Slide Sandals

Slide-on sandals are the definition of easy luxury. Choose luxe materials like supple leather or soft suede. They're perfect for poolside lounging and casual outings, whether flat or with a slight platform.

## Canvas Sneakers

Breathable, versatile, and polished, canvas sneakers are a summer favourite. Wear them with tailored shorts, cotton dresses, or denim for a relaxed yet refined look. Opt for crisp whites or playful pastels.

## Mules

Backless and endlessly versatile, mules give your feet room to breathe while adding an effortlessly chic edge. Choose block heels for work-ready style or flat options for weekend wear.

## Fisherman Sandals

These sandals make a fashionable comeback while blending retro design with modern comfort. With their closed-toe coverage and ventilated structure, they're ideal for city days and travel adventures alike.

## Luxury Flip-Flops

Gone are the days of basic rubber flips. Designer flip-flops with elevated soles, premium materials, and gold-tone hardware are making waves as summer essentials for minimalist glamour.

## Tip:

When selecting summer footwear, prioritize moisture-wicking linings, cushioned soles, and materials like cork, jute, or breathable leather. Your feet will thank you when the temperature soars. ♦



# 8 Key Summer Bag Trends You'll Want to Wear Everywhere

by Shweta Gandhi

**E**levate your summer outfits in style with the latest bag trends, straight off the runway. This year is shaping up to be the season of practicality and convenience, especially when it comes to bags. Designers have finally turned away from pretentious micro-mini styles and are now embracing modern silhouettes like the East-West bag and soft fabrics like canvas. The best part? These summer bags are versatile, balancing ease with intent.

So, whether you're chasing sun-soaked moments or cityside strolls, there's a carryall that perfectly suits your mood and wardrobe. Choose from raffia, canvas, suede, snakeskin, and more—these bags offer enough flair and plenty of wearability to look and feel great all season long. From polished classics to office staples, here are eight trends to bookmark this summer.

## 1 East-West

The East-West bag continues to dominate summer 2025, returning as the season's must-have carryall. Sleek shoulder or crossbody silhouettes—like Prada, Alaïa's Le Teckel, and Miu Miu—offer that perfect balance of polish and ease.

They're just roomy enough for essentials yet slim enough to tuck neatly under your arm, making them ideal for busy city days or rooftop evenings.

## 2 Canvas with Leather Trims

Canvas bags edged with leather trims are surfacing as summer staples. Think hefty shopper totes or structured carryalls in natural materials softened by polished leather handles or piping.

These hybrids combine durability with an elevated finish, perfect for everything from farmers' markets to office commutes. Look for neutral tones with chocolate or tan leather contrasts for a chic, minimal finish.

## 3 Raffia

Nothing says "summer" better than woven raffia, and summer 2025 is overflowing with polished beach-to-city raffia bags.

Natural fibres—like straw, jute, and raffia—are woven into structured totes, bucket bags, and sculptural sling bags. Designers including Loewe, Chloé, and emerging artisan brands have tapped sustainable craftsmanship, blending texture with ethical sourcing.

These bags lend tactile warmth and light-hearted charm to linen or denim looks, making them a go-to this summer.



## 4 Belted

This trend brings a refined twist to roomy totes or bucket styles, featuring wrap belts, buckles, or cinched straps that sharpen the silhouette while adding a chic accent.

Seen on the runways of Miu Miu, Hermès, and Prada, belted bags evoke both structure and softness—effortlessly stylish for dressing up relaxed summer layers. Valentino and Ferragamo are also incorporating belted accents in their resort collections, shown in muted earth tones or bold monochromes.

Whether it's a wraparound leather belt on a tote or a cinched strap on a shoulder bag, this detail signals intentional design and timeless elegance.

## 5 Suede

Relaxed suede bags are riding the summer wave into durable seasonality, softened into hobo shapes, slouchy buckets, and fold-over saddles. From Stella McCartney's Ryder to oversized styles at Coach and Gucci, suede adds tactile depth and lived-in comfort.

The hue range spans rich caramel to soft camel, pairing beautifully with linen and bohemian whites. Plus, its laid-back style suits both weekend errands and after-dark drinks.

## 6 Snakeskin

Bold snakeskin prints are slithering into summer, balancing graphic appeal with refined texture. From neutral grey snakeskin crossbodies to cheetah and giraffe-inspired motifs, this print brings visual impact without overpowering your outfit.

Brands like Valentino, Khaite, and Isabel Marant lean into these exotic patterns on sleek silhouettes—especially East-West and bucket styles—adding a wild streak to neutral wardrobes.

## 7 Fringe

Fringe is back again, adding movement and texture to bags in all shapes and sizes. From cascading tassels on leather crossbodies to subtle frayed edges on raffia totes, this detail channels carefree summer energy with a bohemian hint.

Brands like Chloé, Bottega Veneta, and Proenza Schouler showcased fringe in both earthy neutrals and bold colourways. Whether you're headed to a festival or a city patio, this playful trend adds instant personality to your look.

## 8 Quilted

Quilted bags featuring diamond stitching and padded panels are making a refined comeback. This texture adds dimension and quiet luxury to casual looks, turning a simple canvas tote or crossbody into a sculptural statement.

Labels like Chanel, Bottega Veneta, and Burberry are showcasing quilted styles this season, from plush leather flaps to puffer-style totes.

Meanwhile, Tory Burch and Mansur Gavriel are opting for lighter cotton or nylon quilted finishes, ideal for summer's laid-back ease. Whether you're drawn to a timeless flap or a pillowy oversized tote, quilted textures lend a cozy yet polished finish to any ensemble. ♦



# Embrace Flowing Silhouettes and Earthy Tones this Summer

by Jennifer M Williams

**T**his season, style takes on a softer rhythm—where elegance meets ease, and fashion finds inspiration in the natural world. Summer 2025 invites us to embrace flowing silhouettes and earthy tones, a timeless pairing that exudes quiet confidence and refined simplicity.

## Grace in Motion

Flowing silhouettes are the ultimate embodiment of warm-weather luxury. Think diaphanous maxi dresses, wide-leg linen trousers, voluminous kaftans, and soft-layered sets—pieces that move gracefully with every step and whisper elegance in every breeze. These designs aren't just beautifully freeing; they're a considered response to the season's demands for comfort, breathability, and elevated ease.

To master the look, balance is key. Anchor a voluminous blouse with a structured pant or cinch a tiered dress at the waist with a slim belt to accentuate your silhouette. The goal is effortless fluidity with just enough tailoring to keep things polished.

## Nature's Palette

In place of summer's expected brights, a sophisticated spectrum of earthy tones is setting the tone. From sun-baked terracotta and warm ochre to soft clay, moss green, and desert sand, these hues evoke grounded elegance and a return to nature's raw beauty. They work beautifully across a range of complexions and lend themselves to luxurious textures such as linen, silk, and cotton voile.

Pair a rust-toned wrap dress with minimalist gold jewelry or opt for a monochromatic beige ensemble complemented by a handwoven raffia bag. These rich, subdued colours offer endless layering possibilities—and an unmistakable aura of chic restraint.

## Refined Styling Touches

Invest in Artisanal Accessories such as handcrafted bags, sculptural wooden earrings, and leather slides. They subtly elevate your summer look while reinforcing the natural aesthetic.

Embrace monochrome mastery by dressing head-to-toe in tonal variations—think sandstone paired with ivory—creates a clean, modern silhouette.

