

AMANI

THE

Monarch

WOMAN

STYLE

POISE

& GRACE

THROUGH
THE DECADES

10

SKIN SECRETS
YOU CAN'T
LIVE WITHOUT

STOP
CHASING THE
BAG AND JUST
SECURE IT

WORK
THAT

Body!

SUMMER BODIES
ARE MADE IN THE
WINTER BUT...

AMANI MAG, ISSUE #2



123456789



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NOW**

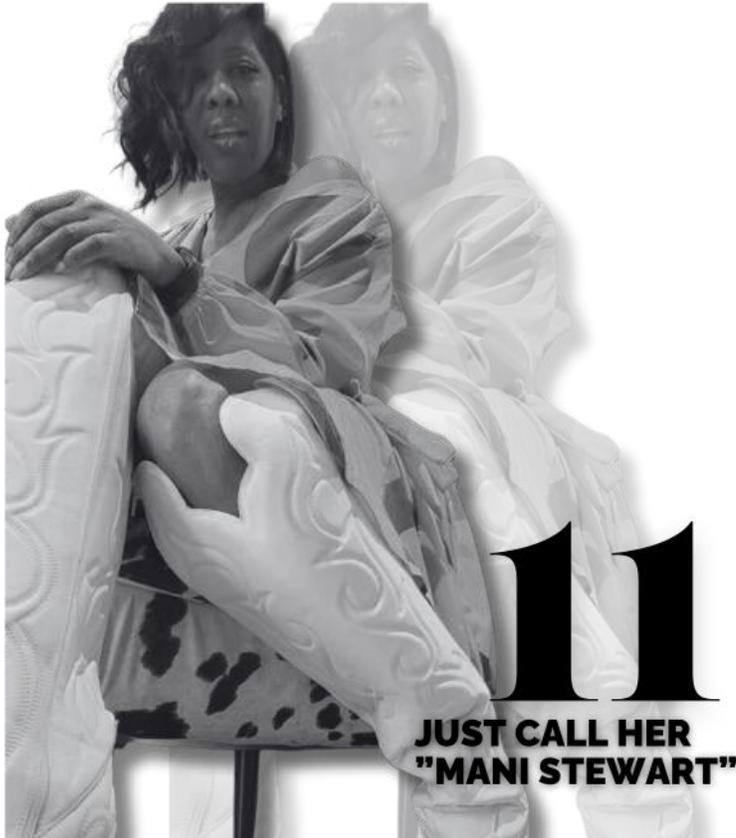
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LIFE STYLE

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style. poise & grace



recipe of the month

✉ [@animag](#)

🌐 www.animag.com



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Ruslan Baginskiy started his career as a stylist almost 10 years ago, and at the same time he was creating his first couture headwear pieces for fashion photoshoots. The eponymous brand was founded in 2015 in Lviv and now is based in Kyiv, Ukraine. First RB hats were handcrafted by a designer, who was gaining experience in local artisan workshops, where unique production technologies were preserved. "When I looked at archival photographs of the XX century, it always seemed unfair to me that hats have depreciated over the years and a whole culture has disappeared. I want to make the headgear great again, it deserves to be an essential part of the men's and women's wardrobe", Ruslan says.

Inspired by art, Ukrainian national costumes, archival family photos and vintage fashion shootings, Ruslan boldly experiments with traditional shapes and creates hats in the zeitgeist – comfortable, utilitarian, trendy. Brand's family is growing every day, among RB Girls are Madonna, Bella and Gigi Hadid, Kaia Gerber, Taylor Swift, Pamela Anderson, Rosie Huntington-Whiteley, Janelle Monáe, Anna Dello Russo, Coco Rocha, Miley Cyrus, Nicky Hilton and Alicia Keys. The brand has been featured in The New York Times, Vogue, Harper's Bazaar, W Magazine, V Magazine, ELLE, Marie Claire, Glamor, Garage Magazine and many other international magazines.

The [Ruslan Baginskiy Hats](#) are represented all over the world, but the designer always emphasizes his Ukrainian origin. The debut couture collection presentation at the Crillon hotel was dedicated to native nature, local craftsmanship and traditional wedding decor in Western Ukraine. The company supports local production, therefore each hat of the brand is Made in Ukraine, for us it is one of the main principles of sustainability.

MM

Q



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Cart



10 SKIN SECRETS YOU CAN'T LIVE WITHOUT

AH, SKIN. WE'VE ALL BEEN THERE - DRY, DULL, AND FLAKY. BUT FEAR NOT, DEAR READER! WE'VE GOT THE ULTIMATE LIST OF SKIN SECRETS TO SAVE THE DAY (AND YOUR SKIN). FROM EXFOLIATING LIKE A PRO TO LOCKING IN THAT PRECIOUS MOISTURE, THESE 10 TIPS WILL HAVE YOUR SKIN GLOWING LIKE A GODDESS!



1. Exfoliate

EXFOLIATE LIKE A PRO: 2-3 TIMES A WEEK, USE A GENTLE EXFOLIANT TO REMOVE DEAD SKIN CELLS.

2. Moisturize

MOISTURIZE, MOISTURIZE, MOISTURIZE: USE A RICH, NON-COMEDOGENIC MOISTURIZER TO LOCK IN HYDRATION.

3. Protect

PROTECT YOUR SKIN FROM THE WIND: WEAR A SCARF OR MASK TO SHIELD YOUR SKIN FROM HARSH WINDS.

4. Hydrate

STAY HYDRATED FROM THE INSIDE OUT: DRINK PLENTY OF WATER TO KEEP YOUR SKIN HYDRATED.





5. No Dry Air

USE A HUMIDIFIER: ADD MOISTURE BACK INTO THE DRY AIR.

6. Cream

SWITCH TO A CREAM-BASED CLEANSER: GENTLE AND NON-STRIPPING.

7. Neck & Hands

DON'T FORGET YOUR NECK AND HANDS: OFTEN OVERLOOKED AREAS THAT NEED TLC TOO!

8. Facial Spray

USE A FACIAL SPRAY: AN EASY WAY TO ADD AN EXTRA LAYER OF MOISTURE THROUGHOUT THE DAY.

9. Nourish

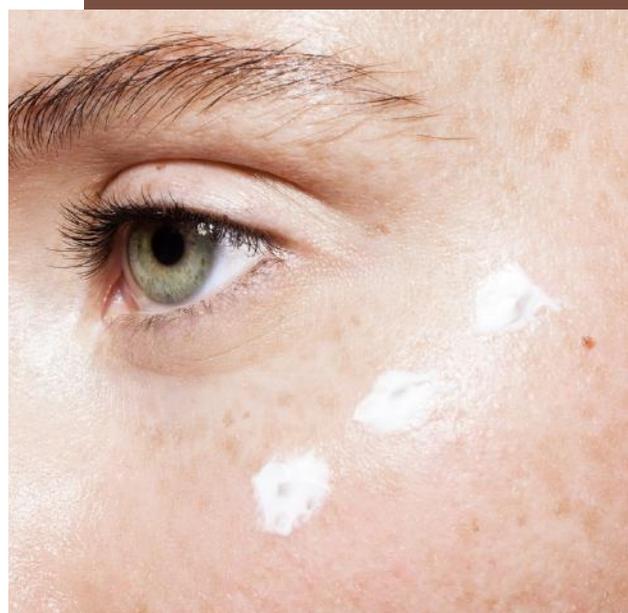
EMBRACE FACIAL OILS: NOURISHING AND PROTECTING YOUR SKIN.

10. Avoid

BE GENTLE: AVOID HARSH PRODUCTS AND ROUGH SCRUBS, YOUR SKIN IS ALREADY SENSITIVE IN THE WINTER!

Remember

TAKING GOOD CARE OF YOUR SKIN IS A LONG-TERM INVESTMENT IN YOUR HEALTH AND WELL-BEING.



JUST CALL HER Mani Stewart

**THE LIFESTYLIST EXTRAORDINAIRE: AMANI MAISHA
REVOLUTIONIZES MODERN LIVING**

AS WE NAVIGATE THE FAST-PACED WORLD, JUGGLING MULTIPLE RESPONSIBILITIES AND ASPIRATIONS, MAINTAINING A BALANCED AND STYLISH LIFESTYLE CAN BE A DAUNTING TASK. THAT'S WHERE AMANI MAISHA COMES IN - A VISIONARY LIFESTYLIST WHO EMBODIES THE ESSENCE OF B. SMITH AND MARTHA STEWART'S PHILOSOPHIES. WITH HER HOLISTIC APPROACH, AMANI EMPOWERS INDIVIDUALS TO MASTER THEIR LIFESTYLES, INFUSING ELEGANCE, EFFICIENCY, AND MODERNITY INTO EVERY ASPECT OF THEIR LIVES.

WITH A KEEN EYE FOR DETAIL AND A DEEP UNDERSTANDING OF HER CLIENTS' NEEDS, AMANI CURATES PERSONALIZED SOLUTIONS THAT HARMONIZE THEIR SPACES, SCHEDULES, AND PASSIONS. HER EXPERTISE IN INTERIOR DESIGN AND LIFESTYLE RECOMMENDATIONS ELEVATES THE EVERYDAY TO AN ART FORM, ENSURING THAT EACH ELEMENT OF THEIR LIVES SERVES A PURPOSE AND CONTRIBUTES TO THEIR OVERALL WELL-BEING.

