

PAINLESS

Issue Two

Magazine

Laura Day

ON HOW TO UNLOCK
YOUR INNER ARCHITECT

**SUMMER
TRIVIA**

7 images of
**THE
5K
WALK**

THE BRANDS



LE SISS
MILANO

Jo Leversuch

**Your
Summer
Wellness
Checklist**



The Prism

Laura Day, the New York Times bestselling author of *Practical Intuition*, is back with a long-awaited, life-altering book. Day has combined those insights with her intuitive training to create a method of self-discovery and renewal that will change your life. *The Prism: Seven Steps to Heal Your Past and Transform Your Future* (Spiegel & Grau; April 29, 2025) reveals seven points in our growth as children and adults that can hinder us or help us thrive. By using intuitive methods to examine our roles, beliefs, and realities, we can, step by step, remake our world, improving everything from relationships to wealth, and turning our life's wrongs into rights.

Day shows us how *The Prism* can be applied to business, parenting, romantic relationships, and friendships. Day believes every human is born to thrive. *The Prism* is your guide to that future. Your journey to healing starts here.

**YOU DON'T CHOOSE THE STARTING LINE.
BUT YOU CAN CHOOSE THE DESTINATION.**

Get your copy now!

THE PRISM
*Seven Steps to Heal Your Past
and Transform Your Future*
Laura Day
Spiegel & Grau
On-sale: 4/29/25
ISBN: 978954118706
320 Pages / \$32

THE PRISM

SEVEN STEPS TO HEAL
YOUR PAST AND TRANSFORM
YOUR FUTURE



LAURA DAY

AUTHOR OF THE NEW YORK TIMES
BESTSELLER PRACTICAL INTUITION

Events:

Monday, April 28 / Oyster Bay / Theodore's @ Long Island University, 6pm
Tuesday, April 29 / NYC / Ludlow House, 7pm
Thursday, May 1 / Miami/ Books & Books @ Coral Gables Congregational Church
Friday, May 1 / Miami / Miami Pool House, 7pm
Saturday, May 3 / Atlanta / Phoenix & Dragon, 4pm
Monday, May 5 / LA / Soho House West Hollywood, 7pm
Tuesday, May 6 / LA/Diesel Brentwood, 6:30pm
Friday, May 9 / San Diego / Warwick's, 7pm
Saturday, May 10 / SF / Book Passage Corte Madera, 1pm
Monday, May 12 / Tempe / Changing Hands Bookstore, 7pm
Tuesday, May 10 / Takoma Park / People's Book, 6pm

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Editor's Note *Embracing Your Summer of Wellness*



Dear Painless Community

As summer officially begins, I'm delighted to welcome you to the latest edition of Painless Magazine—an issue designed to inspire and empower your journey through this vibrant season. Consider it your invitation to soak up the warmth while exploring new dimensions of well-being.

Inside, you'll find practical guidance to help you feel your best, with features like:

Summer fashion that works for you.

Managing allergies in the heat.

Why a retreat might be your perfect getaway.

Travel tips you'll actually use.

Navigating social media and digital wellness.

Stay on track with your health goals.

We're also thrilled to bring you exclusive interviews with inspiring voices in holistic well-being:

Aida Hoxha

Laura Day

Jo Leversuch

Mizi Atelier

Jonny Moves

In our continued mission to build a healthier, more connected community, we recently hosted the Painless Universal 5K Health Walk: Walk with Purpose! It was truly uplifting to see so many of you join us in celebrating movement and togetherness. We're excited to share highlights from this special event in this issue.

At Painless Magazine, we believe true wellness is a tapestry woven from many threads—health, joy, style, connection, and rest. This summer edition is your guide to making the most of the season, one mindful step at a time.

Wishing you a joyful, restorative, and truly radiant summer.

Warmly

Lady Anne Welsh

The Editor in Chief, Painless Magazine



Unlock Your Inner Architect

Laura Day on Reshaping Your Life with 'The Prism'

Story & Background

Your journey has involved working with a diverse range of individuals and businesses. What early experiences or insights shaped your approach to intuition and its application in everyday life?

My childhood was a time of big challenges. I had to be practical at every moment, both for my survival and the survival of others in my family. And yet I had this brain that allowed me to go anywhere, to travel in space and time -- a brain that lent itself to being in other places and other moments, not this one. However, this moment is where life takes place, so I learned to direct the superpower/disability of my neurodiverse brain toward surviving.

You've established yourself as a go-to expert for high-profile clients. What common threads have you observed in the challenges and aspirations of successful individuals, and how does your work address these?

The people who hire me are all super-skilled in the areas they ask me to read in. I am not expert in their fields, but they are. I am using only my intuition to tell the future for them or evaluate a position, and my skills fit their needs. Civilians need to do this for themselves or in community, which is why writing, teaching, and intuitive community-building are so important to me.

For people in the public eye, what makes the news is frequently not good news; rather, it is their foibles that sell. Although it may look as if the world opens its gifts to them, in reality they are vulnerable to many risks, both

to their safety and reputation -- risks that those of us who are able to live more anonymously are not. I have seen celebrities bullied for things such as having difficult moments with their spouses, children, looks, or health, the kind of problems we all have, or for not making public their politics when everyone else has the right to take a private stand.

On the other hand, we are all celebrities in our own milieu, and it is so important to respect

"The Prism is a radiant guide to transforming your life through the alchemy of intuition and healing. With profound clarity, Laura Day unveils the interconnectedness of spirit, ego, and energy, offering a practical path to self-discovery and empowerment."

This book doesn't just inspire; it equips you with the tools to reimagine your world. A masterpiece for anyone ready to awaken their highest potential."

—Deepak Chopra

the safety, privacy and even pride and values of others. Intuition demonstrates that we are so interconnected that "do unto others" just makes good sense.

How has your understanding of intuition evolved over the course of your career, and what key lessons have you learned about its practical application?

When I was young, I wanted control. I needed all the facts, every question answered. With maturity, I realize that the questions are not as important as the goals. Questions encourage fear, passivity, and a predetermined view of the world. Goals challenge us to change, to be flexible and grounded enough to deal with what is, even when it's unpleasant, in the service of creating what can be.

I have also realized that control comes at a cost. Our energy should be used to experience, engage, heal, and create. Working with what is and with our own direction is usually more productive than trying to control too many variables. The most reassuring thing that intuition -- and sixty-six years of living and teaching -- have demonstrated is that a miracle takes a moment. It is our job to meet it. And in doing so we become who we want to be.

Briefly tell us about your latest book "The Prism" and what it's about? What led you to write "The Prism"? "The Prism" & Wellness

There is a lot of focus out there on "spirituality" -- although I am not sure we all share the same definition of that word -- but there is a paucity of focus on our collective humanity, on community and what it takes to be a successful human in the world. Spirituality is a multi-billion-dollar industry that makes it easy to forget that it is not our spirit that needs healing, it is our lives.

The Prism suggests simple changes to bring and attract the life you want and the results you seek. The facts of your life change, and that changes who you are. We spend a lot of time trying to be better, to transcend, instead of embracing who we are, working to adopt skills that allow us to become who we choose to be, and working with one another to achieve our goals.

"The Prism" & Wellness

"The Prism" introduces a seven-step process. Could you elaborate on how this framework can empower individuals to take control of their future and enhance their overall well-being?

As unspiritual as this sounds to some, the human being is an amazing mechanical structure existing in an interconnected physical world of other structures, whether they be the dynamics of an event, the building of a business, or the ebb and flow of a relationship. When you understand the mechanics of these structures -- how they work -- you master what many people like to call "manifestation," but what my gang simply calls "doing things in a way that gets you a desired result."

The concept of transformation is central to "The Prism." In what ways does the book guide readers through personal shifts, and how does this relate to achieving a greater sense of wellness?

We are our patterns. They sustain us, and they also limit us. We are patterned by the age of seven, by which time the rudiments of "I" -- our unique ego, or "Prism" -- are formed.

The Prism helps you restructure in a way that allows you to achieve your goals in the course of everyday living. The healing it brings about in one area then becomes a catalyst for positive change in all areas of your life. For instance, when effectively negotiating a more respectful relationship with your spouse, you may find that you also get a raise at work, more acknowledgment from family and friends, and so on. We are -- and we live in -- an intricate and interconnected system. A tiny change creates a massive, positive transformation.

With us being at the heart of summer, many seek to align their goals with the season's energy. How does "The Prism" offer timely guidance for individuals looking to harness this period for personal growth and well-being?