Let texture tell the story and play with contrast by mixing delicate fabrics like silk with coarse linens or raw cottons for a tactile, high-fashion finish.

Keep beauty barely there with a warm glow, bronzed lids, and hydrated skin are all you need. Luxury lies in letting your natural beauty shine.

## A Mood, Not Just a Look

Flowing silhouettes and earthy tones reflect more than seasonal trends—they represent a state of mind. In a world that often moves too fast, this style ethos champions intentionality, serenity, and a closer connection to the elements. It's about curating a wardrobe that breathes, moves, and tells a story of effortless grace.

So, this summer, surrender to the flow and let your palette be inspired by the soil, the sun, and the sea. Because true luxury lies in how you live—and what you choose to wear along the way. ♦



Reitmans



Reitmans



Reitmans



# 10 Habits of Couples Who Stay Together to Build Lasting Love

by Anthony Williams

**S**ome couples build a lifelong bond in a world where relationships often face challenges. What sets them apart? The answer lies in the daily habits they cultivate—habits that nurture trust, deepen connection, and allow love to flourish, even through difficult times.

## 1. They Communicate Openly and Honestly

Effective communication is the foundation of a strong relationship. Couples who stay together prioritize open and honest dialogue, sharing their feelings, thoughts, and concerns without fear of judgment. They focus on using “I” statements—like “I feel hurt when this happens”—instead of blaming each other, which helps create healthier and more productive conversations.

## 2. They Make Time for Each Other

Amid busy schedules, happy couples carve out time to connect. Whether it’s a weekly date night, morning coffee together, or simply unwinding at the end of the day, prioritizing quality time strengthens their bond. They make it a habit to schedule regular “us” time, no matter how small because consistency in these moments keeps the connection alive.

## 3. They Show Appreciation Daily

Gratitude plays a significant role in keeping love alive. Couples who last make it a habit to express appreciation for each other—whether for considerable efforts or small gestures. Saying “thank you” often, sharing a compliment, or leaving a quick love note can go a long way in making a partner feel valued.

## 4. They Support Each Other’s Goals

Strong couples encourage each other to pursue personal goals and dreams. They understand that individual growth enhances their relationship and never view success as a competition. Regularly asking your partner about their aspirations and finding ways to support them—like brainstorming ideas or offering encouragement—can strengthen the partnership.

## 5. They Resolve Conflicts Respectfully

Disagreements are inevitable, but how couples handle them makes all the difference. Instead of yelling, shutting down, or holding grudges, lasting couples approach conflicts calmly and focus on solutions. If emotions run high, they step away to cool off and return to the discussion with a clear mindset to avoid saying something they don’t mean.

## 6. They Keep Physical Intimacy Alive

Physical touch fosters connection and strengthens emotional bonds. Lasting couples value intimacy through small gestures like holding hands, cuddling, or affectionate kisses. Even simple moments of physical closeness—like sharing a warm hug or sitting close on the couch—create a sense of safety and connection.

## 7. They Laugh Together

Humour is a secret ingredient in lasting love. Couples who stay together share laughter, which helps them navigate life’s ups and downs with a sense of lightness and joy. They find activities that bring out their playful side—watching a funny show, playing games, or recalling shared memories—because laughter strengthens their bond.

## 8. They Practice Forgiveness

Holding onto resentment can erode even the most substantial relationships. Couples who build lasting love learn to forgive and let go. They acknowledge mistakes, apologize sincerely, and focus on resolving issues rather than rehashing past wrongs. They move forward together by forgiving instead of being stuck in hurtful moments.

## 9. They Build a Shared Vision for the Future

Couples who last share similar values and goals for the future. Whether it’s financial planning, family dreams, or lifestyle choices, they work as a team to build a shared life vision. Regular conversations about their goals ensure they remain aligned and connected as they move forward.

## 10. They Celebrate Each Other

Long-lasting couples celebrate each other’s achievements, milestones, and even everyday victories. They are each other’s biggest cheerleaders, creating a sense of pride and partnership. Recognizing significant accomplishments and small wins—like a successful work project or sticking to a healthy habit—builds an atmosphere of support and encouragement. ♦

# Building a Village and The Importance of Community in Parenting

by Shirley Graham

**T**he adage, "It takes a village to raise a child," holds more relevance than ever in today's hectic world. With modern parents often juggling careers, households, and social expectations, the need for a strong, supportive community has never been more essential. But the importance of a village extends beyond child-rearing—it's the cornerstone of nurturing healthy relationships and maintaining emotional well-being.

## The Isolation of Modern Living

While technology has made it easier to stay connected, many families report feeling more isolated than ever. The decline of multi-generational households and neighbourhood networks has led to a parenting culture where couples should do it all without burnout. This hyper-independence can strain relationships and hinder emotional connection.

## Why We Need a Village

A community provides emotional relief, practical support, and a safe space to share experiences without judgment. Whether it's a neighbour who offers a helping hand, a grandparent stepping in for school pickups, or a friend who listens without offering solutions, these small moments can make a difference. Strong support systems reduce stress, enhance mental health, and model collaborative values for children.

## Parenting Is Not a Solo Act

Even within a two-parent household, solo parenting can lead to exhaustion and resentment. Community bridges the gaps—filling in where one might fall short. Playdates, shared school runs, and parenting groups help lighten the load and foster a sense of shared responsibility. When caregivers feel supported, they're better equipped to show up with patience and presence.

## Nurturing Relationships Through Community

Beyond the logistics of parenting, having a community enriches personal relationships. Couples who lean on external support are more likely to maintain their bond and protect time for themselves. Friendships and extended social ties also act as a sounding board, helping couples navigate challenges with greater clarity and resilience.

## How to Build Your Village

Start small and reach out to other parents at school or in your neighbourhood.

Join local groups such as parenting circles, support groups, or community meetups. They can open doors to new connections. Be vulnerable and let people know when you need help. Vulnerability invites support.

Offer support as a village is reciprocal. Be willing to lend your time or listen.

Use digital tools wisely. Online communities can supplement in-person support when geography or schedules pose limitations.

## A Stronger You, A Stronger Family

Ultimately, building a village helps to enrich the parenting journey. Community creates resilience, belonging, and joy. In relationships, it cultivates perspective and promotes emotional balance. And for children, growing up surrounded by trusted adults fosters security, empathy, and a deeper understanding of what it means to be part of something bigger than oneself.

So, if you're feeling the weight of doing it alone, take heart—your village may be closer than you think. All it takes is one connection to begin building something beautiful. ♦



# Healing After Betrayal: Steps to Rebuild Your Life When a Partner Cheats

by Babak Eslami

**H**aving a relationship with someone is a sensational experience that makes you feel loved and not lonely, being with someone you can share your life with. However, what happens when something disrupts this great feeling, like when your partner cheats on you.

There are many negative emotions that may churn inside you, but always remember you can get support, and you are not alone, there are other people who have experienced betrayal by loved ones. Let's look into the best ways to move on and rebuild your life after your partner cheats on you.



You may feel a great deal of emotion. These include shock, anger, and lower self-esteem. The latter is caused by the view of how your partner chose another person instead of you, making you feel like you are not worthy, or you have a significant flaw on your character that pushed them away from you. This is not the case and always remember, in a relationship, there are two people who have equal level of responsibility in the relationship. This means that they know the rules when they 'signed' up for this relationship, be it marriage or pre-marriage dating, and they know they have a shared burden of commitment. Do not let yourself think it is solely your own fault that this infidelity occurred, and you should confront your partner when you find out they have been cheating.