AMANI'S PROWESS EXTENDS BEYOND MERE AESTHETICS; SHE STREAMLINES PROCESSES AND SYSTEMS, INSTILLING ORGANIZATIONAL SKILLS THAT FOSTER A SENSE OF CONTROL AND CALM. HER CLIENTS CONFIDENTLY STAY ON TRACK, READY TO EMBRACE LIFE'S CHALLENGES AND JOYS WITH POISE.

IN THE WORLD OF LIFESTYLE MANAGEMENT, AMANI MAISHA IS A TRAILBLAZER, REDEFINING WHAT IT MEANS TO LIVE A STYLISH, ORGANIZED, AND FULFILLING LIFE. LIKE B. SMITH AND MARTHA STEWART BEFORE HER, AMANI'S INNOVATIVE APPROACH INSPIRES INDIVIDUALS TO EMBRACE THEIR UNIQUE STORY AND CREATE A LIFE THAT TRULY REFLECTS THEIR ASPIRATIONS. WITH AMANI AS THEIR GUIDE, PEOPLE CAN BOLDLY STEP INTO THEIR BEST LIVES, SURROUNDED BY BEAUTY, FUNCTIONALITY, AND PURPOSE.







Ah, the sweet liberation of menopause! As we bid farewell to the constraints of our reproductive years, we welcome a new era of comfort and self-expression. Gone are the days of suffocating styles and uncomfortable garments that once dictated our wardrobe choices. In their place, we embrace the simplicity and ease of onesies, skater dresses, and one-piece wonders that make us feel confident and carefree.

We shed our high heels for soft, cozy slippers and trade in tight-fitting clothes for breathable, flowy styles that dance with the breeze. Our new mantra? "Keeping it cool, literally!" Because when we're going through the change, the only thing that matters is feeling cool, calm, and collected.

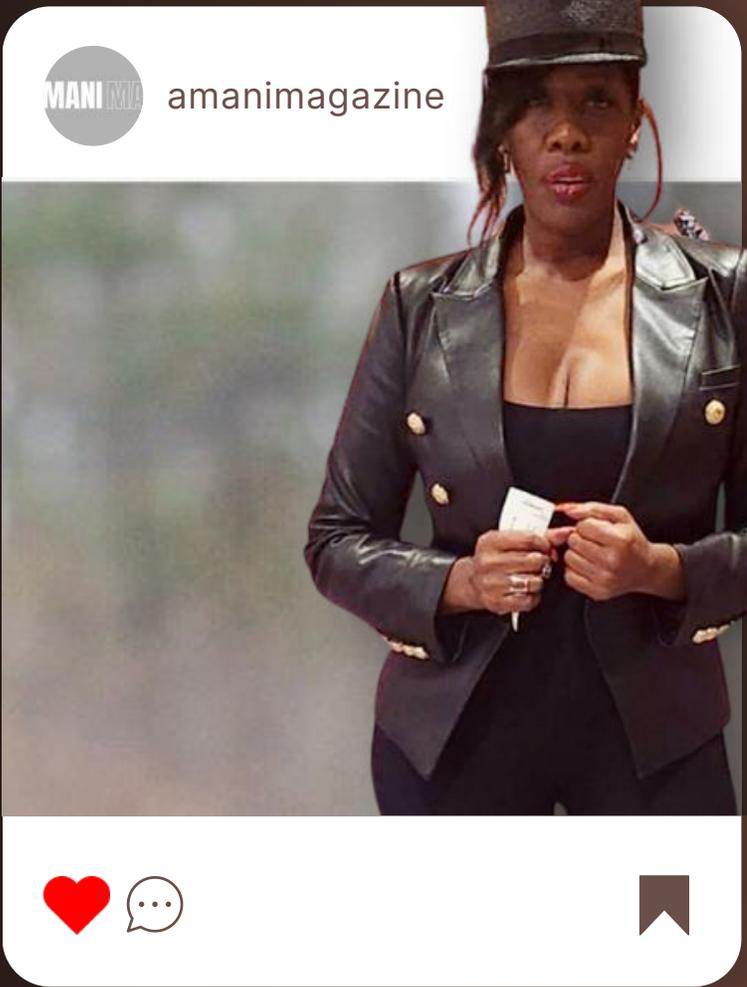


In this new chapter, we reject the societal pressure to conform to outdated beauty standards. We celebrate our bodies, with all their curves and wisdom, and dress for ourselves, not for the gaze of others. We surrender to the allure of soft fabrics, comfortable silhouettes, and the sweet release of shedding expectations.

Join us as we embrace this liberation and redefine what it means to be stylish in our own way. Let's keep it comfy, friends, and make menopause a fashion revolution!"

Written by AMANI MAG

AMANI MAG

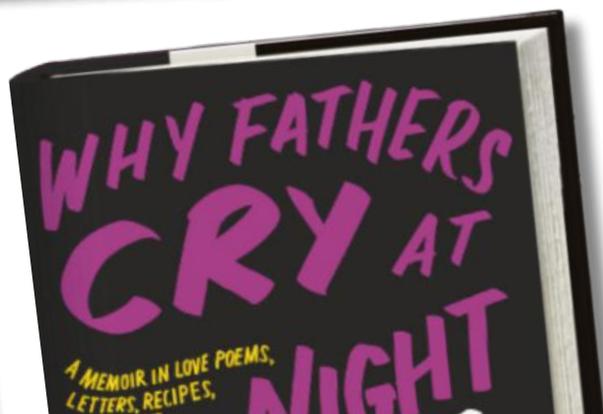
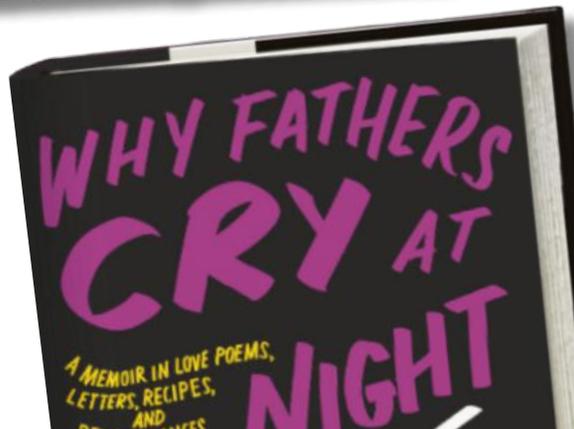
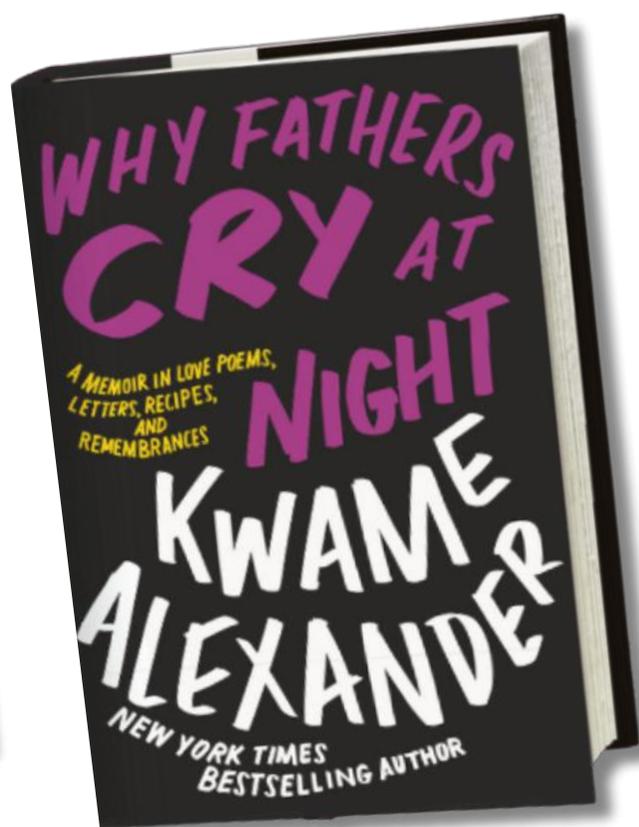
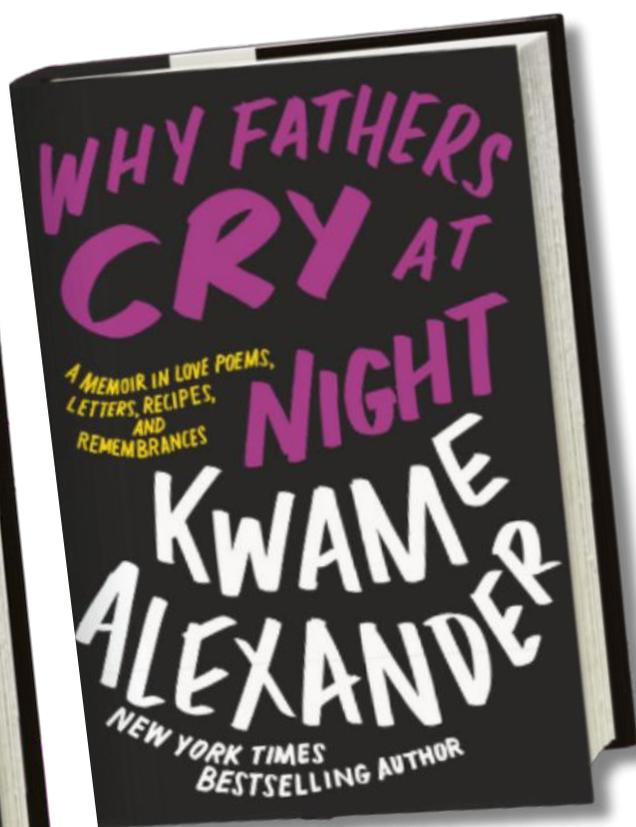