Because of childhood patterning, summer is "read" as a time to soften daily habits and interrupt the cycle of the year. Since the subconscious controls most of our choices and observations -- outside our conscious control and awareness -- this is a prime time to make changes. What are your immediate goals? They might be: 1. To be healthier. 2. To find an easy source of ample income. 3. To find a partner or develop a more loving relationship with the one you have.

Once you have goals, you have a container for everything that comes at you and a spotlight that shines on what is available around you. From that point, the associations we make with summer may allow you to be more open to new responses, people, and experiences.

"To everything there is a season" makes so much sense, as that early patterning influences how we respond to each season. Even if we no longer go to school, we tend to order and organize in the fall, when the school year begins. As winter holidays approach, our attention may turn toward evaluating the last year and longing for our families. In summer, we throw off our heavy coverings, we are freed from our routine (or no longer supported by it), and it is a time for change. Going with that feeling helps us liberate our energy to do something new.

Personal Care & Mental Health

Painless Magazine emphasizes the interconnectedness of mental and physical health. How does "The Prism" address the relationship between your methods and overall mental and physical well-being?

In our group, we have two rules we live by: 1) "Take care of the mammal" and 2) "No new damage." First and foremost, we are mammals. If you don't take care of your physical needs, the rest can't function.

Secondly, if we want to be something new, or attract or construct something new, we need to be mindful of tempting "new damage," which



"Laura Day has transformed her own survival into a toolkit for personal growth, with an experiential road map for healing and integrating all our conflicting parts. I've seen the system laid out in The Prism transform her own life and work, just as it has lifted so many others of us to a new level of joy, self-love, pleasure, and achievement."

—Demi Moore

is usually a kind of backsliding into regressive, patterned habits like oversharing, trying to change others, taking risks with little reward, or even just spending a lot of time with someone who makes you feel worse about yourself. You have an energetic bank account. Use it wisely. Imperfect as we all are, it is so important to acknowledge that you are your champion and that you are doing the best you can, at this moment.

Be grateful to self. And remember, a miracle takes a moment.

What role does personal responsibility play in the process of transformation outlined in "The Prism," and how can individuals cultivate this sense of agency in their daily lives?

Ideally, society and your early caretakers provided a solid foundation for your early development. But for many of us they did not. By the time you are old enough to read *The Prism*, you have the power to transform yourself and your life. I think of the ability to choose one's destiny and break the patterns that keep us stuck as a privilege and a kind of personal superpower.

Goals organize life. It is up to you to make yourself the hero of your own story, recontextualize the past in a way that supports your present, and choose your future. There are two great myths around action. One is that it has to feel good to be good. Assess your actions by the results they yield, not by how they feel. After all, bad habits often feel good! The other myth is that you have to believe in something for it to work. But belief cannot accomplish what a real tool accomplishes. No amount of belief will hammer a nail -- and the hammer will pound in that nail whether you believe in it or not. Again, try safe changes as suggested in *The Prism*, and track the results. Be evidence-based.

What are the main self-care practices you advocate for in your book?

Look for the possibilities and not the trauma. You don't have to explore or discover your trauma. When you move toward better health or new goals, believe me, your "trauma" will be the first guest to arrive at the party. And using *The Prism*, you will find new tools to clear it, so you can build the person you want to be and the world you want to live in. Give the power not to your awareness of trauma but to your ability to create change.

What do you hope readers will take away from "The Prism" in terms of their personal growth and mental health?

Life is ever-changing, and so are you. And you can direct much of that change. There will always be things it seems we can't do or be or achieve in the moment. But find the "can do," and you may also find that your limitations disappear!

*"Some things defy explanation and Laura Day is one of them. She is extraordinary. Her new book *The Prism* gives us a strategy to transcend our old reality and address the challenges of our everyday lives. I love it!"*

—Nicole Kidman



Interview with Aida Hoxha, Founder of LE SISS CLINIC & LE SISS MILANO

The Mindful Glow

LE SISS
MILANO



Aida Hoxha

LE SISS
MILANO

Her Journey & Brand Genesis

With a strong background in chemical research and specialised training in Atomic Force Microscopy, what was the pivotal moment or insight that led you to bridge the gap from laboratory science to the practical world of medical aesthetics and dermatology?

The pivotal moment for me came when my sister—a chemist and pharmacist specialised in skincare—began developing what would eventually become our first Caviar Suprême products. Watching her work with such passion and precision to create high-performance formulations inspired me deeply. I felt the urge to complement her expertise by going beyond formulation—by truly understanding, on a scientific level, how these ingredients interact with the skin and influence aging.

That curiosity led me to dive into advanced research on collagen and glycation, and to train in Atomic Force Microscopy at the laboratories of UCL. Through that journey, I came to realize how wide the gap still was between scientific research and the skincare products people use every day.

That's when our shared mission became clear: to bridge the worlds of science and beauty, and to create skincare that isn't just luxurious—but backed by research, clinically informed, and capable of delivering real, visible results.

You founded LE SISS CLINIC and co-founded LE SISS MILANO. Could you share the inspiration behind creating these distinct entities, and how they collectively embody your vision for skincare and wellness?

LE SISS CLINIC was born over 10 years ago from my passion for beauty—but more importantly, for safe beauty. I wanted to offer people the chance to preserve their youth and enhance their natural features through medical aesthetic treatments that respect the integrity of the face. My philosophy has always been "less is more": I believe in subtle refinements—restoring volume loss, defining facial contours, and rejuvenating the skin—without ever distorting someone's identity. We use only the most advanced, evidence-based technologies available on the market to achieve natural and harmonious results.

On the other hand, skincare plays a crucial role in maintaining those results. Over time, my sister Rovenia, a pharmacist and skincare formulator, joined me at LE SISS CLINIC, bringing her expertise and passion for cosmeceuticals into our shared vision. Together, we saw the need for a skincare line that would support and prolong the benefits of our treatments—something safe, scientifically backed, and luxurious.

That's where LE SISS MILANO was born: a desire to translate our clinical expertise into a skincare line that could support skin health every day. Our Caviar Suprême collection, formulated by Rovenia, using 97% natural ingredients and guided by the same values we uphold in the clinic.



Caviar extract, the star ingredient, is a powerhouse of nutrients:

Omega-3 fatty acids: deeply nourish and strengthen the skin barrier.

Amino acids: help rebuild and maintain skin structure.

Vitamins A, D, B12, and E: promote cellular repair, antioxidant protection, and an even skin tone.

Minerals such as zinc and iron: stimulate collagen production and improve oxygenation of tissues.

Phospholipids and proteins: enhance elasticity and hydration.

Together, these components make caviar extract one of the most effective ingredients for skin regeneration, nourishment, firmness, and radiance. It's the ideal ally for anyone looking to maintain healthy, youthful-looking skin—and that's exactly what we wanted to deliver through LE SISS MILANO.

Building a luxury skincare brand rooted in scientific innovation is a significant undertaking. What were some of the unique challenges you encountered in translating complex collagen research into high-performance formulations for the consumer market?

Collagen is a remarkably complex protein. Through my research, I studied how it behaves under various stressors—such as aging, UV radiation, oxidative stress, and even humidity. These factors all influence the skin's structure, hydration, and elasticity over time. Understanding how collagen responds under such conditions gave us essential insight into what the skin truly needs to stay resilient, nourished, and healthy.

However, transforming this scientific understanding into real-world skincare was far from simple. One of the main challenges was ensuring the bioactivity of ingredients while maintaining safety, stability, and sensorial elegance. It wasn't enough to use high-quality actives—we needed to ensure that they could penetrate the skin effectively, work synergistically, and deliver measurable results without causing irritation or imbalance.

With the Caviar Suprême collection, we focused on selecting ingredients that not only support collagen production, but also stimulate microcirculation, enhance skin absorption, and strengthen the skin barrier. Caviar extract was at the center of this innovation—not only because of its rich content of omega-3s, amino acids, vitamins, and minerals, but also for its ability to regenerate and deeply nourish the skin.

Our goal was to create formulations that go beyond surface hydration—products that deliver active compounds precisely where they are needed to support long-term skin health. The result is a line of skincare that respects the complexity and intelligence of the skin, while offering visible, clinically inspired results rooted in science, safety, and luxury.

LE SISS MILANO emphasizes high-performance formulations. How do you ensure that your products not only deliver visible results but also align with a holistic approach to skin health?

At LE SISS MILANO, we formulate for performance—but always through the lens of long-term skin health. That means reinforcing the skin barrier, minimizing inflammation, supporting microcirculation, and respecting the skin's microbiome. We don't chase trends; we follow biology. Every formula is grounded in scientific understanding and designed to work in harmony with the skin, not against it.