Low self-esteem



Anger



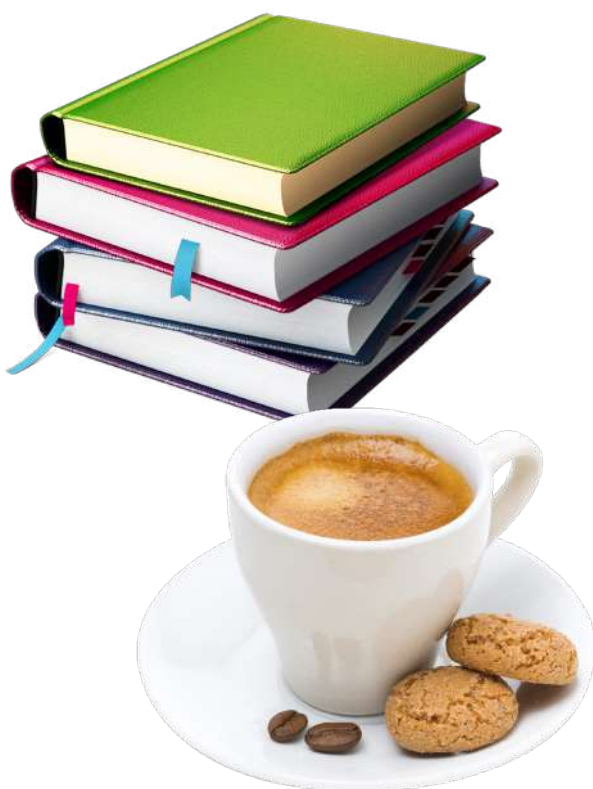
Shock



When confronting your partner on their infidelity, it is natural for you to be upset, but do not approach them as if you are trying to fight them or get even by having an affair yourself. And still, you could be willing to repair your relationship, even if you are hurt, but still have feelings for them.

Be clear on how you are feeling, and even though they disrespected you, do not let it change or darken your character and mind. Instead, try to reason with your partner, reflecting on the good times you had in the past. Enforce positivity to repair the damage that has happened, but remember, do not let get obsessed with a person who constantly hurts you.

When addressing your cheating partner, ask them how many times it has occurred. This should be done when you feel that they think it was a mistake or a moment of weakness, and that they still want to be in a relationship with you. But if it happens again, consider a different relationship with a different person. Your partner may have cheated on you just once, or a few times, but make sure you get the honest answer from them. If they are truthful, consider the amount of times they cheated on you; if it is only once, consider it as a fluke that occurred during a moment of weakness. If it occurred a considerable amount of times, then it should be a sign that your partner cares more about the affair than about you. You shouldn't take it as a sign that they don't care about you at all, or that you are an



unworthy person. Never think of yourself as less important. Continue on your career or hobby, or anything else that is part of your life, to shift the focus away from your break-up. Always remember, you had a life before your partner showed up, so do something fun that you enjoy to ease the pain; go mountain climbing, take a trip to the beach, or simply read a good book to make you happy.



Love is difficult, but an emotion we experience that shapes who we are. When your love is great, the pain in losing the other person is just as heavy as when you first loved them. This can be seen in high school scenarios, where young love occurs between two teenagers. They find each other at age 14, and spend as much time as they can together. But once high school ends, one of the partners decides they want an older, more career-oriented partner and break up with their first love. This is all part of growing up, and shows that it is during adulthood (25 and older), people tend to know what they want in a relationship. And although your first love may be important, always remember you can find another relationship again.

Be practical about the reality of your situation. You should understand that the relationship is over and there is nothing else you can do to repair the relationship your partner does not want. If you are still hurting, seek counselling and other emotional support, as there are people you can help you. Friends, families, and counselors are all part of this support. ♦

LORI MORRIS®





## Rosie Coffee Table

Like a beautifully wrapped gift, this sleek customer has an understated presence. Crystal-clear Lucite is paired with a brass insert and intricate rose detail. It's the gift that keeps on giving, bringing warmth and polish to its minimalist silhouette. It strikes a light and airy pose in its translucence but don't mistake this sweetness for weakness. This table means business with a clean simple silhouette that can work its magic with any style décor. We know you want this gorgeous gem — we can see right through you! Also available in a high-gloss lacquer finish in our signature Lori Morris palettes, each gift-wrapped with brass to perfection.

# LORI MORRIS®



# Bring the Spa to Your Home With These Luxury Products

by Rob Shapiro

**S**elf-care often gets shoved to the sidelines when work gets busy, or our family obligations overwhelm our week. Just because you can't get more sleep, doesn't mean you can't make some time for yourself in the comfort of your home. With the right products, you can bring the spa to you and save time and money along the way.

Let's look at some of the most enticing and luxurious spa products for the at-home market, like a lotion bar, bath pillow, facial steamer, and facial massager that will help you feel renewed and rejuvenated.

## What Makes a Good Spa Product?

To get a genuine spa experience, you can't simply buy any products on the shelf of your local Wal-Mart. If you want the most luxurious products, you need to know what to look for. Here are a few tips to remember when shopping for spa products:

- Peruse different scents as these can lift your mood, stimulate your senses, and create a spa-like environment.
- Some products involve a time-consuming process. Make sure you read a product's directions to learn its time commitment, and then make sure you have the time.

• Focus on quality, which doesn't always mean paying more. You want to buy products with natural ingredients that have positive reviews (a quick Google search or a scan through a company's social media account can do the trick).

Lastly, consider investing in supplemental products like candles or a Bluetooth speaker to play calming music, as these can enhance your spa experience.

## 4 Products That Deliver the Spa Experience

### 1. Mama Stone Lotion Bar – Kate McLeod

This is especially great for pregnant or postpartum women, but it can work for anyone. It's vegan, unscented, as natural as it comes, but relatively expensive.

The Mama Stone Lotion Bar dissolves into an oil when used. It's especially relaxing to use on tense muscles in your arms and shoulders.

While not a treatment, the Mama Stone is perfect for dry skin, and can help soothe certain skin conditions like eczema. Pair it with a Kate McLeod Dry Brush to exfoliate your skin and to allow it to absorb the nutrients of the lotion bar.



## 2. Luxury Bath Pillow – Gorilla Grip

We can sit here and list every scrub and lotion imaginable, but what about something that turns your bathtub into a comfortable bed so you can soak for as long as you want? A hot bubble bath with scents can deliver the vibe of a spa, but this pillow will take it to the next level.

The Gorilla Grip Luxury Bath Pillow is slip-resistant, waterproof, and has 2 inches of thick high-grade foam. You get to avoid the hard surface of your bathtub in favour of this comfortable, gentle head support.



## 3. Pro Facial Steamer – Dr. Dennis Gross

Regardless of your skin type, the Dr. Dennis Gross Pro Facial Steamer refreshes skin through a process of hydration and purification. In less than 10 minutes, your skin will feel soft and smooth. This facial steamer is easy to use, compact, and has a wide nozzle that provides full facial coverage.

This device's micro-steam technology will help you escape stress, and can make your complexion clearer and smoother. Dr. Dennis Gross Skincare also carries other luxury products that can contribute to your at-home spa like a cleansing gel and body exfoliating treatment.