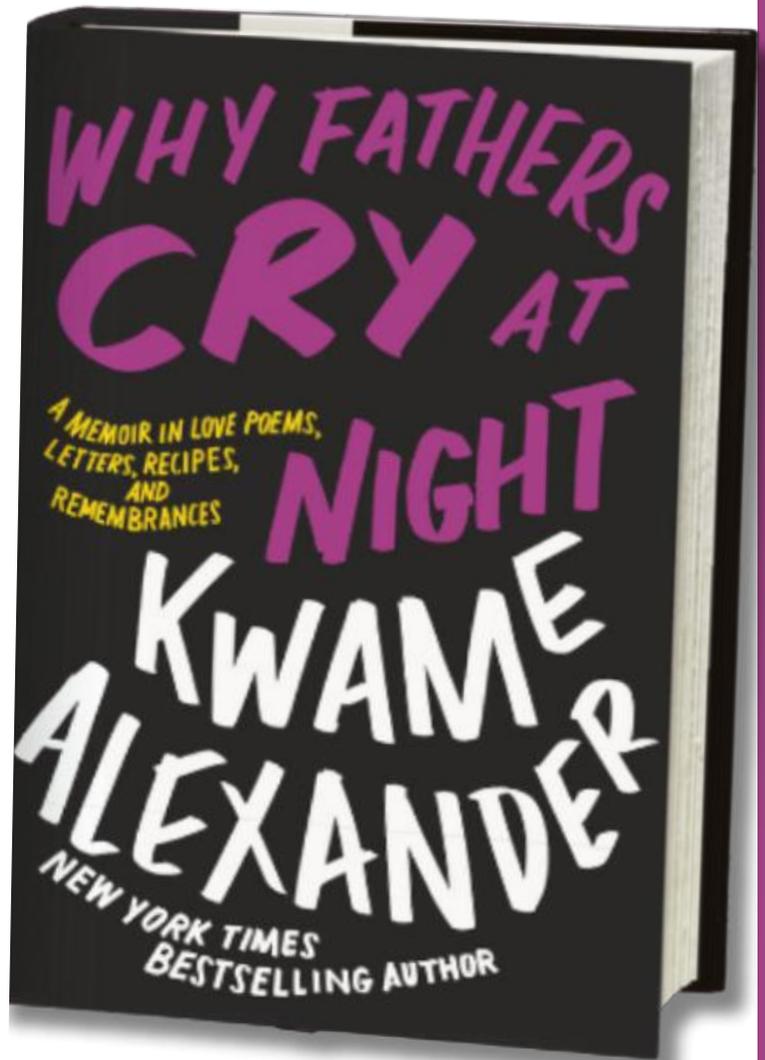
INTERACTIVE DIGITAL LIFESTYLE MAGAZINE

FOLLOW US

Be Book Bosomed

CHECK OUT WHAT'S ON OUR SHELF





"Why Fathers Cry at Night" is a poignant and thought-provoking book that delves into the often-overlooked emotional struggles of fatherhood. Through a series of raw and intimate stories, the author sheds light on the vulnerabilities and fears that many fathers face, but often hide. This book is a must-read for anyone who wants to understand the complexities of fatherhood and the importance of emotional expression. By sharing the tears and triumphs of these fathers, the author encourages readers to break down the walls of societal expectations and embrace their own emotional journeys. Don't miss this opportunity to gain a deeper understanding of the fathers in your life and to explore your own emotional landscape. Read "Why Fathers Cry at Night" and discover the power of vulnerability and empathy.



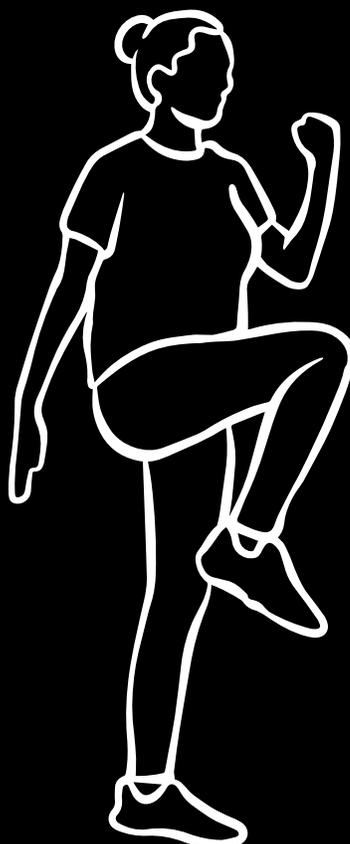
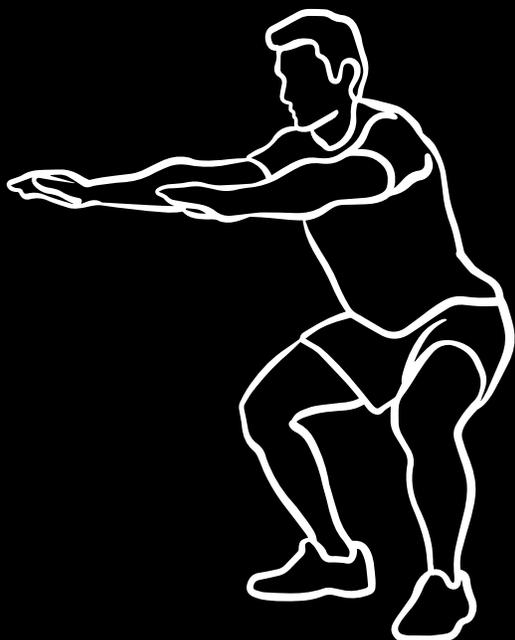
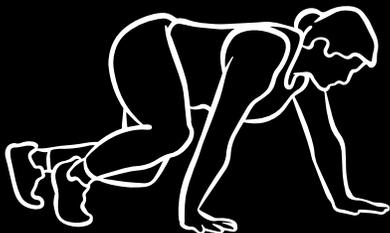
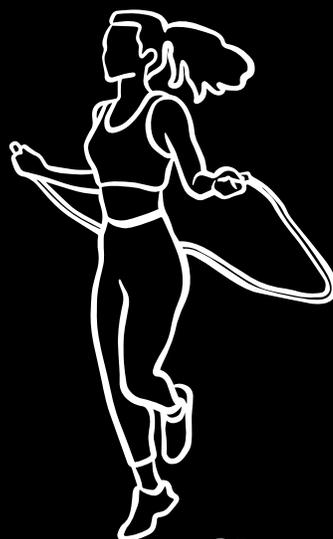
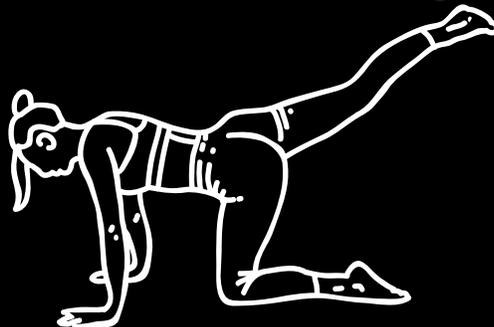
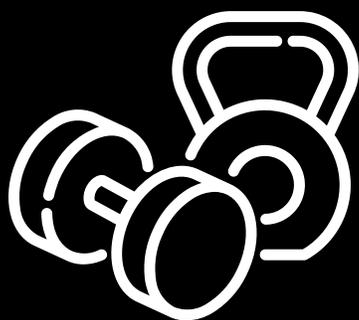


WORK
THAT
BODY



SUMMER BODIES ARE MADE IN THE WINTER BUT YOU FORGOT TO WORK OUT

TAP ON EACH EXERCISE TO GET SNATCHED





MEET AMANI'S LEFT & RIGHT HAND

Sahara Gilmore, left hand and personal assistant to AmAni MAISHA--With a burning passion to become a top Fashion Stylist, Sahara boasts extensive experience and knowledge in the industry, from store management to behind-the-scenes and frontline work, including theatre, TV, and film projects. Her exceptional customer service, professionalism, team leadership, and enthusiasm set her apart. Sahara's diverse skill set and meticulous attention to detail made her a perfect fit for AmAni Maisha and the Lifestyle Lounge.

SALHARA



MANI MAG
RECOMMENDED BRAND



Shop: www.taglifeusa.com

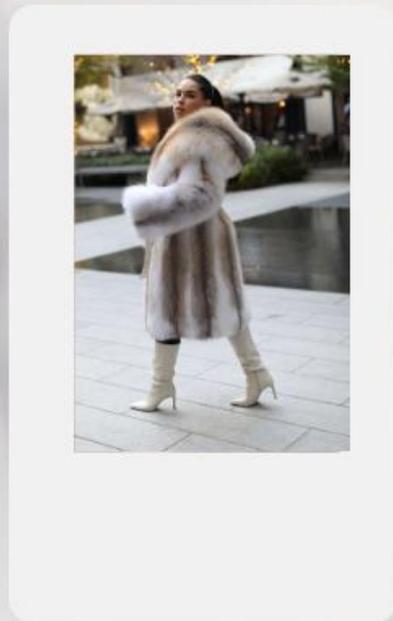


Ambia

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Ambiance Furs has been an excellent source of impeccable craftsmanship, timeless styles, and even jaw-dropping fashion when it comes to EVERYTHING FUR. A proud member of the fashion industry for over 20 years, they bring to you the finest collection of Furs at the Best Prices and Custom Designs.