We are directly involved in every step of the process. Rovena, our in-house chemist and pharmacist specialised in skincare, is personally present in the laboratory—formulating, testing, and ensuring the highest quality standards. From our lab to your home, every product reflects our commitment to science, safety, and skin integrity.

What does the name LE SISS signify for you and your brand's philosophy?

LE SISS stands for the bond between the three sisters behind the brand. It's also a symbol of unity, elegance, and female empowerment. Our brand reflects our shared belief in the fusion of science, nature, and inner strength.

Given your extensive clinical experience across the NHS and aesthetic medicine, how has this diverse background informed the patient-centric approach at LE SISS CLINIC?

With over 25 years of experience in the NHS, I developed a deep

appreciation for patient care, empathy, and long-term well-being. It taught me to truly understand people—their physical and emotional needs—and to recognize that wellness isn't just about what's happening inside the body, but also how we feel in our skin.

This foundation shaped my entire approach to aesthetic medicine. At LE SISS CLINIC, our philosophy is deeply client-centered. We look beyond the surface to understand each person's emotional and lifestyle context. My clinical background also sharpened my ability to distinguish between those who genuinely seek to care for their skin and preserve their youth, and those who may be turning to aesthetic treatments as a way to mask deeper emotional distress.

Being able to recognize this difference is essential—it ensures that we treat not only with integrity and precision, but also with responsibility and care.

What is one common misconception about skincare that you frequently encounter, and what scientific insight would you offer to correct it?

One of the biggest misconceptions I see is the belief that more is better. Many people overwhelm their skin with too many active ingredients, hoping for quicker results—when in reality, this can disrupt the skin's natural balance, leading to irritation, sensitivity, or long-term damage. My advice is always: listen to your skin. Sometimes, less is more. Simplicity, when guided by science, is often far more effective than a complex routine without purpose. It's essential to understand the “why” behind every product you use and choose formulas that support your skin—not stress it.

It's also crucial to choose skincare that's made with safe, high-quality, and as natural ingredients as possible. That's why, for example, our SPF cream is formulated using microencapsulation technology. This innovative method encloses the UV filters in microscopic capsules, which allows for:

- **More even distribution on the skin**
- **Lower risk of irritation, as the filters don't directly contact the skin**
- **Enhanced stability and protection, even with a lower concentration of filters**

At the same time, nourishing ingredients in our formulas—like hyaluronic acid, peptides, and botanical

extracts—are designed to be absorbed effectively, working beneath the surface to hydrate, protect, and restore.

Skincare should be both effective and safe, and that's the foundation we follow in every LE SISS MILANO product.

Skincare & Mental Well-being

Painless Magazine often explores the intricate connection between physical well-being and mental health. From your perspective as a Medical Aesthetic Practitioner, how can a consistent and thoughtful skincare ritual contribute to an individual's mental and emotional health?

A skincare ritual is a daily act of self-respect and self-connection. It's a moment to pause, breathe, and care for yourself—not just physically, but emotionally. For many of our clients, especially during stressful or uncertain times, it becomes a grounding practice—a way to come back to themselves. Healthy, radiant skin can profoundly impact how we feel. When you look in the mirror in the morning and see a glowing, cared-for complexion, it sets the tone for your day. You feel more confident, more deserving, more alive. That confidence comes from within, and skincare is one of the ways we communicate to ourselves: “I matter.”

Taking care of your skin is more than just a beauty step—it's a form of emotional nourishment. And when you feel good in your own skin, that energy radiates outward. You greet the world differently. You carry yourself with calm, assurance, and self-love. This philosophy isn't new. In fact, it's one of the oldest: loving yourself is the foundation for creating positive change in the world. And it starts with the small, consistent rituals that remind you—you are worth the care.

Beyond the visible improvements, what psychological benefits do you observe in clients who commit to a tailored skincare regimen? How does healthy skin impact confidence and self-perception?

I've seen clients transform not just physically, but emotionally. Clear, healthy skin often leads to increased confidence, social engagement, and even career empowerment. As I mentioned above, It's more than beauty—it's identity.

In what ways can skincare become a mindful practice, offering a moment of calm or self-connection in a busy day?

Even something as simple as applying serum with intention can be meditative. We encourage clients to slow down, breathe, and touch their skin with kindness. That's where healing begins.

Are there specific skin concerns that you find are often linked to stress or emotional states, and how do you address these holistically?

Absolutely—stress often shows up on the skin in the form of acne, rosacea, dullness, or inflammation. That's why we approach these concerns holistically, combining calming skincare, stress-reduction techniques, and nutrition. The connection between the skin and the mind is real and powerful. When it comes to aging concerns, we never promise to make someone look 20 years younger. Instead, we guide our clients to age gracefully, with treatments that enhance their natural beauty—not change their identity.

Our approach is rooted in honesty, balance, and long-term skin health. We also believe in education: helping people understand that a daily, high-quality skincare routine is not a luxury—it's a necessity. It's the foundation of healthy aging, confidence, and well-being.



Seasonal Skincare & Rituals

How do the changing seasons necessitate shifts in our skincare routines, and what scientific principles guide your recommendations for adapting to different environmental conditions?

The skin is a living, responsive organ that constantly adapts to its environment—and each season brings different challenges. That's why it's essential to adjust your skincare routine in alignment with climatic and environmental changes, using a science-based approach.

In winter, the colder temperatures, indoor heating, and low humidity significantly increase transepidermal water loss (TEWL)—meaning the skin loses moisture more rapidly. The lipid barrier becomes compromised, leading to dryness, flaking, and sensitivity.

During this time, I recommend switching to richer moisturizers, products rich in ceramides, squalane, and panthenol, and avoiding overly aggressive exfoliants. Protecting the skin barrier is key.

In summer, on the other hand, UV radiation, heat, pollution, and sweat dominate. UV exposure increases oxidative stress, causing free radical damage, inflammation, and accelerated aging. Sebum production also rises, leading to breakouts and congestion in some skin types. For these reasons, I emphasize lightweight, breathable

textures, broad-spectrum sun protection (preferably with microencapsulated UV filters), and antioxidant-rich serums like our collection Caviar Supreme, to combat environmental stressors.

Our skin's needs are dynamic. By understanding the principles of TEWL, oxidative stress, and barrier repair, we can recommend tailored seasonal routines that preserve skin health, prevent premature aging, and keep the complexion balanced year-round.

What are the most common skincare mistakes you see people make when transitioning between seasons, and what simple adjustments can make a significant difference?

The biggest mistake I see is people either doing too much or not enough when the seasons change. Some clients panic

and buy a completely new routine every few months, while others stick to the exact same steps and products all year—even when their skin is clearly telling them it needs something different.

But skin isn't static. It changes with the environment—humidity, sun exposure, indoor heating, cold wind... all of it plays a role. What many people don't realize is that you don't need to change all your products—you just need to adjust how you use them. Maybe in summer, you use less product or focus on lighter textures. In winter, you might need to add an extra layer of hydration or apply your cream more generously. The key is to understand how your skin behaves and adapt with intention—not with panic.

It's also important to listen to your skin instead of following trends. Don't add actives just because it's spring, or cut hydration just because the weather's warmer. Skin needs consistency, quality, and care. That's the real key—not seasonal overhauls, but smart, intuitive adjustments.

Your skin speaks—learn to hear it, and you'll always know what it needs.

Could you outline a foundational skincare routine that can be adapted for any season, and then highlight key modifications for transitioning from spring and autumn to summer?

A strong skincare routine doesn't need to be complicated—it needs to be consistent and based on your skin's essential needs. At its core, a foundational routine should include:

- A gentle cleanser to purify the skin without stripping its natural barrier
- A hydrating serum to maintain moisture balance and support cellular function
- A moisturizer to lock in hydration and protect the skin
- Broad-spectrum SPF every single morning to defend against UV damage
- And a gentle exfoliation (such as a scrub or enzymatic exfoliant) 1–2 times per week to remove dead skin cells, stimulate renewal, and allow the skin to breathe and absorb actives more effectively

This routine provides stability and nourishment throughout the year. However, skin conditions do shift with environmental changes, so it's important to adapt how you use these products as the seasons transition.

Spring → Summer

As temperatures rise and humidity increases, the skin tends to produce more sebum and sweat. This can lead to clogged pores, dullness, or inflammation if not balanced properly. To support the skin during this period

- Switch to lighter textures
- Use a hydrating serum with antioxidants to fight sun-induced oxidative stress
- Consider increasing the frequency of exfoliation (without overdoing it) to keep pores clear
- Reapply SPF regularly, especially if outdoors—opt for lightweight, water-resistant formulations
- Avoid layering too many actives that might sensitize the skin in the heat and sun



Autumn → Winter

Cooler, drier weather tends to dehydrate the skin and compromise its protective barrier. Indoor heating can also lead to tightness, flaking, or sensitivity.