## 4. The Original Blue Ice Globe Facial Massager – Aceology

Going to the spa is a great way to remove the puffiness and darkness around your eyes. But if you can't make it to the spa, the Original Blue Ice Globe Facial Massager is the next best thing. This travel-friendly device oxygenates skin, eliminates redness, and reduces pore size.

Refrigerate this device for 10 minutes prior to use, and it will remain cold throughout the duration of the massage (just make sure you never store it in your freezer). This is a great way to say goodbye to fine lines and hello to taut skin.



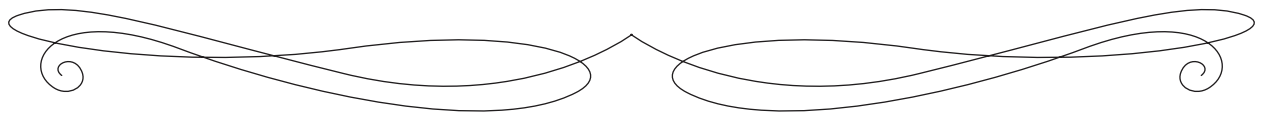
## Create an At-Home Spa

These products are worth the investment if you crave weekly spa treatments. In addition to feeling rejuvenated, you won't have to rearrange your schedule for appointments or shell out hundreds of dollars every month. You simply need the right products at your disposal to enjoy the benefits of a spa and that relaxing, soothing experience that makes going to the spa the ultimate escape.◆

# The Pinnacle of Skin Luxury: The Most Exquisite Dry Body Oils

by Joshua J. Cooper

**O**ils are a great way to restore moisture to dry skin. Not only do they have anti-inflammatory and antioxidant effects, but body oils have more naturally nourishing benefits than lotions and creams, as they are rich in fatty acids and vitamins, while also leaving the skin feeling soft and smooth. Body oils also impart a nice sheen on the skin and provide more moisture than water-based lotions. With that in mind, here's the most exquisite dry body oils, their effectiveness, and what you should look out for while using them.



## La Mer The Renewal Body Oil Balm

What it is: Feels so good and smells lovely, sublime for dry skin. Apply to damp skin after bath or shower and for even more hydration, apply a body cream or lotion over it.

Skin Type: Normal, Dry, Combination, and Oily

Skincare Concerns: Dryness, Redness, Dullness, and Uneven Texture

What it is: A rich, hydrating, and lightly scented body balm that melts into a silken oil on contact to create the radiant, glowing sheen of La Mer all over.

Ingredients: Free of sulfates SLS and SLES, parabens, formaldehydes, formaldehyde-releasing agents, phthalates, mineral oil, retinyl palmitate, coal tar, hydroquinone, and triclosan.



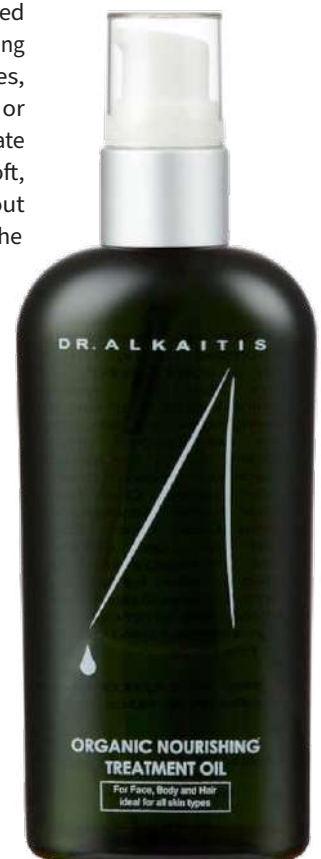
## Organic Nourishing Treatment Oil 120ml Brand: DR. ALKAITIS

What it is: This is a highly praised product, known for its moisturizing and nourishing properties, particularly for those with dry or irritated skin. Its ability to hydrate deeply, leaving skin feeling soft, smooth, and balanced without being greasy, pushes it above the competition. The oil is also noted for its natural, earthy scent and its effectiveness in replacing other moisturizers and serums.

Special feature: Homeopathic

Skin type: Dry

Scent: Unscented Oil



### ClarityRx Nourish Your Skin 100% Squalane Additive Oil



**What it is:** Generally well-received for its moisturizing and nourishing properties, with many users reporting positive results for dry and sensitive skin. It's often described as lightweight and fast-absorbing, leaving skin feeling hydrated and smooth without a greasy residue.

**Special feature:** An olive-based facial oil that aims to soften and smooth the skin's texture by locking in moisture.

**Skin type:** While especially beneficial for dry and sensitive skin, some users with oily or acne-prone skin also found it helpful, particularly when used to counteract the harshness of acne treatments.

**Scent:** Unscented

### Bobbi Brown Intensive Serum Foundation SPF 40

**What it is:** A serum foundation that is powered by 25 skincare ingredients and leaves skin looking smoother, plumper, and more radiant.

**Special Feature:** This foundation uses a skin-improving formula that—with tone-perfecting pigments—provides medium-to-full color-true coverage and up to 12-hour non-caking, non-creasing, color-true radiance that looks and feels good.

**Skin Type:** For dark skin



### Pharmacopia Hotel Argan Oil Body Lotion - Vegan Moisturizer for Dry Skin, Aromatherapy Lotion with Melon and Green Tea Essence - Natural, Organic and Cruelty-Free Skin Care

**What it is:** This enriching plant-based body moisturizer that hydrates and nourishes, leaves a silky smooth texture with the refreshing and rejuvenating green tea and melon essences, excellent for both men and women.

**Special feature:** Argan Oil Body Lotion is crafted with care, using biodegradable formulas, doing our part in bringing you joy while caring for the planet. Also, is not tested on animals?

**Skin Type:** Oily, Combination, Sensitive, Dry, Normal

**Scent:** Hotel Argan Oil



These are just a few of the products you can utilize to show off your regenerated skin. Whether you're dark-skinned or light, oily or dry, there are a myriad of products in the luxury world that you can use to make sure you look and feel as good as you want to.

The trick is knowing where to shop and exactly what you're looking for before you go into a store or head online for some quick-swipe shopping. Do some research before you finally splurge on that skin-care product you just can't go without.

Doing so may help you to look as good as you feel and may make your time in store more efficient or just make shopping in general more efficient for you. As a busy entrepreneur, you should always be on the lookout for ways to streamline your activities in order to utilize your time more effectively. ♦



# PANDÖRA



# Luxury Accessories to Buy to Level up Your Look

by The Elixuer Team

**I**f you've got the money to spend on luxury clothing, you might as well not skimp on the luxury accessories to match them. On the flipside, maybe you're looking to sneak an expensive accessory or two into your collection of affordable garments.

Either way, a few charming accessories never hurt anyone. They can seriously take a blah outfit and elevate it. Here are some high-end accessories that could add a little spice to your wardrobe.

## Deborah Pagani Hair Objet Hair Pin

In the realm of luxury hair pins, we have pins from the Deborah Pagani Hair Objet Collection. It might seem excessive for a hair pin, but this product should not be overlooked. This is the only hair pin you'd need. It's strong enough to hold together a variety of updos. Seriously, it won't break. It's made of metal.