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MANI MAG
RECOMMENDED BRAND



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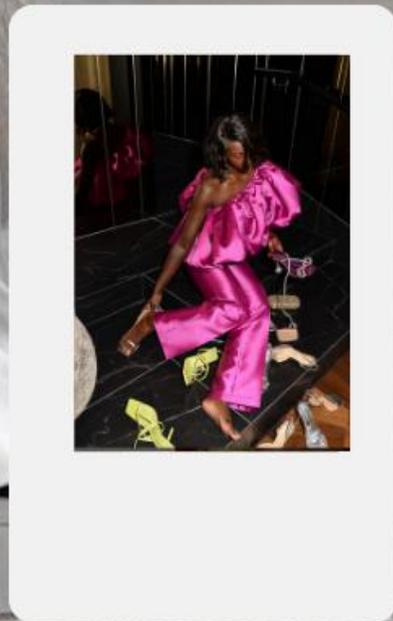
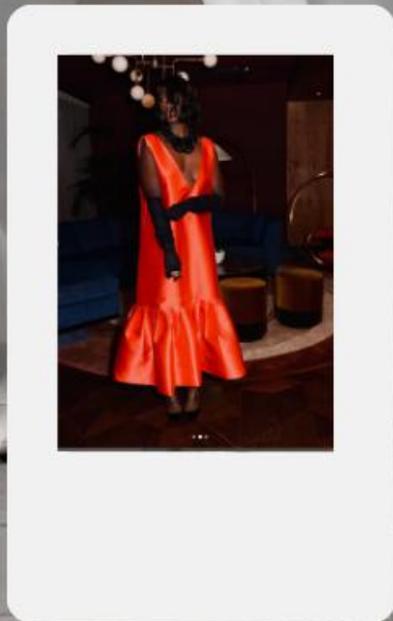


The Ke

tags here

The Kemist is known for designing unique wearable pieces at their London studio and tailor-making them individually for stylish Kueens all around the world.

emist



MANI MAG
RECOMMENDED BRAND



Shop: www.istylebysonia.com

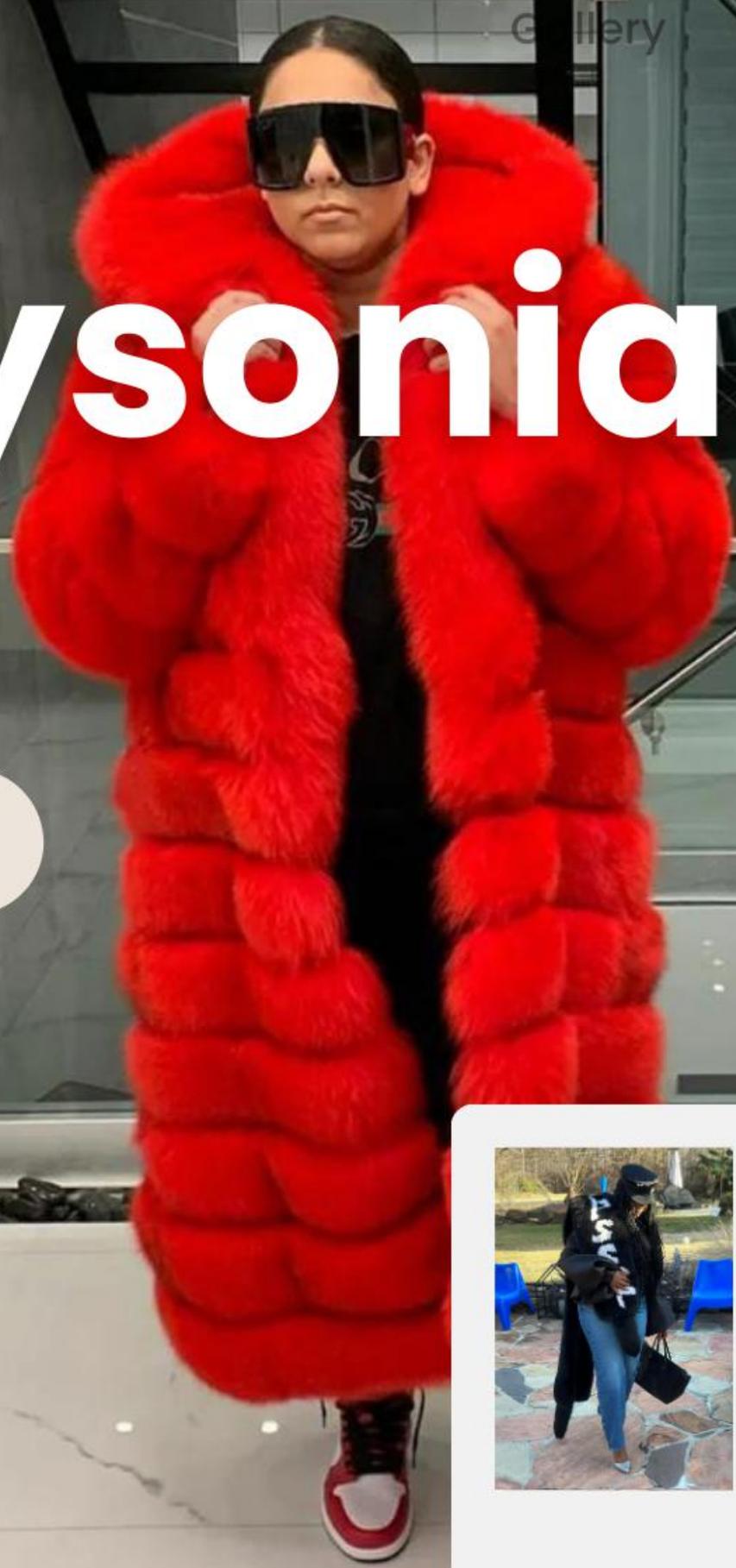


istyleb

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istylebysonia is known for
it's custom luxury furs
that keep heads turning
and constant
compliments flowing.

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RECIPE OF THE MONTH



PHO
LET'S EAT!



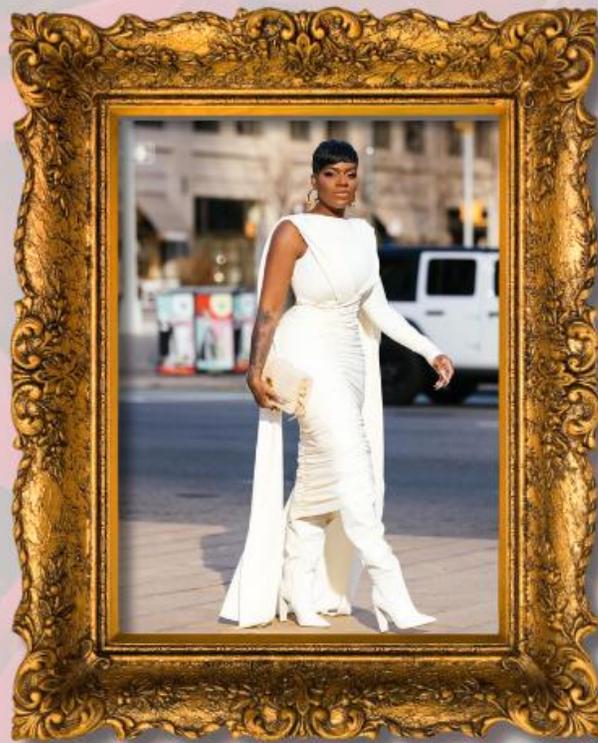
PHO (VIETNAMESE NOODLE SOUP)

Ingredients

- 4 pounds beef soup bones (shank and knee)
- 1 medium onion, unpeeled and cut in half
- 5 slices fresh ginger
- 1 tablespoon salt
- 2 pods star anise
- 2 ½ tablespoons fish sauce
- 4 quarts water
- 1 (8 ounce) package dried rice noodles
- 1 ½ pounds beef top sirloin, thinly sliced
- ½ cup chopped cilantro
- 1 tablespoon chopped green onion
- 1 ½ cups bean sprouts
- 1 bunch Thai basil
- 1 medium lime, cut into 4 wedges
- ¼ cup hoisin sauce (Optional)
- ¼ cup chile-garlic sauce (such as Sriracha) (Optional)

Method

- ✓ Preheat oven to 425 degrees F (220 degrees C).
- ✓ Roast beef bones and onion halves until browned, about 1 hour.
- ✓ Transfer bones and onion to a large stockpot and add ginger, salt, star anise, fish sauce, and water. Simmer for 6-10 hours.
- ✓ Soak rice noodles for 1 hour. Cook noodles and divide among bowls.
- ✓ Top with sirloin, cilantro, green onion, and bean sprouts. Ladle hot broth over top.
- ✓ Serve with lime wedges, hoisin sauce, and chile-garlic sauce (if using).



FEATURED STYLIST:



1800dhawk 
DANIEL HAWKINS



MUSE: *Fantasia*

TAURUS



GEMINI



ARIES



VIRGO



LEO

CANCER



SAGITTARIUS

CAPRICORN



SCORPIO

PISCES



AQUARIUS



LIBRA



AMANI MAG FASHIONSSCOPE

SELF CARE in the LOUNGE

The Lifestyle Lounge encompasses all things LIFESTYLE and AmAni MAISHA takes pride in being able to deliver an unforgettable experience every time you're booked for any EXPERIENCE.

AMANI MAG: Mustafa, how did you enjoy your VIBRATING & HYDRATING BEARD WASH EXPERIENCE?

Mustafa Tariq: Man, it was amazing! The steam opened up my pores and the facial left my skin feeling so smooth. I never knew self-care could feel so good!

AMANI MAG: What's your take on men and Self-care?