To prepare and protect:

- Reintroduce richer moisturizers with ingredients like ceramides, fatty acids, and squalane to repair and reinforce the skin barrier
- Add nourishing serums to restore moisture lost during the day
- Reduce the use of harsh exfoliants and actives like retinol if the skin becomes more reactive
- Focus on barrier-repair and anti-inflammatory ingredients such as panthenol, allantoin, and oat extract
- Never skip SPF—UV rays are still present in winter, and skin is more vulnerable when dry

The key is not to change everything, but to tune in to how your skin feels and behaves. The best routines are flexible, responsive, and grounded in high-quality products that adapt with you—supporting skin health and radiance no matter the season.

What role do ingredients play in seasonal skincare, and are there specific components you recommend for certain times of the year?

Ingredients are at the heart of every skincare formula—but their effectiveness and interaction with the skin can shift depending on many factors. Environmental conditions such as temperature, humidity, UV exposure, and pollution influence not only how our skin behaves, but also how it absorbs and responds to certain ingredients.

In the summer, the skin contends with heat, sweat, excess oil production, UV radiation, and oxidative stress. This makes lightweight, breathable formulations essential to prevent congestion and irritation, while still offering protection and active support. Some key summer-friendly ingredients include:

Niacinamide (Vitamin B3) – helps regulate sebum, strengthens the skin barrier, and improves tone and clarity.
Vitamin C – a potent antioxidant that neutralizes free radicals from sun exposure and supports collagen production

Hyaluronic Acid – a humectant that draws moisture into the skin and keeps it hydrated without heaviness
Microencapsulated UV filters – provide stable, broad-spectrum sun protection with enhanced tolerance and more even skin distribution, reducing the risk of irritation

Scientific research shows that ingredient behavior can change with climate. For example, in very dry conditions, humectants like hyaluronic acid can pull moisture from within the skin if not combined with occlusives, leading to dehydration. In contrast, rich oils or heavy emollients,

while soothing in winter, may clog pores and trigger breakouts during hot, humid months.

That's why seasonal awareness is key. It's not just about the product—it's about knowing when and how to use it, based on how your skin and the environment interact. The right ingredients, used mindfully, can make the difference between skincare that simply feels good and skincare that truly performs.

Summer Skincare Focus

As we approach summer, what are your top three essential skincare products or ingredients that everyone should incorporate into their routine for optimal skin health?

Summer skincare is all about protection, balance, and hydration. As temperatures rise and UV exposure intensifies, your skin needs support that's lightweight yet effective. These are my three non-negotiables for healthy, radiant skin during the warmer months:

- 1) Broad-spectrum SPF with microencapsulated filters
- 2) Antioxidant serum
- 3) Lightweight hydrating product with hyaluronic acid and antioxidant.

Beyond products, what holistic skincare rituals or practices do you suggest for maintaining skin vitality and glow during the warmer months?

Glowing skin in summer comes from more than just good products—it's about how you care for your whole self. I recommend:

- Staying hydrated inside and out, including water-rich foods like cucumber and watermelon.
- Boosting circulation and lymphatic drainage.
- Spending mindful time in nature to reduce cortisol and support overall well-being—always with SPF and protection.
- Moving your body and getting quality sleep, both of which help the skin regenerate and maintain its natural radiance.
- When your lifestyle supports your skin, the glow comes naturally.

What are your insights on sun protection beyond just SPF – are there dietary or lifestyle factors that can further support skin resilience in summer?

Diet matters—carotenoids from tomatoes, omega-3s, and hydration improve skin resilience. Lifestyle tips? Avoid peak UV hours and wear hats and sunglasses—beauty is also prevention.

For those looking to achieve a "summer glow," what are your expert tips that prioritize skin health over quick fixes?

A true summer glow doesn't come from tanning beds or aggressive treatments—it comes from hydration, gentle exfoliation, good sleep, and smart ingredient choices that support skin vitality from within. One of the keys is to stimulate microcirculation, which boosts oxygen and nutrient delivery to the skin—naturally enhancing radiance and tone.



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In our Caviar Suprême collection, we focus precisely on this: activating microcirculation to optimise absorption of highly nourishing ingredients like caviar extract, peptides, and antioxidants, so the skin not only looks healthy—it functions at its best.

Glow is not a filter—it's the result of skin that is cared for, protected, and well-fed. Focus on consistency, not shortcuts. Your skin will reflect the love you give it.

What is the most important piece of advice you would give to someone looking to preserve their skin's vitality at every age, particularly as they navigate different life stages and environmental factors?

Treat your skin as the intelligent, dynamic organ it is—constantly evolving, communicating, and responding to how you care for it. Start early. In your 20s, it's all about prevention: building strong habits like daily SPF, proper hydration, and gentle cleansing to protect your skin from future damage. This is the time to lay the foundation for long-term health.

In your 30s and 40s, the skin begins to show signs of slower cell turnover and collagen loss. This is when you need to support regeneration—with targeted ingredients like antioxidants, peptides, and treatments that stimulate microcirculation and renewal, without compromising your skin's balance.

As you age, your skin becomes more reactive to external stressors—pollution, climate, hormonal changes, and emotional stress. That's why it's important to adapt your routine over time. What served you in your 30s might not suit your skin in your 50s. The key is to listen, adjust, and care accordingly.

Above all, protect your skin barrier. A healthy barrier is your defense against inflammation, dehydration, and premature aging. When your barrier is strong, your skin can do what it's meant to do: function beautifully. Skincare is not about chasing youth—it's about preserving vitality, balance, and integrity through every stage of life. Aging is natural. Doing it well is a choice.

Aida Hoxha is a highly skilled Medical Aesthetic Practitioner with over 25 years of clinical experience across the NHS, aesthetic medicine, dermatology, and minor surgery. She holds a Master's degree (MRes) in Chemical Research from Birkbeck, University of London, and has received specialized training in Atomic Force Microscopy (AFM) at University College London.

Her scientific expertise centers on collagen research, focusing on the biochemical and mechanical changes associated with glycation and aging. Her recent thesis explored the impact of methylglyoxal (MGO)-induced crosslinking on collagen scaffolds using ATR-FTIR spectroscopy, RH dielectric analysis, and AFM. These findings reveal how glycation affects collagen's moisture retention, structural organization, and mechanical resilience, offering insights relevant to regenerative medicine and dermatology.

Aida is the founder of LE SISS CLINIC – London, and co-founder of LE SISS MILANO, a luxury skincare brand based on high-performance formulations and scientific innovation. With a deep passion for clinical aesthetics and skincare science, she bridges the gap between laboratory research and real-world application, helping women preserve their skin's vitality at every age.

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Your Summer Wellness Checklist

A collection of easy tips for looking after your physical and mental well-being during the summer months

As the temperature rises and the days stretch out longer, summer brings with it an energy shift. It's a season many of us look forward to all year: sunshine, social events, holidays, and a chance to reset. But amid the barbecues, beach days, and busy calendars, it can be easy to lose touch with routines that support our physical and mental well-being.

The good news? Summer is the perfect time to simplify your approach and focus on the basics. Here's your practical checklist to help you feel your best through the warm months ahead.

Walk More, Move Often, Move Simply

One of the easiest and most underrated forms of movement is walking. In the summer, when the weather is warm, walking becomes more than just exercise, it becomes an opportunity to slow down, unplug, and reconnect. A short walk in the morning or evening can work wonders for both your body and mind. Whether it's a solo stroll to start your day, a walk with the dog, or an after-dinner chat with a friend on foot, movement doesn't need to be intense to be effective.

Walking helps improve cardiovascular health, reduce stress, improve circulation, and even boost creativity. Plus, it's an excellent opportunity to get out in nature, take in your surroundings, and disconnect from screens.

Tip: Try hitting 8,000-10,000 steps per day. If that sounds like a stretch, start with what you can and build up gradually.

Hydration: More Than Just Water

With higher temperatures, your body loses more fluid through sweat.

Staying hydrated is crucial, not just for energy and focus but also for digestion, recovery, and even mood. Water is key, but don't overlook electrolytes, especially if you're exercising or spending a lot of time outdoors. Sodium, potassium, and magnesium are vital minerals lost through sweat and can impact your performance and well-being if not replenished.

Try infusing your water with fruit, cucumber, or mint to make it more appealing. Herbal teas, smoothies, and water-rich foods like watermelon and cucumber all count too.

Tip: Keep a reusable water bottle with you and consider an electrolyte tablet or low-sugar sports drink on especially hot or active days.