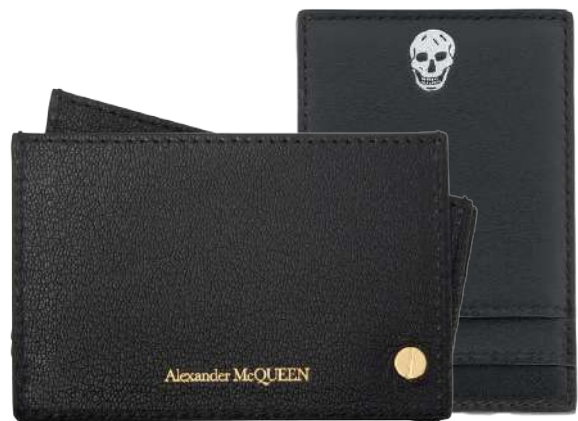
Plus, it's no fuss to use. The dual-pronged design slides effortlessly into your hair at any angle. Pick one of many styles to suit your taste, including iridescent and pearl-embellished.



## Alexander McQueen Card Holder

Hold your bank cards and IDs in style. Pulling out an Alexander McQueen cardholder—especially the elegant emerald, crocodile skin-style variety—is sure to make a statement. Characterized by the iconic McQueen skull in

gold or silver metal decorating the front, these leather cardholders mix high-end fashion with practicality.



## Alexander McQueen Pearl-Like Skull Chain Bracelet

Bulky chain links in an antique gold finish circle toward interchanging imitation Swarovski pearls and metal skulls. This Alexander McQueen bracelet is classy with a Gothic touch.

You'll want to wear it loud and proud on your wrist. It's fancy enough to come along with you to formal, professional settings—but also cool enough to accessorize your streetwear looks.

## Karl Lagerfeld K/Kloud Metallic Top Handle

Flip this purse vertically and you'll notice something. It resembles the letter 'K,' standing for the designer, Karl Lagerfeld.

Quilted waves give the reflective silver surfaces a pillowy appearance. The front and back are distinguished by radiant, puffy diamond shapes. But this handbag isn't all dramatic design.

It's an appropriate size for carrying everything you need to survive the day, and the removable crossbody strap gives you the option to transform this luxury bag into an everyday staple.

### Karl Lagerfeld Karl Logo ADV Sunglasses

We'd always recommend protecting your eyes from the harsh rays of the sun, and why not do so in style? These sunglasses are a bold and fun choice for someone who's comfortable standing out in a crowd.

Square see-through frames surround translucent lenses that come in unconventional shades like lime green, orange, and blue.



### Burberry Statue Print Silk Scarf

Here's an accessory for the sculpture fan. This 100 percent silk scarf is printed with images that are meant to depict statues in a sculpture garden.

Coming in either pastel pink or black, drawings of ivory cherubs, deer, and swans surround the likeness of the statue of Anteros, the Greek god of requited love, as found in London's Piccadilly Circus. The winged god balances on a single foot, frozen in the moments after shooting an arrow of love.

### Dolce & Gabbana Printed Canvas Shopper

Practical and pretty, this Dolce & Gabbana printed canvas shopper can go with you everywhere in life. The wide floral-print tote bag doesn't ruin any setting it occupies—and the polka dot-lined interior is roomy.

Durable leather straps support sturdy canvas. Throw some beach towels inside and use it as a beach bag, fill it with your weekend shopping, or bring it along to the

office. This bag makes sense anywhere. Choose between a pink carnation and red poppy print.



### Versace Crystal Bloom Ring

This is one show-stopping ring! Colourful crystal flowers and shimmering green leaves span three spiked metal layers, looking a lot like a thriving garden trellis. Add this ring to your most sophisticated outfits or let it take centre stage by keeping your outfit simple. You don't need to reserve this tiny gemstone garden for special occasions only.



### Chanel Mini Flap Bag

A classic Chanel handbag isn't holding much more than the bare minimum. Don't expect to squeeze a water bottle and fully stocked makeup bag into a typical Chanel handbag. And the mini flap bag is even more limited on space!

Choose this bag mostly if you want to make a statement. There's no mistaking the style. Your peers will recognize that four-fold blocky bag suspended from a chain-link strap, even before they see the clasp of golden back-to-back overlapping C's—and they'll know you can afford the best. ♦



## VANITY COUTURE

The Melania Hooded Long Sleeve Trumpet Dress is a masterclass in modern elegance with a provocative edge. Crafted from luxurious stretch metallic knit, this high-fashion silhouette features a dramatic built-in hood that can also be styled off the shoulders for a sultry shrug effect. The form-fitting bodice flares into a fluid trumpet hem, creating bold movement with every step. Long, sculpting sleeves add balance to the open neckline options, giving you two unforgettable looks in one statement piece. Shown in Black Onyx and also available in Silver and Deep Gold Bronze, Melania is made for the spotlight — and the woman who commands it.





## VANITY COUTURE

Own the spotlight in the Misha Metallic Knit Ruched Long Sleeve Crop Top — a bold blend of glam and edge. Crafted from a shimmering stretch knit, this top features a flattering front ruching detail, sleek long sleeves, and a sculpted cropped fit that hugs in all the right places. Whether styled with the matching Misha skirt for a show-stopping set or a night of dancing in the high waisted pants, this piece delivers effortless allure with a luxe finish. Perfect for after-dark moments or elevating everyday looks.

Command attention in the Misha Metallic Knit Side Tie-Up Trouser — a bold twist on classic tailoring. Crafted from Vanity Couture's signature shimmering stretch knit, these high-waisted trousers feature a flattering, elongating silhouette with statement side cut-outs and adjustable tie details. Soft yet structured, they hug in all the right places before flowing into a graceful, leg-lengthening finish. Pair them with the matching crop top or bra top for an unapologetically glam look, or with a sleek bra top for head-turning sophistication.



# Colouring Children's World

**Erica London**

by Greg Duke

**E**rica London is a renowned children's author. Through her ingenious narratives and compelling stories, she manages to paint a picture in a child's mind, teaching them valuable life lessons while keeping them entertained. Among her renowned titles are beloved children's books like *Missing You*, *Stuck in the Middle*, *My Many Hats*, and *A Mom of Four*.

The CEO of Colour Their World, which is also her YouTube channel, aims to educate and inspire children. Her journey into children's literature began with a YouTube platform filled with educational, interactive, and entertaining content. Through vibrant character narration and engaging music, London's channel brings diverse children's books to life.

London's efforts have caught the attention of Toronto Public Library and elementary schools, further cementing her influence as a champion of children's literature. Below, she speaks to us about her interest in writing children's literature and her renowned YouTube channel Colour Their World.

## What inspired your transition from the healthcare sector to the literary world?

Working full-time in the medical field was rewarding and fulfilling, but the pandemic forced me to reassess my priorities. With schools shifting to virtual learning, my husband and I decided that I would take on the role of being present for our children. So, I traded my scrubs for a teacher's hat. During this time, I felt compelled to create something meaningful—something my children could be proud of.

Writing had always been a passion of mine, but I never pursued it due to time constraints. Being home allowed me to observe gaps in the educational system from a literary perspective. There were fundamental lessons I felt my children were missing, and that realization motivated me to create books that emphasized the importance of reading as a cornerstone of their future.

## What inspired you to write your first children's book?

In October 2019, I lost my uncle due to illness. The result was me having three traumatized children asking, "Where did uncle go?" Trying to find children's books to assist in navigating their grief was not only difficult to find, but it appeared that finding any with black characters seemed to be non-existent. It's important for me

as a mother that they see themselves in and on the things they are viewing. I mean, this would essentially shape the men and women they would become. Instead of complaining, I decided I would bring about a solution to my newfound problem. I wrote a children's book. *Missing You* is a poetry book that was written to assist children in navigating their way through experiencing the loss of a loved one. It is followed by facts and questions that the reader can engage in conversation with the child.