Mustafa Tariq: We often forget that we need to take care of ourselves too. Self-care isn't about your masculinity being at question, it's about self-love. It helps me feel more centered and focused.

AMANI MAG: How did you find the experience at The Lifestyle Lounge?

Mustafa Tariq: It's not just about fashion, it's about overall health and well-being. The team understands that looking good and feeling good go hand-in-hand."

AMANI MAG: What's your take on incorporating self-care into your daily routine?

Mustafa Tariq: It's a must! Whether it's a facial, massage, or simply taking time to meditate, self-care should be non-negotiable. We need to prioritize our well-being."

AMANI MAG: And how was the massage chair, Haven?

Mustafa Tariq: Ah, man...it was the cherry on top! I didn't want to leave that chair! The massage was so relaxing, I felt like I melted into it. Definitely coming back for more!



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LIFESTYLE YOUR
LIFE JOURNAL

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EXCITING NEWS!



I'M DELIGHTED TO ANNOUNCE THE RELEASE OF MY LATEST PROJECT, A COMPREHENSIVE GUIDE THAT WILL HELP YOU IMPROVE YOUR LIFE AND WELL-BEING. I PUT IN A LOT OF EFFORT AND PASSION TO CREATE THIS JOURNAL, AND I CAN'T WAIT FOR YOU TO EXPERIENCE IT YOURSELF.

AMANI MAISHA
@AMANIMAISHA



INSIDE THE JOURNAL YOU'LL FIND

BEAUTY | WELLNESS | STYLE

WARDROBE ESSENTIALS
EVERY FASHIONISTA
SHOULD OWN

TIPS FOR ACCESSORIZING
YOUR LIFE WITH EVERYDAY
NECESSITIES

DATING

HORROR *Stories*



#GHOSTEDANDBROKE →

Had a date with Samantha, and everything seemed cool until she ordered enough food for a small family and then "accidentally" left her wallet at home. I guess she thought I was made of money...or just wanted to test my chivalry. Either way, that was a pricey lesson learned!



#BYEFELICIA →

Went out with Brandon, who kept name-dropping his Ivy League degree and "important" job. When the bill came, he excused himself to "network" with the bartender, leaving me with a tab that could've paid my rent. Guess he thought he was above basic human decency.

BYE FELICIA...

The Horror

The Horror



#SPICEOFOURLIFE



Went on a date with Marco, and he insisted on adding ghost peppers to our tacos. My taste buds still hate me. He said it was a "test" – I passed, but our relationship didn't.



#PAWSITIVEVIBESONLY



Met Emily and her pup, Max, for a dog park date. Max was cool, but Emily kept talking to him like he was her significant other. I was the third wheel on a date with a human and her fur baby.



More Horror

More Horror



#BOARDGAMERAGE



Went on a date with Rachel and her extensive board game collection. We played for hours, but she got way too competitive and started flipping tables (literally). Game over, indeed!



#FOODIEFAUXPAS



Had a date with Mark at a fancy restaurant. He sent his dish back three times, complaining about the "inauthentic flavors." I thought we were having a nice dinner, not judging a culinary competition.



Extra Horror

Extra Horror



#COUGARVIBES



Met Karen, who seemed great, but she kept calling me her "young cub." I thought it was cute until she started talking about her AARP membership and how she put her back out binge-watching Matlock.



#SOLESNATCHER



Met Tanya on Bumble, and she seemed cool. That is, until she snatched my fresh kicks off my feet and ran out the coffee shop yelling, "You can't handle the truth!" Guess she wanted to sole-search without me.

TIP

It's crucial to have an open mind when dating, but it's equally important to maintain your principles.



NOW SHOW

SOME LOVE *Stories*



#COLLARDSANDCONVO



I was tired of being the only single slice of chocolate cake at the family gatherings, so I decided to spice up my life and try online dating. That's where I met my boo thang, Alex. But before I found him, I had to navigate through a sea of weirdos and wackos. There was the guy who showed up in a full suit of armor, the one who only spoke in cat emojis, and the dude who tried to sell me his timeshare in Maui. Needless to say, my online dating adventures were a hot mess! But Alex was the collard green to my cornbread, and we clicked like a fresh pair of Air Jordans. Our first date was a hoot - we laughed until our bellies hurt, danced until our feet were sore, and even did the Electric Slide in the middle of the restaurant. Now, we're the dynamic duo of the cookout crew, and my auntie loves him almost as much as she loves her Sunday hat. We're talking about starting our own podcast, "Collard Greens and Conversation".

YOU NEED SOME GREENERY IN YOUR HOME

**ONE
GOOD
REASON**

PLANTS



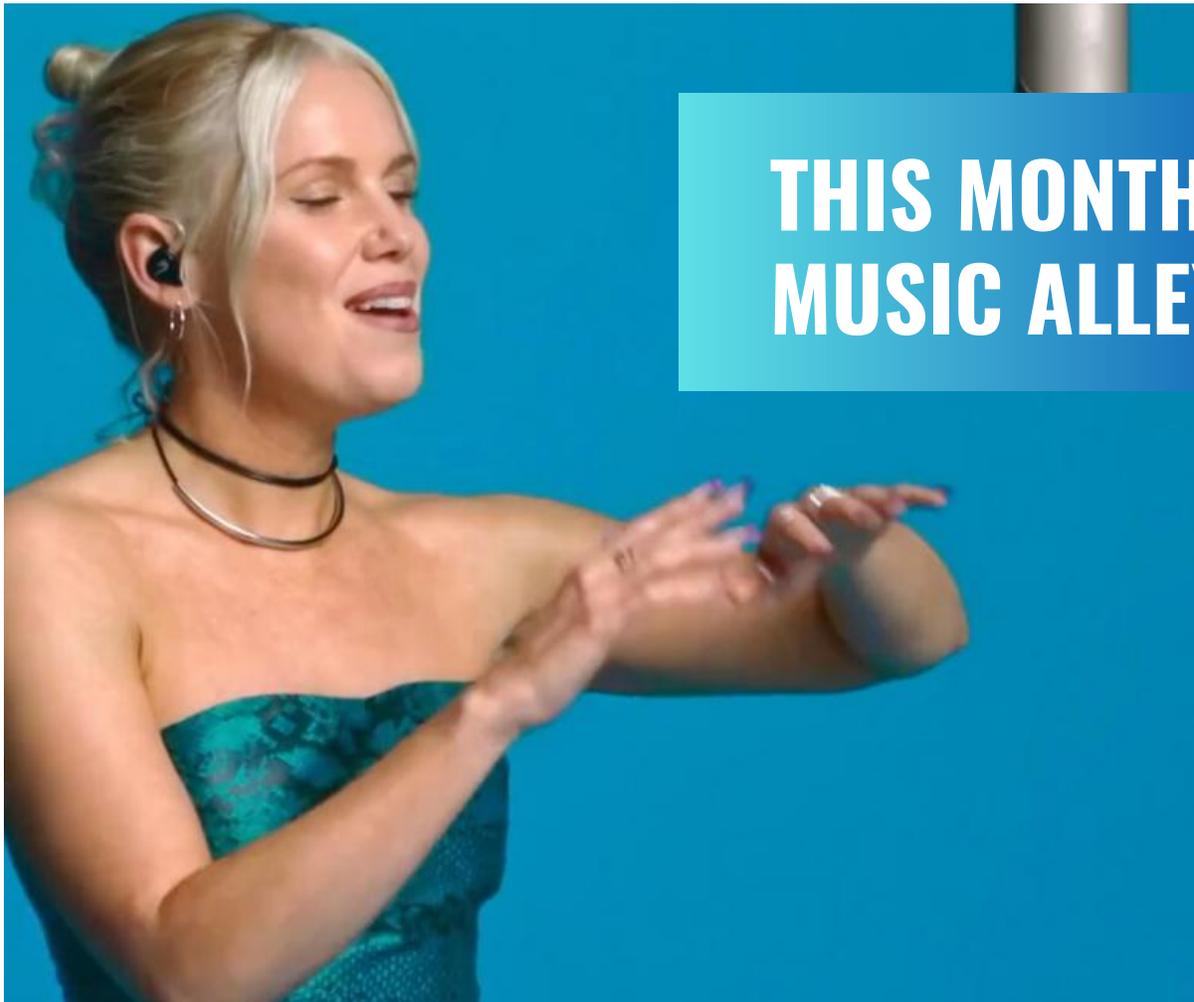
One very good reason to have plants in your home is that they help purify the air and improve indoor air quality by removing harmful toxins and pollutants, such as benzene, formaldehyde, and trichloroethylene, from the air you breathe!