Barbecues & Balance

Summer and barbecues go hand in hand. And yes, you can enjoy them without undoing your goals. The trick? Keep variety and balance in mind. Lean proteins, freshly grilled veg, and colourful salads alongside the occasional burger or sausage. Enjoy the food, savour the company, and remember that one meal never defines your progress.

Tip: Make a big salad the centre of your BBQ plate, then add protein and extras around it.



Sunshine = Vitamin D

Sunshine lifts our mood and supports vitamin D production – a nutrient essential for maintaining bone health, immune function, and overall well-being. Just 10-20 minutes of sunshine per day can make a difference.

Tip: Aim to get out in the morning or late afternoon to avoid the harshest rays, and always use sunscreen if you're outdoors for more extended periods. Remember, sunshine is medicine in moderation.

Get Active With the Family

With kids off school and everyone in summer mode, it's a great time to turn movement into shared experiences. Whether it's kicking a ball around the park, going on a nature trail, paddleboarding, or cycling, these moments build both memories and momentum.

Tip: Don't overthink it. If it's fun and gets you moving, it counts. The goal is to be active together, not perfect athletes.

Swim Your Way to Fitness

Swimming is one of the greatest low-impact, full-body workout that also helps keep you cool. Whether it's a local pool or the sea, swimming can be both relaxing and effective.

Tip: Try interval-style swimming (short bursts of effort with rest periods between laps) to make it a proper workout without overexertion in the heat.

It boosts cardiovascular health, improves flexibility and strength, and puts minimal strain on the joints – making it ideal for people of all ages and fitness levels.

Sleep Well (Even When It's Hot)

Summer heat can disrupt sleep patterns. However, consistent rest is vital for recovery, mood, and metabolism.

Tip:
Use light, breathable bedding
Keep blinds closed during the day to keep rooms cooler
Sleep with a fan on or place a bowl of ice in front of it
Try a cool shower before bed
And if you're working out, make sure it's not too late in the evening – elevated body temperature can interfere with sleep.

Train Early (And Smart)

Heat can sap motivation fast. One of the best ways to stay on track is to train early in the day before it

gets too hot. Your body will thank you for it, and you'll feel sharper all day. Whether it's a gym session, a run, or a bodyweight workout in the garden, make it part of your morning routine.

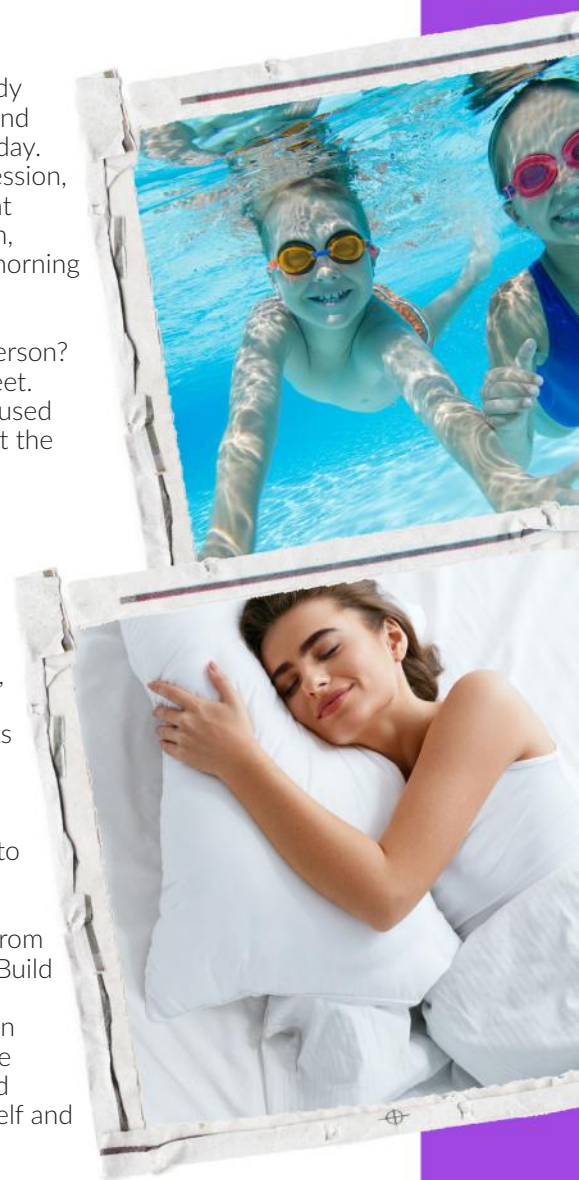
Tip: Not a morning person? Keep it short and sweet. 20-30 minutes of focused effort is enough to set the tone for your day.

Final Thoughts

Summer isn't about restriction. It's about enjoying life with a little more movement, a bit more sunlight, and some smart habits to help you feel your best. Your wellness doesn't need to be perfect; it just needs to be consistent.

Pick one or two tips from this list to start with. Build from there. And most of all, enjoy the season for what it is: a chance to reset, recharge, and reconnect with yourself and others.

By Craig Alexander



Mizi Atelier

Beyond the Accessory

CRAFTING YOUR UNIQUE STYLE AND BOOSTING YOUR WELL-BEING



Story & Brand Building

What inspired you to start Mizi Atelier, and what were the key steps in turning your passion for hat-making into a business?

Mizi Atelier began with the idea of filling a gap I personally experienced. I couldn't find hats that truly reflected my taste or values, something timeless, handcrafted, and accessible. I started making hats for friends and family using traditional sewing techniques passed down from generations. What started as a passion slowly turned into something more structured. I didn't wake up one day and decide to launch a business it unfolded naturally. Over time, I invested in skills, sourced sustainable materials, and aligned with makers who understood slow fashion. That's when Mizi Atelier took shape.

Mizi Atelier has a unique aesthetic. How did you develop your brand's style, and what influences have shaped your designs?

My aesthetic is grounded in heritage and simplicity. I believe craftsmanship should speak clearly about itself. Each piece is influenced by old-world tailoring, especially European sewing traditions I grew up admiring. I don't chase trends and instead, I focus on form, proportion, and balance; all details that give the wearer a refined presence. The materials—often remnants or repurposed elements—play a key role in shaping the design: when you work ethically and with intention, it seems that the materials tell you what shape they want to take.

Building a brand has its challenges. What were some of the biggest obstacles you faced, and what strategies did you use to overcome them?

One of the greatest challenges was maintaining consistency while juggling multiple roles. I had to navigate marketing, pricing, production timelines, and the complexities of ethical sourcing. My focus remained on building the brand with patience and precision, collaborating with like-minded creatives, and showing consistency to honor the core principles of Mizi Atelier's DNA

Who is your ideal customer, and how do you connect with them?

My ideal customer values intention. They're not simply searching for an accessory—they seek something crafted with care and purpose. Quality matters more to them than quantity. I connect with them at niche events, through word of mouth, and increasingly online via meaningful conversations on social media. Genuine connection is something I deeply cherish.

What does the name Mizi Atelier mean?

“Mizi” is a short version of my name: Mehrzad and “Atelier” reflects the studio-culture I wanted to create a space where work is made slowly, by hand and with skill. Together, the name represents something personal, refined and who I really am.

You make hats for both men and women. Is there a different approach to designing for each?

My approach isn't defined by gender but by shape, fit, and functionality. Some men gravitate toward bolder designs, while others prefer a minimalist touch—the same applies to women. I prioritise listening to each client first, then craft a form that aligns with their energy, personality, and purpose.

From your collections, which hat is your personal favorite and why?

My favourite hat is Coco. It holds everything I value: simplicity, elegance, and versatility. The shape is classic and easy to wear, whether you're dressing for a weekday or a special event, it's a piece that adapts to different moments. The flower detail can be removed for a cleaner look or kept for a more sophisticated touch. What makes it even more special to me is the decoration—crafted from up-cycled strands of pearls. This detail reflects my dedication to thoughtful craftsmanship and sustainable choices.

Where do you source your materials?

I source most of my materials in the UK, partnering with suppliers who share my commitment to ethical practices. I often work with remnant fabrics, vintage trims, and materials that would otherwise be discarded—embracing the philosophy of using what already exists. Every material carries a story, and my role is to give it a new one.

Hats & Mental Health

Painless Magazine explores the connection between lifestyle and mental health. In your view, how can wearing a hat contribute to a person's overall sense of well-being or self-expression?

A well-made hat can transform the way you enter a room—a subtle yet powerful reflection of who you are and what you stand for. Wearing something crafted with intention allows you to carry that energy with you. I call it quiet confidence.

Have you noticed any connection between how people feel when wearing a hat that suits them versus when wearing one that doesn't?