## What sparks your creativity when brainstorming new children's books?

My children are my greatest source of inspiration. Externally, Reading Rainbow, hosted by LeVar Burton, has been a significant influence. As a child, I watched the show religiously. LeVar's ability to make reading feel magical deeply resonated with me and continues to fuel my desire to explore the wonderful world of words.

## How do you ensure your content stands out in a competitive space?

This is a constant consideration. I strive to create content that is engaging, culturally authentic, and relevant while staying true to my personal values. Music, storytelling, and relatable themes play an integral role

in capturing my audience's attention. For example, *Missing You* addresses the loss of a loved one, while *Stuck in the Middle* explores the experience of being a middle child. My upcoming book tackles the complexities of living in two homes due to divorce.

## What challenges arise from including your children in your YouTube videos?

A key benefit is the candid feedback I receive from my children, which helps me ensure the content is relatable and genuine. I make it a priority to keep the footage authentic and unscripted. While they occasionally surprise me with their reactions, I cherish their involvement because it offers valuable insight into how children perceive and interact with the material.

## What's the most rewarding part of your journey as a children's author?

Seeing the positive impact my work has on children and families is incredibly rewarding. When parents tell me my books helped their child open up about their feelings or when a child says they see themselves in a story, it reaffirms why I started this journey. Moments like these remind me that storytelling truly has the power to heal, connect, and inspire. ♦



Photo courtesy of Erica London

# Designing for the Global Woman

## Elle AyoubZadeh

by Aun Abbott

**E**lle AyoubZadeh, the founder of Zvelle, has redefined the luxury fashion landscape by merging impeccable craftsmanship with ethical and sustainable production. Zvelle, a Toronto based brand, crafts high-quality women's shoes and bags that celebrate individuality while embracing a global perspective.

Guided by Elle's visionary leadership, the brand resonates with women who seek elegance, comfort, and a connection to their values. Zvelle's journey began with a bold mission: to offer attainable luxury without compromising ethics or quality. From its inception, Elle challenged industry norms, reshaping how fashion portrays and celebrates women.

In six years, this self-funded venture has not only carved a niche for itself but has also gained recognition on international stages, such as when Sophie Grégoire Trudeau wore Zvelle's striking Ava pumps at a White House state dinner in 2016.

### **Having started in finance, what motivated you to launch Zvelle, a retail brand focused on premium quality shoes and bags?**

My journey to Zvelle began as I started paying attention to fashion. While running a luxury concept store, I noticed how disconnected I felt from how fashion portrayed women and communicated with customers. It frustrated me.

There were either cheap, low-quality options or extravagant pieces priced at \$1,500 or more. Neither felt right. I envisioned a brand that could bridge the gap—offering quality craftsmanship at affordable prices. That vision became Zvelle.

### **You have said that with Zvelle, you wish to change how we portray women's stories in fashion. Can you elaborate on that?**

The fashion industry often focuses on a narrow spectrum of women—celebrities, influencers, and red-carpet icons. But countless women with incredible stories remain overlooked. Zvelle is about celebrating those women. For instance, our handbag, Editke, is named after Dr. Edith Eger, a 93-year old psychologist and Holocaust survivor. Her resilience and achievements inspired me deeply. We gifted copies of her book to our community to honour her story.

Instagram doesn't drive us likes or influencer culture. Our mission is to highlight diverse narratives while working with ethical partners and ensuring our products align with sustainability values.

### **What design philosophy do you ascribe to as a fashion designer in Toronto with a Persian background?**

I see myself as both an insider and an outsider. My Persian heritage is integral to my identity, yet I didn't grow up immersed in Persian culture. Instead, I've lived in many places, which gives me a global perspective. I'm also a self-taught designer.

My education came from working alongside factory owners on the shop floor, learning every detail of making shoes and handbags. While we manufacture our own in some of the same factories as top luxury brands, my influences differ. I draw inspiration from varied sources—one of my signature styles, Rayna, was inspired by the Persian number five, which resembles an upside-down heart.

### **What defines a Zvelle woman in your eyes?**

The Zvelle woman is a global citizen not defined by nationality or age but by her mindset. She's intelligent, compassionate,

and unapologetically herself. Our motto, "Walk how you want," embodies her spirit. She forges her path, listens to her inner voice, and defies societal expectations. Whether buying a Zvelle product or living her everyday life, she decides by values rather than vanity. She chooses pieces that reflect her principles— quality, craftsmanship, and ethics matter to her.

### **When you say a Zvelle woman is intelligent, how would you define this intelligence?**

To me, intelligence is about curiosity and intentionality. The Zvelle woman values knowledge—she reads books, engages with meaningful content, and prioritizes what she feeds her mind. She's not chasing trends or Instagram likes; she's focused on living authentically. When she buys Zvelle, it's not to showcase wealth but to reflect her values.

Fashion, for her, is an expression of who she is and what she stands for. That's the kind of intelligence I admire and design for. If she buys Zvelle's shoes, it's not because she wants to tell the world she has money. She's buying it to show that she has specific values.

What I love about fashion is that when we wear something, we express our values to the world. She is intelligent because she's making informed choices. ♦

Photo courtesy of Elle AyoubZadeh





# PANDÖRA



# Obsidian Skin Care

## Jean Pierre

by Ortheta Anan

**F**ounder of Obsidian Skin Care System and Jean Pierre Aesthetics and Spa Inc., Jean Pierre has dedicated her professional life to promoting health and wellbeing. Specializing in skincare and hair removal, Pierre fuses her Jamaican roots with her medical background to create products made with all-natural ingredients that work for all skin types. Pierre recognizes the importance of feeling good in one's skin. The inspirational entrepreneur sat down with Elixuer, sharing her expertise on all things aesthetics, misconceptions in skin care, and how she has diversified the aesthetics market.

### What has been the most enjoyable part of your journey thus far?

I would say it's three parts. The first part is the ability to do what I want when I want, and how I want. The second part is the chance to work with young adults. Parents bring their kids to me from age 12. Working with teens who have skin problems, [I find that] sometimes they're flunking school and the interaction with their peers is not what they want it to be. They become self-conscious and anti-social. I take care of their skin, [so] they integrate back with their peers and their grades go up. For me, [that] is something. It's the reason I left my nursing career at the top of the ladder to explore aesthetics. The third part is when I came in to remove laser hair and saw women who would not embrace me because they didn't want their faces to [be touched by] anyone. They'd pull away, and people, especially in the Black community, [think] you're too good to be hugged. It sends the wrong message. When they can bear it all and hug me and say, "You're a miracle worker," I feel I'm doing what I was supposed to do within this business. That's my joy.

### What are some misconceptions about Black skincare and beauty that you have helped to clarify with the Obsidian Skin Care System?