- Aloe Vera - Queen Fern - Rubber Tree - Snake Plant - English Ivy - Weeping Fig Tree - Bromeliad Vriesea Vogue - Red-Edged Dracaena - Philodendron Heartleaf - Peace Lily



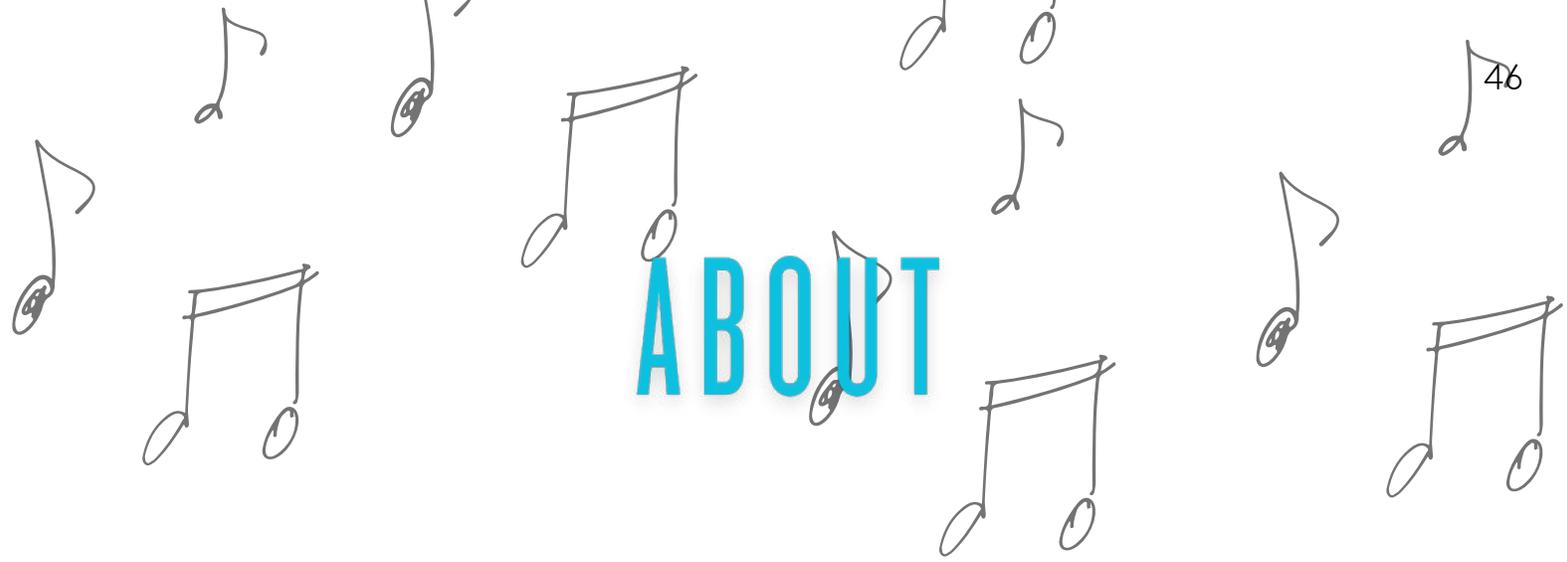
GRACE WEBER

FALL FOR GRACE



**THIS MONTH IN
MUSIC ALLEY**

@GRACEWEBER



For Grace Weber, the most powerful moments in music have come from abandoning all expectations. Compounded with Weber's ineffable talent—including the soul-igniting vocal presence she first developed by singing in a gospel choir all throughout her childhood—that joyfully uninhibited approach has brought a whirlwind of success in recent years.

In 2016, Weber penned the opening track on Chance the Rapper's Coloring Book ("All We Got" feat. Kanye West & Chicago Children's Choir), then saw the groundbreaking mixtape go on to win Best Rap Album at the 2017 Grammy Awards, winning Weber her first Grammy.

Shortly after, Weber toured South America with Chance, North America with PJ Morton, and appeared on TinyDesk with Goldlink, all while continuing her work with 'Grace Weber's Music Lab.' (a Milwaukee-based nonprofit she founded to offer free music education to high school students).

Most recently, Weber released her debut album, "A Beautiful Space" executive produced by The Social Experiment and featuring WESTSIDE BOOGIE & Chance the Rapper. The project was quickly followed by her first-ever headlining tour across the U.S.

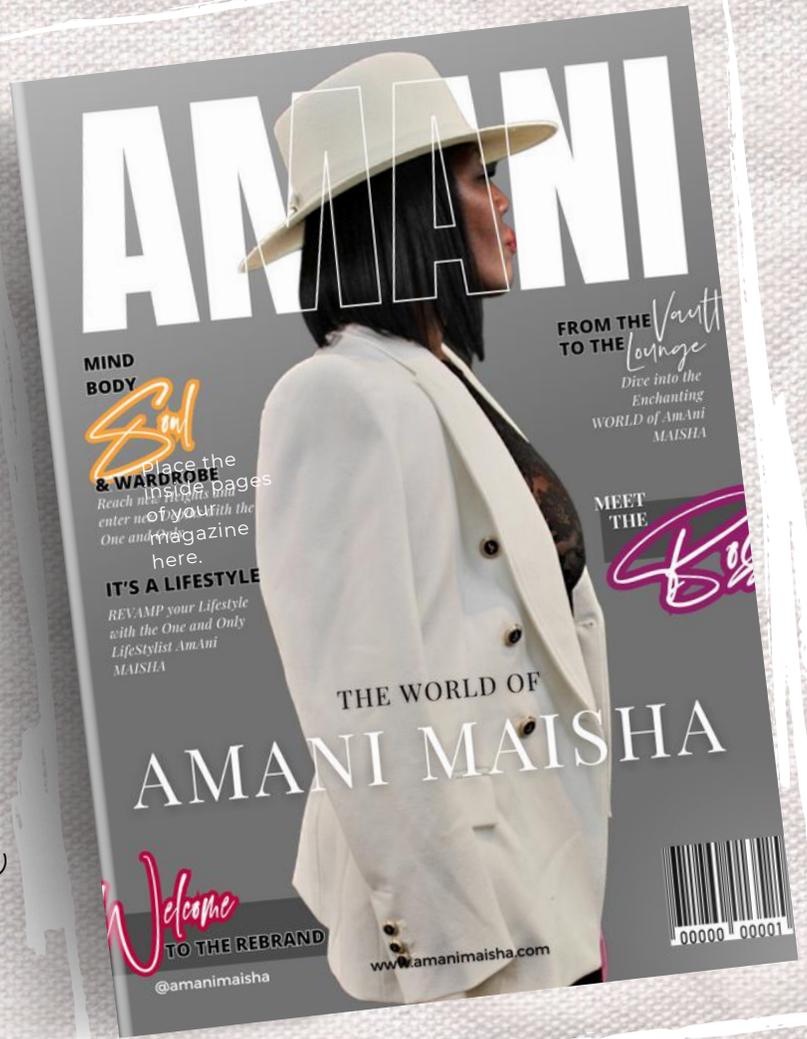
She is currently working on her sophomore album, set to release in fall 2023, with breakout singles "Lonely" and "Intimate" - the latter which she recently performed on COLORS.

Weber's music has been called "sexy, timeless and empowering" by Billboard, "a soothing salve for a world on fire" by Flaunt Magazine, and hailed as "a brilliant songwriting talent" by Lyrical Lemonade.



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THE MONNA





ARCH WOMAN

IN THE WORLD OF FASHION, WOMEN HAVE ALWAYS BEEN THE DRIVING FORCE BEHIND STYLE. FROM THE SUFFRAGETTES WHO WORE PURPLE, WHITE, AND GREEN TO THE FLAPPERS WHO DANCED THE NIGHT AWAY IN THEIR BEADED FRINGE DRESSES, WOMEN HAVE USED FASHION AS A MEANS OF SELF-EXPRESSION AND EMPOWERMENT.



STYLE POISE & GRACE

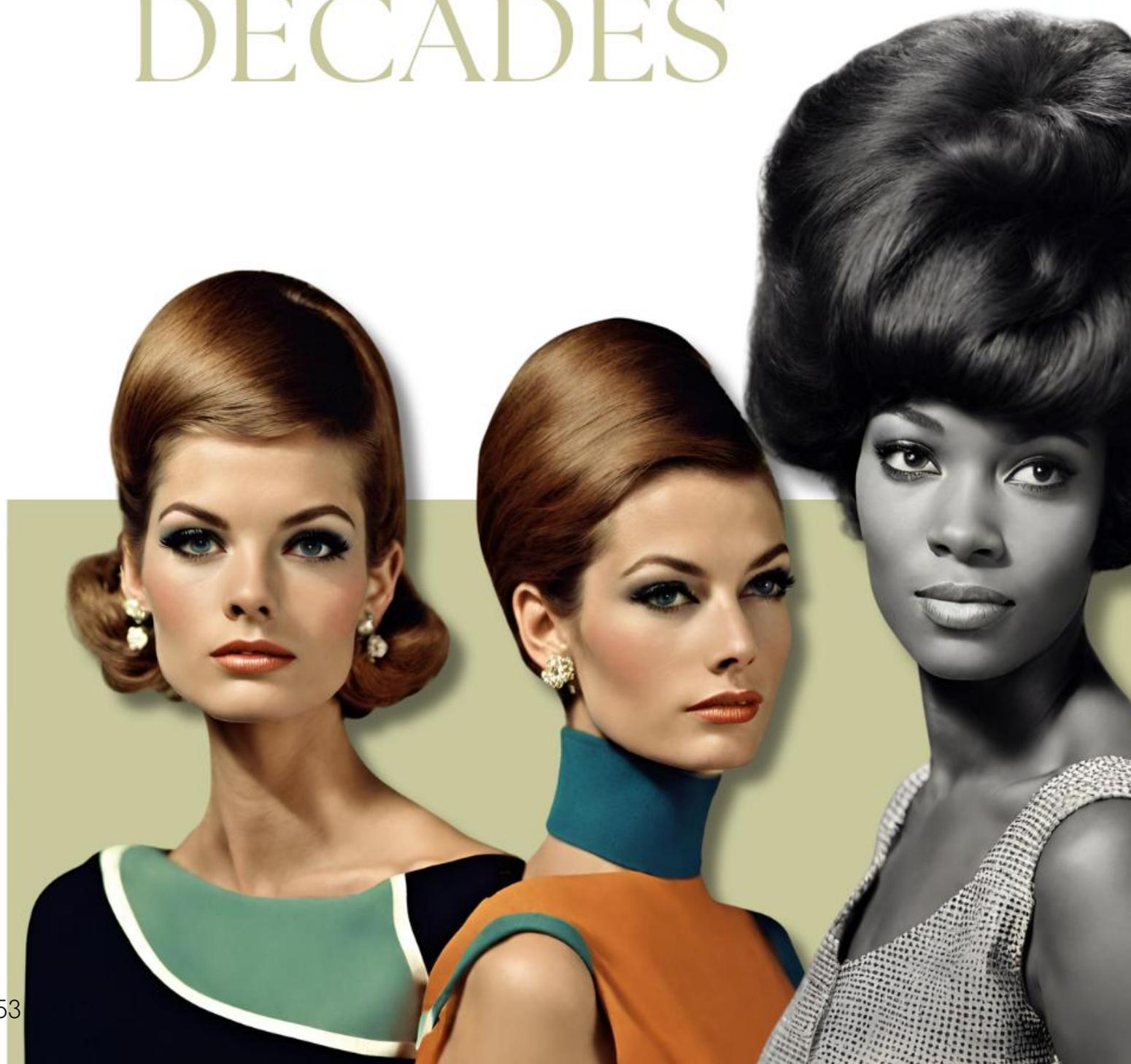
THE 1960S WERE A TIME OF REVOLUTION, WITH MINI SKIRTS AND BELL-BOTTOMS REFLECTING THE FREE-SPIRITED NATURE OF THE ERA. THE 1970S BROUGHT A MORE RELAXED, BOHEMIAN VIBE, WHILE THE 1980S WERE ALL ABOUT POWER DRESSING, WITH BROAD SHOULDERS AND BOLD PATTERNS.