Absolutely. You can see it in their posture—a good hat lifts the shoulders, becoming an effortless extension of the wearer. It doesn't overpower; it integrates. When someone finds that perfect alignment, they never want to take it off. When it's not right, you can feel it.

How can hats be used to express your personality?

Hats are one of the few accessories that instantly frame the face, offering a subtle yet powerful statement. They can evoke elegance, boldness, creativity, or calm. The colour, shape, and even the angle reflect not only how someone wants to be seen but also how they feel in that moment.

Do you have any clients with interesting stories about how a hat made them feel?

I remember one of my clients once said that when she used to wear some hats, she didn't feel comfortable or confident. After consultation with me, when she tried on a hat that truly suited her, she said it made her feel “magical”. That moment stayed with me, because it showed how a well-made piece can do more than complete an outfit, it can change how someone feels about themselves.



Hats & Seasons

How do you see hat styles evolving with the changing seasons, and what are the key considerations when designing for different times of the year?

In summer, I focus on breath-ability and lightness such as straw, linen, open structures. In Autumn and Winter, I focus on felt or wool to make an accessory with more weight, structure, and warmth. It's a bond of balance between comfort and style.

What are the must-have hat styles for spring, and how can people incorporate them into their wardrobes?

In spring, a smaller brim, softer color palettes, and breathable materials are ideal. The perfect balance of ease and refinement might be a wide-brimmed straw hat with a vintage ribbon or a linen beret. These styles complement everything from a blazer to a dress or even denim—hats effortlessly pair with any look!

What are your predictions for Autumn/Winter hat trends?

I think we'll see return of sculptural felt, but not in the traditional sense. Softer edges, asymmetry, and custom embellishments will make pieces feel personal. Trends will be about individuality, texture and tone which matter more than logos.

What are the best fabrics for making hats for each season?

Spring/Summer: straw, sinamay, linen, cotton; all lightweight and breathable. Autumn/Winter: wool, felt, velvet, heavier tweed; they are warm and structured.

Summer Hats

With us being in the heart of summer, what are your top recommendations for hats that are both stylish and functional for the warmer weather?

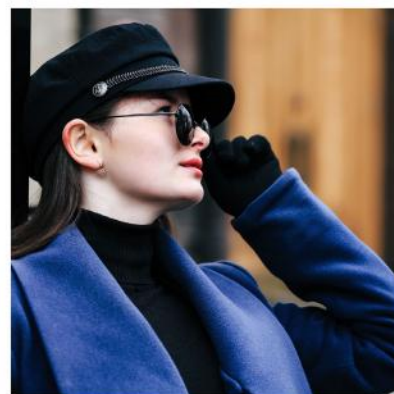
I recommend structured yet breathable designs. For example, a soft beret, a fedora with a light brim or a summer cloche. These shapes hold their elegance but stay practical under the sun. I prefer using materials such as straw braid, fine linen, or raffia. They keep the silhouette clean while allowing the skin to breathe, which matters during warmer months.

What are your favorite summer hat styles?

In summer, I gravitate toward pieces with a structured shape that provide form without feeling heavy. My favourite styles often have open crowns or softened brims, with subtle curves and delicate detailing. Whether it's a sculpted headpiece or a pared-back sun hat, the wearer should feel comfortable in colour palette that reflect their personality. Even a bold hat shape can feel gentle if it's balanced.

What are the best fabrics for making hats for summer?

The best fabric are straw, raffia, linen, and breathable cottons. I work with remains linen and sinamay a lot, they both are light, natural, and easy to shape without using synthetic's materials.





What colors of hats would you recommend for summer?

The right colour depends on skin tone and the overall outfit. In summer, softer shades like cream, stone, pale blue, and clay pink often work beautifully, while deeper tones like navy or rust can add a bold touch when thoughtfully integrated into the full look. The key lies in balance—along with the quality of the fabric and the richness of its texture.

What kind of hats would you recommend for a summer wedding?

This depends on the setting, the time of day and the outfit. I always encourage my clients to choose something that complements their frame and doesn't overpower their dress. Wedding hats need to last all day and balance comfort, proportion, and personal expression. The best piece always feels like it was made just for the individual.



Mehrzad Mohebbi Gardner is the founder and creative mind behind Mizi Atelier, a headwear label launched in 2024 that blends craftsmanship, sustainability, and cultural heritage.

Before establishing the brand, Mizi spent several years working in investment banking and this still her actual job. That experience sharpened her attention to detail, structure, and long-term planning but she always felt the pull toward something more hands-on and meaningful. Hat-making began as a personal outlet, a way to reconnect with traditional sewing skills she learned growing up and to fill a gap she noticed in the market: refined, handmade headwear that carried purpose.

Her transition from finance to fashion happened gradually, built on evenings spent sourcing materials, experimenting with shape and technique, and crafting for friends and family. Over time, this work evolved into a business rooted in values she stands by sustainability, slow process, and respect for both material and environment.

At Mizi Atelier, every piece is created using natural or reclaimed fabrics, many of them sourced locally in the UK. Mizi collaborates with small suppliers and artisans to create headwear that honours tradition while responding to the needs of today. Her designs quietly challenge fast fashion, offering instead a connection to something considered personal and lasting.

For Mizi, hats are accessories to express intention and a sense of self. Through her work, she continues to bridge the structure of her former career with the softness of handmade talent, creating a brand that speaks to both creativity and imagination.

'HOLIDAY LIKE A PRO'

Travel Tips You Will Actually Use

You know that moment on holiday when you finally exhale?

Shoulders drop, your jaw unclenches, and you remember what rested feels like. For some, it's on a sun-lounger, cocktail in hand. For others, it's slurping pho in a buzzing backstreet café. Or maybe it's reaching the summit of a mountain climb, stunned silent by the view and personal achievement.

Whatever gets you to that moment, all too often holidays don't start like that. Instead, we hit eject from the office, scramble to get to our destination, and arrive frazzled. Or we spend half the trip checking emails, wrangling suitcases, or trying to do too much with a tourist tick-list as long as our arm.

As a career and life transition coach (and a strong advocate for intentional time off), I've helped people design everything from brief breaks to life-changing career breaks and sabbaticals. So, just for you, here are my most useful, stress-reducing holiday tips:

1. Start Before You Leave: A Soft Landing Matters

We often treat the first few days of a holiday like a crash-landing into rest after months of overdrive or even slight burnout. But intentional transitions change everything.

Create a gentle runway - Wrap up work a day earlier than you "need" to. Give yourself one day at home to exhale, pack, set intentions, and ease into holiday mode without panic.

Book-end with rest - Don't plan for the return-to-work chaos to begin the minute you get home. Leave space at the end of your trip to land softly. Unpack, do laundry, reflect, and reset.

2. Pack With Future-You in Mind

This isn't about packing light for the sake of it, but it is about packing in a way that helps you feel good when you get there.

Pack outfits, not individual items - Know what you'll wear together, even folding them into outfit bundles, including underwear.

Choose how you want to feel - Pack what helps you feel how you want to feel. Relaxed? Dressy? Smart? Consider the times of day—are comfortable evening clothes required?

Don't forget tiny luxuries - A good moisturiser, favourite tea bags... I even travel with a small travel altar. They take up no space and instantly make a hotel room feel like your space.

Leave space - Physically and energetically. You know what they say about a tidy desk? Well, an overstuffed bag = an overstuffed mind.

3. Define What Rest Means for You

This is especially important if you're accustomed to a fast-paced life. For some, rest is naps and novels. For others, it's hiking new landscapes or exploring local food markets. You don't have to lie on a beach if that's not your vibe. You also



don't have to cram in culture or adventure if what your body craves is stillness. It's your holiday, your rules. But do ask yourself:

What kind of tired am I right now? Physical, emotional, social, creative?

What would leave me feeling more like how I want to feel by the end of this trip?

4. Ditch the Overplanned Itinerary

Less is more! When we over-schedule holidays, they stop being a break and start becoming just another kind of productivity. Your days are already full of decisions—give yourself the gift of less.

One anchor per day - Choose one activity or scheduled commitment per day. Leave space to see what unfolds.

Embrace the "in between." - Wandering with no goal, sitting in a café, just people-watching, taking the scenic route. That's where the magic often lives.

5. Don't Take Work With You (Even Mentally)

Even if your out-of-office is on, your mind might still be in the inbox. You can't rest if your brain is still tethered to your job. Let it go. The world will keep turning. Here's what I encourage clients to do to set boundaries that stick:

Write a realistic out-of-office (that doesn't promise you'll check emails).

Brief someone you trust and delegate strategically.

Delete the email app from your phone (minimise the temptation to check it).

Choose a travel journal over a to-do list. This time is for you.