When I came into skincare, everybody thought [that] skin was skin — whatever it contains is the same. I came to hear that my skin was extremely oily. Black skin reflects light and gives skin the appearance that it's oilier than it is. When one goes

into a department store to get a product — you're Black, you're oily, but the skin could still be rehydrated. Instead, you're given products to dry out the oil and your skin problem becomes worse. Another misconception is that Black skin is not sensitive, so you can use the harshest brush for exfoliation — that also is not true because it's one of the most sensitive. It's resilient in one way, but very sensitive in the other way because you can develop keloids, which are disfiguring. You can develop scarring, which is untreatable at times, and hyperpigmentation, which is very frustrating, particularly in a woman. They also say it's difficult to cleanse, so you must use harsh cleansers. That is also not true because, again, you can get that hyperpigmentation. You can see white companies trying to evolve with colour in cosmetics, going to different grades because there are different shades of Black. A lot of companies are jumping on the bandwagon, making a lot of money. Sometimes, I think [it is] because of what I've put out there.

### How does your background in nursing inform your practice as an aesthetician?

My medical background has given me a big edge on the market because I came in knowing anatomy and physiology and [knowing] about my own Black skin. I wanted to do it initially just for Black men and women. But soon, I realized if I can do Black skin, I can do everybody. My nursing [background] sets me apart because I don't do one treatment. I don't do an occasional treatment. I do treatments that dermatologists fail to do. When Damon Stoudamire walked into my spa, no one

could help him. He came to Canada, and he went to several dermatologists [until] someone said, "Send him to Jean."

### You emphasise natural ingredients in your skincare products. What are some of your favourite ingredients?

Growing up in Jamaica, I was surrounded by natural ingredients that we picked from bushes. I pick herbs from my home to go into the skincare line to make it as natural as possible. Aloe vera is a great product in a skincare line, [so is] tea tree oil — it's like a medicine cabinet in a bottle. Lemon and grapefruit [have] alpha hydroxy acid. There's a lot of things that you can use in combination with other ingredients. A lot of times, I will custom blend a product.

### Why do you feel everyone should use your product line?

My line is natural, and I have so many results with my line on my Black clientele, [so] it's great for everybody else. I remember being on a show, and they called me specifically to speak about Black skin and my products. After the show, a lot of my white clients called me — it sounded like I didn't treat white skin. And [they asked] why did I leave them out? I said the program was geared toward me speaking about my products directly on how it affects Black skin. It's natural, it's hypoallergenic, and it's an evolving formulation. As new things come on the market, I can incorporate them to make my product a little bit better. ♦



Photo courtesy of Jean Pierre

# Reimagining Online Retail

## Deena Varshavskaya

by Taylor Charendoff

**D**eena Varshavskaya is a name to be reckoned with. The founder and CEO of Wanelo is redefining the conventional online shopping experience. Thanks to her app, Wanelo, which allows users to shop from a variety of online stores.

The idea was born in 2006, after Varshavskaya realized that something was lacking for consumers who preferred to shop online. She recognized the need for a new type of online shopping experience, where users could purchase from multiple stores in one convenient location.

What sets Wanelo apart from other online shopping experiences is that it's not just a single store, but rather 550,000 stores. Users can make purchases from multiple retailers within a single session without having to leave the Wanelo website. They can also create wish lists and follow each other's brands and stores to find new and interesting products to order and shop from.

The name of the company is a combination of the words "Want, Need, Love," which speaks to the ease of online shopping. You see something you want, decide you need it, and after adding it to your cart, it'll soon be yours to love.

Varshavskaya was born in Yakutia, a region in Eastern Siberia. She was just 16 years old when her family moved to the United States, following her parents' divorce. Years later, Varshavskaya attended Cornell University, where she studied psychology, computer science, and film before dropping out with only two credits remaining to complete her degree.

"I felt that the environment was not conducive to me, and I wasn't finding the passion I was looking for," Varshavskaya says. This didn't stop her from striving for success, though; after leaving Cornell, she moved to New York City and created her first startup, Reel Act, an online video directory of actors to help producers during the casting process. New York City seemed to suit her speed.

She also founded a design agency called Dynamik Interactive, where she worked with several large-scale consumers as a user experience designer. By 2010, Dynamik had established itself as a reputable company with several notable clients, including Disney, Nickelodeon, and Toyota.

After developing the idea for Wanelo, Varshavskaya spent two years – and her own money – bringing her idea to life. In 2011, she received 40 rejections from potential investors, but refused to let it discourage her. A year later, the Wanelo app took off and made its way onto the App Store's free lifestyle apps list, eventually landing in the top 10. Upon seeing the success of Wanelo, Varshavskaya decided to close her design agency and focus on Wanelo full time. Soon afterwards, she relocated to San Francisco, which allowed her to be in close contact with some big names in tech and at the same time become closer to where all the action in technology is taking place.

Despite being a city alienated from fashion, Varshavskaya says that she never felt she belonged more in any city or community than in San Francisco. "I love the fact that this community is full of people who don't only have big dreams and ideas, but they are also building them," she says.

More like an online mall, Wanelo allows users to share what they love. After reading that people preferred to learn about new products from their friends rather than from advertisers, she set out to make Wanelo the interactive and innovative platform that it is today. Wanelo's following is growing by the day; this is a far cry from its initial humble beginnings in 2012, when the site had only one million members. To sign up for Wanelo, users

can sign up for free through email or Facebook and are easily directed to the company's e-commerce sites to make purchases. Users can also save their favourite products to purchase them later on and assemble them in collections for others to browse. Varshavskaya credits the growth to the company's increase in users, driven by word of mouth. "Only a portion of users connected their Facebook account," she says.

By 2013, Wanelo had built a following and gained lasting popularity among online shoppers. Vanity Fair named Varshavskaya one of their 15 "up-and-comers to keep an eye on" in 2013, and she was featured as one of the 100 Most Intriguing Entrepreneurs in 2013 and 2014 by Goldman Sachs. Fast Company dubbed her one of the Most Creative People in Business in 2014, and she was recognized by Glamour magazine as one of "35 Women Under 35 Who Are Changing the Tech Industry."

Wanelo is particularly gaining popularity and becoming a hot property among a younger demographic of women. Seeing the increase in the number of users, a number of well-known brands are choosing to establish a presence in the renowned app.

Today, Wanelo remains extremely successful, with millions of users frequenting the site. On her journey to success, Varshavskaya certainly faced challenges, but she didn't let any setbacks stop her. She always believed that learning from failure is part of what leads to success. "As an entrepreneur, you absolutely have to make your own mistakes and reading is a far slower way of learning than doing," she says. ♦



*Photo courtesy of Deena Varshavskaya*

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# PAUL MITCHELL

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# PAUL MITCHELL



# Bid Farewell to Bloating and Gas

by Jerri Lyons

**T**here has surely been a time when you have thoroughly enjoyed an appetizing meal or beverage, only to feel inflated and lethargic moments later. When individuals reach a certain age (when they can no longer eat and drink whatever they want, and still look and feel fabulous), they have to start watching what they eat. Due to our individual food sensitivities and intolerances, our bodies struggle to process certain ingredients, causing us to bloat and become gassy. Sometimes, all it takes is eating one specific ingredient to feel like you have packed on a few extra pounds. While there is not a one-size-fits-all remedy to alleviate bloating, try implementing the following tactics into your routine to banish your bloat and carry on with your day.

## Conquer with Cardio:

If you like taking brisk walks, jumping on an elliptical, or going for energetic jogs, cardio workouts will help reduce bloating by moving stagnant gasses through your digestive tract.

Such physical activities also help your body expel gas, strengthen your core, stretch your muscles, and reduce stress. While these workouts are simple, it is recommended that individuals incorporate a minimum of thirty minutes of consistent movement into their daily routine for promising results.