TODAY, WOMEN'S FASHION IS MORE DIVERSE THAN EVER, WITH INFLUENCES FROM STREETWEAR, SOCIAL MEDIA, AND PERSONAL STYLE BLOGGERS. BUT AMIDST THE EVER-CHANGING TRENDS, ONE THING REMAINS CONSTANT: THE TIMELESS ELEGANCE AND POISE OF WOMEN.

THE MONARCH WOMEN OF EACH DECADE, LIKE DELICATE PORCELAIN VASES, PASSING ON THEIR WISDOM AND STYLE TO THE NEXT GENERATION. WE MUST HANDLE THEM WITH CARE, PRESERVING THEIR LESSONS AND STORIES LIKE PRECIOUS HEIRLOOMS. JUST AS A CURATOR METICULOUSLY DUSTS AND DISPLAYS ARTIFACTS FOR FUTURE GENERATIONS, WE MUST CHERISH AND LEARN FROM THESE WOMEN, ENSURING THEIR ELEGANCE AND GRACE ARE NEVER LOST TO TIME. AS WE TURN THE PAGES OF HISTORY, LET US REMEMBER TO TREASURE THE MONARCH WOMEN WHO HAVE GRACED US WITH THEIR PRESENCE, AND HONOR THEIR LEGACIES BY CONTINUING TO TELL THEIR STORIES AND EMULATE THEIR POISE.



THROUGH THE DECADES



AS WE CELEBRATE THE EVOLUTION OF WOMEN'S STYLE, LET US REMEMBER THAT FASHION IS NOT JUST ABOUT CLOTHES; IT'S ABOUT THE WOMEN WHO WEAR THEM. IT'S ABOUT CONFIDENCE, CREATIVITY, AND SELF-EXPRESSION. AND AS WE LOOK TO THE FUTURE, WE CAN'T HELP BUT WONDER WHAT THE NEXT CHAPTER IN THE STORY OF WOMEN'S FASHION WILL BRING. WILL YOU BE THE ONE TO WRITE IT?





TOP

TEN

list of
timeless
pieces to
build THEE
**MONARCH
WOMAN'S
WARDROBE**

1. **CLASSIC WHITE SHIRT**
2. **TAILORED BLACK BLAZER**
3. **ELEGANT PEARL NECKLACE**
4. **QUALITY DENIM JEANS**
5. **STATEMENT RED LIPSTICK**



6. COMFORTABLE YET STYLISH HEELS
7. VERSATILE LITTLE BLACK DRESS
8. LUXURIOUS CASHMERE SWEATER
9. TIMELESS LEATHER HANDBAG
10. ELEGANT SILK SCARF



— *finance*



STOP CHASING

The Bag

AND START SECURING
YOUR FINANCIAL
FUTURE

As we navigate our careers, whether as entrepreneurs or 9-to-5 employees, it's easy to fall into the trap of constantly chasing after money. We often find ourselves in a never-ending cycle of earning and spending, never truly getting ahead. But what if we told you there's a way to break free from this cycle and start building a secure financial future?

The key lies in shifting your focus from chasing the bag to securing it. Instead of constantly pursuing more money,

focus on developing habits that help you keep what you earn and grow your wealth through smart investments and savings strategies.

Short-term investments, such as high-yield savings accounts or liquid assets, can provide a safety net and help you build momentum. Long-term investments, like real estate or stocks, can yield greater returns and set you up for long-term financial success.

LEARN HOW TO SHIFT YOUR MINDSET, DEVELOP SMART HABITS, AND TURN YOUR MONEY INTO MORE MONEY

But it's not just about investing; it's also about cultivating healthy financial habits. Practice saving regularly, and work to eliminate any habits that keep you stuck in the cycle of chasing money.

By adopting a "secure it, don't chase it" mindset, you'll be amazed at how your financial future can transform. Say goodbye to the stress of living paycheck to paycheck and hello to a life of financial freedom and security.

So, take the first step today. Break the cycle of chasing the bag and start building a brighter financial future. Your future self will thank you.

START BY:

- * Reading personal finance books or blogs
- * Following financial experts on social media
- * Taking online courses or workshops on personal finance
- * Joining a budgeting app or community
- * Consulting a financial advisor

TOP FIVE THINGS TO STOP DOING TO HELP SAVE:

- * Stop relying on credit cards for daily expenses
- * Stop eating out or ordering takeout too frequently
- * Stop neglecting to budget and track your spending
- * Stop ignoring high-interest debt
- * Stop delaying retirement savings



DESIGNER'S CORNER



Schiaparelli



Schiaparelli

CREATIVE SPIRIT

Elsa Schiaparelli instilled a creative spirit in 20th-century fashion with her inventive imagination and revolutionary vision on sportswear, Haute Couture, art, fragrance, and ordinary elements turned into elaborate creations. Her iconic collaborations with artists like Dalí, Cocteau, Man Ray, Giacometti and Marcel Vertès became legendary.

Nowadays, the Maison Schiaparelli cultivates this incredible heritage, offering women of the 21st-century the essence of a bold style and timeless allure.





WHAT'S IN YOUR

Stylist kit?

*You're a Fashionpreneur of course
this should be in your Stylist kit*

- A collection of fashion magazines and books for inspiration
- A color palette or swatch book for matching colors
- A set of measuring tapes and body shape templates
- A selection of styling tools like clips, pins, and clamps
- A variety of accessories like jewelry, hats, scarves, belts, and bags
- A steamer or iron for quick touch-ups
- A kit of makeup and skincare products for touch-ups
- A set of portfolios or lookbooks to showcase their work
- A set of business cards and marketing materials
- A collection of fabric swatches and textures for reference
- A set of fashion software or apps for research and organization
- A set of camera equipment for shooting editorials or lookbooks
- A set of props and set dressing items for photo shoots
- A sewing kit with needles, threads, scissors, and fabrics for quick alterations
- A set of tailoring tools like a seam ripper, tailor's shears, and dress form





**TAP
HERE**

THE WISDOM OF AGE

NAVIGATING BODY CHANGES AND SELF-CARE IN YOUR 30S, 40S, AND 50S

As women enter their 30s, 40s, and 50s, they embark on a transformative journey marked by physical and emotional changes that can be both empowering and unsettling. This phase of life is characterized by significant hormonal shifts, which can lead to a range of bodily changes that may be perplexing and challenging to navigate. Here, we will explore the common body changes women encounter during these decades, including the onset of menopause, hormonal fluctuations, and the surprise of hair growth in new places. Additionally, we will uncover practical solutions and expert insights to help women navigate these changes with confidence and optimize their health and well-being.

PHYSICAL CHANGES

* Menopause: hot flashes, night sweats, mood swings * Hormonal fluctuations: weight gain, fatigue, changes in libido * Hair growth: facial hair, thinning hair * Reproductive health: irregular periods, infertility, ovarian cysts

* Hormone replacement therapy (HRT) or alternative therapies to alleviate menopause symptoms * Healthy eating habits and regular exercise to manage weight gain and fatigue * Stress management techniques, such as meditation and yoga, to mitigate the effects of hormonal fluctuations * Practical hair removal methods, such as waxing, threading, or laser hair removal, for unwanted hair growth * Regular check-ups with a healthcare provider to monitor reproductive health

EMOTIONAL CHANGES

* Seek support from friends, family, or a therapist to talk through emotions * Practice self-care, such as relaxation techniques, exercise, or hobbies, to manage stress and anxiety * Consider therapy or counseling to address depression or low self-esteem

* Mood swings
* Anxiety
* Depression

PSYCHOLOGICAL CHANGES

- * Identity shifts, such as reevaluating life goals or relationships
- * Feelings of loss or grief related to aging or reproductive changes

- * Seek support from a therapist or counselor to navigate identity shifts and emotional challenges
- * Practice self-compassion and self-acceptance to address feelings of loss or grief
- * Engage in activities that bring joy and fulfillment to counteract negative emotions

MANI SAYS,

THE FIRST THING TO CHANGE IS YOUR VISION/SIGHT. THEN COMES THE MEMORY OR SHOULD I SAY , THERE GOES YOUR MEMORY & I'M SPECULATING THAT THE NEXT WILL BE MY HEARING BUT THROUGH IT ALL, PHYSICAL RECOVERY ON THE BODY FROM LITTLE FALLS & INJURIES REQUIRES INTENTIONAL HEALING & WELLNESS, (SOAKING IN EPSOM SALT, REGULAR MASSAGING TECHNIQUES ARE A MUST & INDULGING IN RECOVERY EQUIPMENT THAT FOCUSES ON SPECIFIC BODY PARTS & ITS NEEDS.