6. Treat Your Time Away Like a Mini Sabbatical

You don't have to take months off to feel the impact of a break. Even a week with the right mindset can make a significant difference. When clients return from sabbaticals, they don't talk as much about the experience but how they felt: Free. Reconnected. Recharged. You can feel that in seven days, too, if you let yourself. Use my 7 W's to guide you:

Why, where, when, with (who), what, who (do you want to become) - Build your trip around these.

What am I stepping away from, and what do I hope to come home to?

Is there one habit, mindset, or reflection I want to experiment with while I have space?

7. After the Holiday: Keep the Good Stuff

Coming back can be a jolt. You've had a taste of something softer, slower, more aligned. Don't let it slip away the moment you return. Sometimes, holidays aren't an escape; they're a mirror. They show us what's working in our lives and what's not. Integration matters. Here are three top tips for a smooth transition to BAU:

Book your first day back as meeting-free if you can.

Reflect: What felt really good that you want more of? How can you weave more of this into your day-to-day life?

Ask yourself: What doesn't feel good anymore, now that you've had space away? How can you leave this behind?

Final Thoughts

Don't wait until burnout forces you to rest. Don't treat holidays as rewards you earn by overworking. Think of them as a vital part of your rhythm, a way to recharge, reconnect, and return home a little more like yourself.

Sometimes, a week isn't enough. The answer might be a bigger pause, a career break, or a new direction altogether. But for now? Take a break. Give yourself the space to breathe. You deserve that moment when everything softens and you finally exhale.

By Bex Thomas

www.bexthomas.com



Beauty is an Emotion

Jo Leversuch on Cultivating Authentic Confidence Through Skincare & Cosmetics

Story & Brand Building:

What pivotal moment or experience sparked your passion for beauty, cosmetics, and personal care, and how did this evolve into the creation of *Make-up by Jo Ltd* and *Untitled No1*?

I had started my career in the world of finance and had one of many epiphany over the years. My first epiphany was an image of Isabella Rossellini who was the face of Lancome Tresor over 30 years ago. I managed to pivot my whole career from finance to beauty. The evolving experience for me as a makeup artist then and what following from there on was and still is ever evolving and making adjustments and changes.

Jo Leversuch is me as the person the makeup artist showcasing my work for fashion and commercial, *Makeup by Jo* which is the brand for weddings and *Untitled No1* is the brand for the Jo Leversuch makeup brushes.

Building a brand requires a strong vision. What unique philosophy or set of values underpin Make-up by Jo Ltd and Untitled No1, and how are these reflected in your products and services?

The unique philosophy behind *Makeup by Jo* and *Untitled No1* stems from the same core essence of Jo Leversuch, the makeup artist. Both brands share the same values: a belief that beauty begins with emotion and feeling, and a commitment to authenticity in every style created.

In the competitive world of beauty, what innovative strategies have you employed to differentiate your brands and cultivate a loyal customer base?

My innovative strategy is that you can't be the same, the brands will never stay the same you have to keep adjusting and changing with the times. However as always in the inner core belief from the other questions are "beauty is an emotion".

How do you stay at the forefront of beauty trends and incorporate them into your brand's offerings?

To be present, do a lot of research and equally be authentic to the core of the brand to keep the style as true to the brands.

What does the name Untitled No1 mean?

To me *Untitled No1* is an artist concept where we don't necessary call it a name, a brand, I wanted everyone who taps into *Untitled No1* to get a sense of identity of who you are as a person, you are No1 and you are *Untitled*, there is no title on you as a person, you are an emotion, a feeling and keep moving and become the version of you "Be your own No1".

What are the challenges in the beauty industry in creating sustainable products?

There are so many challenges and they're the cost of materials to remain sustainable in the UK, the cost of paper and packaging as an

JO LEVERSUCH

example and every little bit helps. Currently Jo Leversuch makeup brushes aren't packaging in cardboard boxes, constantly looking at ways of reducing the paper waste and trying to always use recycled paper as much as we can.

You have a wide range of products. Do you have a personal favourite? If so, what is it and why?

My personal favourite is the Jo Leversuch Detailed Brush which can be used for skincare application as well as makeup application too. The whole purpose of the Jo Leversuch makeup brushes is that they can be used in multiple ways

Where do you source your ingredients/materials?

My Jo Leversuch makeup brushes are made in Germany and the wood is FSC from Europe. The tissue paper for the packaging is bio-degradable and comes from the UK too.

Beauty, Cosmetics & Mental Health

Painless Magazine explores the profound connection between lifestyle and mental well-being. From your perspective, how can beauty, cosmetics, and personal care practices contribute to an individual's mental and emotional health?

How can beauty contribute to individual mental and emotional health is a huge subject to discuss, and it comes at all levels based on the needs and emotions of each individual person. For me personally, I am in the next season of life which isn't an age it's a season of life (post menopause) which I don't mind saying I am post menopause but it really is a season of where I am at in life and what this means to me as a person.

There is a huge sensory overload of what we can view on social media and probably been the biggest consumer overload for us all in our current lifetime. We are constantly told this is how we should look, so for our own personal and mental health we have to be strong in our minds and be comfortable in our own skin. As humans we constantly overthink and ruminate on what if what if what if, so tap into your own beliefs and inner core and be strong and always be kind to your own self.

How do your products improve the confidence and self-esteem of your clients?

The Jo Leversuch makeup brushes are a tool to be used for skincare and makeup application and this can be used in a mindfulness way each time you use the brushes. They will give you confidence as you learn to use the makeup brushes to suit your skin, your face shape and your style of makeup which in turn helps with the self-esteem.

How can a person's beauty routine affect their mood?

It can affect your mood so much, beauty routine can be a sense of mindful meditation, a sense of worth, a sense of peace, a sense of control, a sense of belonging, a sense of switching off, a sense of joy and equally a sense of frustration too. So many moods for everyone's beauty routine.

Beauty Routines & Products for Different Seasons

How do seasonal changes influence skincare and beauty needs, and how do you adapt your product formulations and recommendations to address these variations?

Seasonal changes affect everything about the skin and how we feel and more importantly the moon cycles equally affect this too over the ever-changing two-week cycles. So look at how you are feeling and create the perfect routine for you at that time and factor in equally how much time you can give to your routine.

What are some common mistakes people make in their beauty routines as the seasons change, and how can they be avoided?

The most common mistake I see is not changing the colour of skin-base whether that's the tinted balm, concealer or foundation. The quickest way to change this is to have two or three shades and you can inter-mingle these shades to suit the seasons ahead. Ideally it would also be different textures for different seasons mainly summer against winter seasons but there are many ways of using the same product in the seasons but you can use different styles of the Jo Leversuch makeup brushes to create different applications to the makeup.

What are your must-have beauty products for all seasons, and how can people incorporate them into their routines?

My must-have beauty product for literally all seasons is the Jo Leversuch Detailed Brush which can be used for both skincare and makeup application and the Delilah Wake Up Radiant Hydrating Skin & Make-up Mist which really is the must-have product for all seasons.

How should our beauty routine change from season to season?

Beauty routine should change on how you are feeling from season to season as well as different stages of your life your skin changes too. So always be aware of the little changes to your skin and how you are feeling as a person too. Really listen to your body and remember "beauty is an emotion"

Summer Cosmetics & Personal Care

With this being the heart of summer, what are your top recommendations for cosmetics and personal care products that are both effective and suitable for the warmer weather?

In the heat of the summer always think about wearing less makeup as in the skin base i.e. foundations and swap them for a lighter coverage or a tinted balm and concealer concept. Keep the skin constantly hydrated during the summer months and always keep topped up with the SPF coverage too (which should be used all year round)

What are your favourite summer beauty trends?

My favourite summer beauty trends are a pop of colour whether that be on the eyes, cheeks or lips and keep the coverage on the skin lightweight.



What are the best ingredients to include in cosmetics for summer?

Always use a SPF coverage with UVA and UVB protection and my favourite ingredient at the moment is Vitamin C in skincare.

What colours of cosmetics would you recommend for summer?

For summer months, the colours you can go for are either the bronzed goddess vibe with the earthy warm tones of coppers, golds, bronzes and hues of warmth to the skin, or alternatively you can go for the strong pop of reds whether that be a colour with an orange tone in the red or a blue tone in the red.

What kind of make-up and personal care would you recommend for a summer wedding?

I would recommend for a summer wedding, keep it fresh, light and a coverage which will last all day and evening for the wedding and create that perfect glow. Summer weddings you can either go for pastel colours of delicate shades of colours or you can go for the bronzed goddess concept if you are more tanned in skin-tone or be daring and go for a pop of red as in the lips, cheeks or eyes.