## Say Yes to Yoga:

Yoga, a system that encompasses spiritual, physical, and mental awareness, has promoted meditation and health practices for hundreds of years. It incorporates several relaxation exercises, and is often used to combat tension, bloating, and gas.

It relaxes the body by warming up the stomach and intestines, which helps in promoting digestion. There are a couple of simple poses that you can do (from the comfort of your own home) to help relieve gas and bloating:

### Bharadvaja's Twist:

Benefits – Improves posture and body awareness, while helping to stimulate proper digestion.

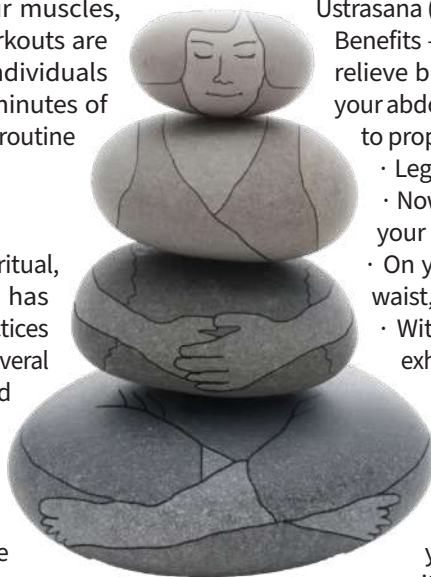
- Sit with your legs in front of you. Now, shift to your right and bend your knees, while bringing your feet near to your left hip. Then, rest your left ankle on the arch of your right foot.
- Next, lengthen your spine as you inhale. Twist to the right as you exhale. Place your fingertips on the floor behind you, and tuck your left hand underneath your right knee, with your palm placed on the floor.
- Then, wrap your right arm behind you and clasp your left upper arm.

- Now, lengthen your breaths as you inhale, and twist deeper as you exhale, while looking over your right shoulder.
  - Hold this pose while you take in slow and deep breaths.
  - Then, slowly exhale, and change sides.
- Repeat each side once.

### Ustrasana (Camel Pose):

Benefits – Used to open up your upper body and relieve bloating with a technique that stretches your abdomen and chest, giving your system room to properly digest.

- Legs width apart, while tucking in your toes.
- Now, engage your inner thighs by drawing in your lower belly, and roll your shoulders back.
- On your next breath, lengthen through your waist, and lift your chest up.
- With your lower body in a stable position, exhale, and come into your backbend position, while keeping your chest lifted. Avoid crunching your neck and lower back.
  - As you lean back, find your heels with your hands.
  - Keep your inner thigh engaged while you firm your shoulder blades; hold this position for a couple of minutes.
- Rise back up, while inhaling, and sit on your heels with a neutral spine for a moment.



### Breathing out Toxins:

Not all exercises have to be physically or mentally invigorating. Here is a breathing technique you can easily implement into your daily routine to subdue gas and bloating:

#### Deep breathing:

- Sit or lay down comfortably.
- Close your eyes and deeply inhale through your nose; count up to six seconds as you breathe in.
- Hold your breath for four seconds, and slowly exhale through your mouth for six seconds. ♦

# Creating a Balanced Diet That Fuels Your Ambition

by Dave Gordon

**I**f you want to conquer your goals, you need more than hustle—you need fuel. And not just any fuel, but the kind that powers your brain, sharpens your focus, and keeps your energy steady from sunrise to deadline. Welcome to empowered eating, where what's on your plate can be the difference between languishing, and launching your ambitions into orbit.



*Photo courtesy of Ava Diamond Dreyer*

Ava Diamond Dreyer, a New Jersey-based coach and author certified in neuroscience, nutritional psychiatry, brain health, and trauma recovery, believes your diet is the most underutilized tool in your ambition arsenal. “Feeling blue? I hope so, in this case,” Dreyer jokes. “Blue foods are known to give your brain a motivational energy boost, amongst other blue benefits from their wealth of micronutrients.”

Dreyer points to anthocyanins, the compounds responsible for the blue and purple pigments in foods like blueberries, blackberries, purple potatoes, and eggplants. “These micronutrients are

pretty, and pretty powerful, in reducing inflammation and oxidative stress,” she says. Oxidative stress, caused by an overload of free radicals, is a major culprit in injuries and illnesses. When your body is fighting internal stress, your ambition takes a back seat as your brain shifts into survival mode, Dreyer explains. Elevated cortisol, the stress hormone, “clogs” the brain with dead cells and shuts down the very areas you need for creative, ambitious thinking.

But there’s good news: you can help restore your brain’s ability to flourish with ambition by eating foods that lower inflammation and boost

dopamine production. “Dopamine is our ‘ambition hormone’—it’s what gives us pleasure, passion, and purpose,” Dreyer says. To elevate dopamine, she recommends foods rich in tyrosine and phenylethylamine, including not just those pretty purples and blues, but also dark chocolate (70% or higher, with minimal added sugar), hardboiled eggs, and pumpkin seeds. “One of my favorite all-time brain-boosting snacks is the hardboiled egg,” she says. “It’s the perfect food, loaded with the nutrients to boost dopamine, along with great protein and good fat. Boil up a dozen at the start of the week and snack on them easily for days.”



Photo courtesy of Amanda Michaelson

Toronto-based holistic nutritionist Amanda Michaelson, founder of Amanda Michaelson Nutrition, has her own formula for empowered eating: the 3-Part Plate. “If someone wanted to curate a consistent diet to support maximum mental acuity, one of the most effective and sustainable strategies is what I call the 3-Part Plate Formula,” she says.

“It’s a simple, science-backed approach to building meals that stabilize your energy, support brain function, and help you feel your best.” Every meal, Michaelson advises, should include three key components: protein, healthy fats, and plant-based fiber. “Protein is your foundation,” she explains. “It provides the building blocks for neurotransmitters that regulate mood, focus, and mental clarity. It also helps keep your blood sugar stable and your metabolism running

smoothly.” Her favorite protein picks: eggs, Greek yogurt, chicken, fish, tofu, or lentils.

Healthy fats are just as crucial. “Since your brain is nearly 60% fat, it depends on high-quality fats to function well,” Michaelson says. Avocado, olive oil, tahini, nuts, seeds, and nut butters help you stay focused and full between meals. And don’t forget plant-based fiber: “It supports digestion, feeds your gut microbiome, and helps manage inflammation—all of which impact how clearly you think and how well you feel.” Michaelson’s go-to fiber sources include leafy greens, broccoli, berries, apples, and roasted veggies. “If you’re active or need more fuel, add complex carbs like quinoa, oats, sweet potatoes, or sprouted grain bread,” she adds. But she cautions against refined sugars and

ultra-processed foods, which can lead to energy crashes and poor concentration.

Best of all, Michaelson says, the formula is flexible: “At home, eating out, or on the go, it’s easy to stick with. Even something like whole wheat toast with almond butter, banana, chia seeds, and a couple of boiled eggs does the trick. Just remember: protein, fat, and fiber. PFF is your BFF!”

Both experts concur: empowered eating isn’t about deprivation or complicated rules. It’s about making simple, strategic choices that work for your lifestyle, and your goals. Dreyer’s “powerful purples” and Michaelson’s “3-Part Plate” are blueprints for a brain and body that are ready to take on the mental challenges of next day, week, or rest of your life. ♦

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02  
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03  
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