OVERALL,

navigating the physical, emotional, and psychological changes during this phase of life requires a holistic approach that includes self-care, support, and expert guidance. By understanding what to expect and utilizing these expert insights, women can emerge stronger, more resilient, and empowered to thrive in their 30s, 40s, and 50s.



THEATRE LIFE



1. FAT HAM BY JAMES IJAMES DIRECTED BY TAYLOR REYNOLDS 2. A HOPEVILLE CHRISTMAS BY SHANNON WHREN DIRECTED BY SHANNON WHREN COSTUME DESIGN BY AMANI MAISHA 3. MOTHERS OF OLD THE MUSICAL BY SHANNON WHREN DIRECTED BY SHANNON WHREN COSTUME DESIGN AMANI MAISHA 4-6. NAIL, SCARRED HANDS BY SHANNON WHREN DIRECTED BY SHANNON WHREN COSTUME DESIGN AMANI MAISHA

KENDRA

R O S E C U R R Y



FEATURED

ATTORNEY

Kendra received her Juris Doctorate from the Howard University School of Law in Washington, D.C. She was awarded the honorarium of “Social Engineer” for providing 131 hours of pro bono legal services during her time in law school. Kendra kept her plate full by mentoring and tutoring fellow students while working as Case Manager for del Cuadro-Zimmerman & Mount, PLLC during her second and third year of law school.

She was born and raised in Bethel, Connecticut. She spent a year as an exchange student in Aumühle, Germany while in high school. She graduated Magna Cum Laude with a Bachelor of Arts in Justice Studies and a Certificate in Socio-Legal Studies from Arizona State University in Tempe, Arizona.

Kendra and creativity go hand in hand. Whether it is through her photography of friends and family, cooking dinner each night, or the music that fills the office, her creativity is always front and center. She is an avid connoisseur of wine and loves to make recommendations for new and obscure varietals and terroirs for people to try. When not working, Kendra can be found nose down in a fantasy novel or playing the flute with her dogs by her side.

BAR ADMISSION

- DISTRICT OF COLUMBIA
- MARYLAND



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FLYER



Good Eats

1



HONEYMOON CHICKEN

At Honeymoon, we're all about elevated ingredients, techniques and flavors that can transform the humble art of fried chicken into a culinary masterpiece. From inventive sides like roasted cauliflower with hot honey to plussed-up classics like a traditional 8-piece combo — it's about as upscale as something served in a bucket can get. This is fried chicken, all dressed up with someplace to go.

2



CRAB CAB

Founded in July 2013, The Crab Cab Food Truck once was a 5-star mobile "restaurant" on wheels. But, we are affordable! We use the freshest ingredients to create delectable soups, and sumptuous "finger-licking" crab cakes. But the menu doesn't stop there! We also offer succulent hickory smoked salmon that literally melts in your mouth.

3



KITCHEN + KOCKTAILS

In 2023, Kitchen + Kocktails by Kevin Kelley opened their largest location yet in the nation's capital, Washington, D.C. Sporting 3 floors and seating over 175 people, our Washington, D.C. expansion has the potential to become the most successful branch of Kitchen + Kocktails by Kevin Kelley yet. Similar to Chicago, Washingtonian's are yet to experience soul food at the level of quality we provide.

4



EL CHALET AT @MERCYME.DC

On the patio behind Mercy Me, a permanent pop-up space undergoes seasonal transformations four times a year. The current installation, El Chalet, draws inspiration from the winter charm of Patagonia. Indulge in Argentine cuisine and warm cocktails beside an open fire, surrounded by the coziness of winter pines and decor that echoes the inviting atmosphere of a mountain retreat.



tag @amanimagazine when you get your good eats we want a taste too!

LOUNGEPIC

COMING BACK TO THE LOUNGE



GET
READY!

JUST BREATHE

Saturdays with Zalika YOGA At The Lounge



The benefits of Yoga are numerous and varied. Whether you are looking to improve your Physical Health, Mental Well-Being, or overall quality of Life, incorporating Yoga into your routine can be a great way to achieve your goals. Continue to INFUSE Yoga techniques into your daily Lifestyle.

© @kurolotuzyoga



FRIDAY

DRIP WITH US ON FRIDAYS AT
THE LIFESTYLE LOUNGE
WITH DR. AILENA MAYO-MILLS

📍 @VALETHEALTHANDWELLNESS



DRIP WITH US



BENEFITS OF IV HYDRATION THERAPY

- *It boosts your collagen production.*
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- *Fights Fatigue.*
- *Helps you through illness.*
- *Helps you through a weight-loss procedure.*
- *It boosts your energy levels.*
- *Less taxing on your digestive tract.*

— FRIDAYS AT THE LOUNGE

MYRY

80

ST - MY

MYSTERY
EVENT

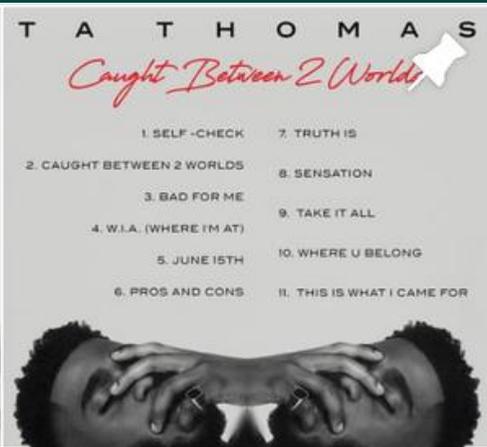
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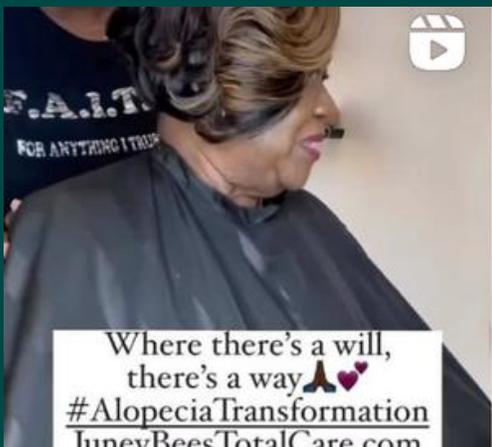
MYRY

MYRY



CHECK THEM OUT

BECAUSE AMANI MAG SAID SO!



Where there's a will,
there's a way 🙏❤️
#AlopeciaTransformation
JuneyBeesTotalCare.com





MUST SIT THAT ASS DOWN & WATCH NOW

1. **BLACK & ICONIC SERIES, S1E1 STYLE GODS ON BET**
2. **DECADES, S1E1-8 ON PBS WHUT-TV**
3. **INVISIBLE BEAUTY ON NETFLIX**
4. **DEAR MAMA ON HULU**



MOBILE DETAILING

AT THE LIFESTYLE LOUNGE

WEDNESDAYS AT
THE LOUNGE WITH
BIG DADDYS MOBILE DETAILING

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LOUNGE PRODUCT ALERT



P.M. CAPSULES

P.M Capsules are perfect for enhancing your evening routine. Work toward a more productive tomorrow with the rest you need.



YOUR LIFESTYLIST SAID...

THE WHO'S



Peter N.G. Schwartz

Commercial Real Estate Developer &
Owner of Property Management
Company, PNG Schwartz
Management Co.

**Commercial Real
Estate Developer &
Owner**



Kwame Brown

Public Figure and Producer at Always Real
Talk Podcast Former At-Large
Councilmember, Chairman, Econ
Development at The Council of the District
of Columbia

Public Figure



YOU BETTER KNOW JUST WHO THEY ARE

WHO!



Roger Gore

President & CEO of GNatural Herbal Products that focus on promoting hair growth and healing

**President & CEO of
GNatural Products**

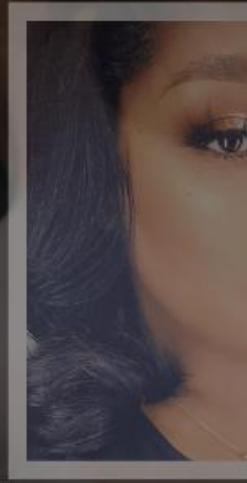


Al-Malik Farrakhan

Founder of Cease Fire Don't Smoke the Brothers Inc.

**District of Columbia
Community Activist**





ROSE
OGUNFIDITIMI
VIDEOGRAPHER

BROW SLAYER
THYRZA
MATHIS

MUA S
IS
BRA

THE ULTIMATE GIRL

WHO IS O



SLAYER
YIS
NHAM

TONY
MOBLEY
DIGITAL CREATOR
& PHOTOGRAPHER

HAIR GURU
VERONICA
WISE

THE GLAM SQUAD

AMM

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