Carefully weighted, lacquered, FSC sourced, birch wood handles

Brush heads encased in sleek matt black nickel plated brass

Professional grade vegan synthetic hair

UK designed, handmade in Germany
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Flat Eyeshadow Brush

To create a mono-eyeshadow look, use the brush flat on the upper and lower part of the lid and move back and forth. As the hair is soft and fine, the brush creates a perfect finish for powder and soft creams.

PRO TIP
Use the brush upside down towards the lash line to create a fuller coverage of eyeshadow for that instant quick look.

Length 150mm
Soft touch synthetic hair



Angled Brush

Great to use to create contoured cheekbones. Apply with one circular application with a slight curve at the end of the cheek. Blend for that perfect finish.

For cream textures, apply the cream foundation and/or moisturisers in a downward stroke and add more for the desired coverage.

PRO TIP
Use the angled brush to apply treatment masks for that ultimate luxury feel to the skin for both face and body.

Length 170mm
Extra fine synthetic hair



Concealer Brush

Ideal to use for light concealer work under the eyes, nose and chin area. The brush glides across the face with a soft finish to the makeup.

PRO TIP
Can be used as a blender to finish off with fine powder, or on precise lips and lipstick edges with a buffing action to soften the look.

Length 170mm
Soft touch synthetic hair



Corrector Brush

The corrector brush is ideal for those small areas you want to cover as the brush is small and precise in application. Perfect for covering sun spots, red marks, blemishes and small veins.

PRO TIP
Try using the brush slightly wet and mix with eyeshadow powder to create a more dense line. Ideal for those wanting a soft sultry look to make those eyes pop.

Length 145mm
Soft touch synthetic hair



Premium makeup brushes

JO LEVERSUCH

Ethically sourced - Vegan - Handmade in Germany

"Influenced by a long career in fashion and editorial work, my signature makeup style has been curated from the best of what I have learnt from some of the greatest minds in the beauty industry.

I am known for my signature perfected skin, I have an innate ability to create makeup that looks like second skin, whether the brief is natural or bold. A heavy focus on taking good care of the skin base is the real key to beauty and my ethos and approach towards makeup.

That's because I know that all beauty, on the inside or outside, needs to be built on a healthy, solid foundation. Taking a less is more approach where necessary, I have refined my style that is minimal on application but maximal on impact.

These holistic approaches taken towards beauty are the source of inspiration for the Jo Leversuch Make up Brush Collection. Drawing from decades of the industry I know how and a deep belief that we all deserve to feel like our own No1, these brushes are the tools to take us on the journey of self-care and self-expression."



BEYOND THE BEACH

Why a Retreat Might Be Your Perfect Getaway



In today's non-stop world, taking a break often means booking a trip – but what if you are coming back just as tired as you left? If you're craving more than just a change of scenery, a retreat might be exactly what you need.

In a world that rarely pauses, a retreat offers exactly what most of us need – time to slow down, breathe deeply, and reconnect with ourselves. Unlike a typical holiday that may leave you feeling just as drained as you left, a retreat is a purposeful escape. One designed to nourish your body, clear your mind, and support your wellbeing from the inside out.

Here's why more people are turning to retreats as the ultimate form of self-care – and how they could help you reset, restore, and return home feeling like the best version of yourself:



Mental Health & Emotional Wellbeing

A retreat can be a powerful reset for your mental health and emotional wellbeing, especially in a world that rarely slows down. Retreats remove you from your daily noise, screens and stressors. That change in environment gives your mind space to rest, reflect, and recalibrate.

Most retreats encourage a slower pace of living, achieved through nature, mindfulness, and rest. This helps to calm the nervous system, lower cortisol levels, and reduce stress and anxiety. A review published in the *Psychoneuroendocrinology Journal* found that participants in a 3-day retreat showed a significant reduction in stress and anxiety levels, as well as an improved balance of key mediators of inflammatory states (1).

Retreats also enhance emotional resilience. Research published in the *Cureus Journal* indicates that meditation retreats can reduce stress, anxiety, and depression while enhancing emotional resilience (2).

Activities like walking in nature, breathwork, meditation, or gentle movement activate the parasympathetic nervous system (rest and digest), which supports mental calm and emotional balance.

With fewer distractions, you can actually acknowledge and feel your emotions. Whether through journaling, coaching, yoga, or silence, retreats help you reconnect with yourself.

Physical Health & Immune Function

A wellness retreat doesn't just benefit your mind – it can also create powerful shifts in your physical health and immune function. Chronic stress weakens the immune system. Retreats help you relax deeply – through rest, nature, meditation, or gentle



movement – lowering cortisol and allowing the body to repair and defend more effectively.

A study published in *The Journal of Alternative and Complementary Medicine* reported that participants in a week-long wellness retreat showed improvements in metabolic and neurological pathways, including weight loss and reductions in blood pressure (3).

Retreats incorporating holistic wellness practices, such as yoga, breathwork, and clean eating, have been linked to improved immune function. One study in *The PNAS Journal* found that individuals who participated in a 7-day meditation retreat showed increased activity in genes related to immune response (4).

Many retreats, particularly those focused on wellness, mindfulness or nature connection, often involve spending time in nature. Spending time in nature (especially forested areas) can boost immune cells like the natural killer (NK) cells. This is known as "forest bathing". Natural killer (NK) cells are a type of white blood cell which is your body's first line of defence.

A review published in the Journal of Environmental Health and Preventative Medicine investigated the effects of forest bathing trips on the human immune function in adult Japanese individuals, both male and female and found that there was an increased NK activity which lasted for more than 30 days after the trip (5).

Activities such as yoga, walking, or mobility exercises help regulate blood flow, lymphatic drainage, and circulation – all of which support detoxification and immune resilience. Many retreats focus on whole foods that reduce inflammation and support digestion – a key factor in nutrient absorption and gut health, which in turn directly impacts immune function.

Personal Growth and Transformation

A retreat helps you create space for personal growth by intentionally pulling you away from distractions and into a deeper connection with yourself. In everyday life, we're often on the go – reacting to emails, deadlines and social media. Retreats create slowness. That pause is where reflection and insight happen.

Without constant noise, your thoughts get clearer. You start to notice what you actually feel, want, or need – which is the foundation of personal growth. Retreats often involve guided journaling, workshops, or coaching. These tools help you set new intentions, reframe limiting beliefs, and reconnect with your values.

A retreat removes distractions and creates a safe, supported space for clarity, intention, and self-discovery – all of which are vital to personal growth. Many people return from retreats with a renewed sense of purpose, better boundaries, and a fresh mindset.

Community of Like-Minded People

Retreats bring together individuals who share a common intention – to pause, grow, and invest in their wellbeing. They are designed to be supportive environments where vulnerability is welcomed. When people feel safe to be themselves, real connection happens fast. Moving through guided sessions, workshops, meals, nature walks, or even moments of silence, a group builds a shared emotional journey – like a mini wellness experience together.

People often cheer each other on through personal breakthroughs, wellness wins, or emotional releases.

That mutual support forms a sense of belonging that can last long after the retreat ends.

Research published in the International Journal of Mental Health Nursing on therapeutic recreation camps revealed that shared experiences during such retreats promoted themes of togetherness, positivity, and gratitude among participants. These elements contributed to building social capital and a supportive community environment (6).

Retreats create communities of like-minded individuals by facilitating shared experiences, fostering supportive environments, and encouraging meaningful relationships.

Conclusion

A retreat isn't just time off – it's time well spent. You return not only rested but realigned. Whether you're managing stress, working towards health goals, or simply need space to reset, a retreat offers a deeply supportive environment to help you reconnect with what truly matters.

So, if you are feeling overwhelmed or stuck in a cycle or simply ready for a change, a retreat offers more than rest. It gives you tools, space, and support to feel like yourself again. You deserve a getaway that gives back to you, inside and out.

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By Anne Anyia
Registered Nutritionist
and Certified Health Coach



Movement is Medicine

Conquering Critical Health Challenges Through Fitness

Personal Journey & The Power of Movement

Jonny, your story is truly inspiring, particularly how you've leveraged fitness to navigate critical health challenges. Could you take us back to that initial moment when you realised movement would be central to your healing journey? What specific critical health conditions did you face, and how did fitness emerge as a vital part of your recovery or management strategy?

Well I wouldn't say there was a specific moment where I had a big realization. I was always told to avoid lifting weights all together because I had a coarctation repair when I was young and doctors were worried about the small leakage of blood I had coming back into the heart, getting bigger.

I decided to go ahead and try anyways and ease into weight lifting. The further in I got, the more I was starting to realize I was capable of more than I thought. When I started pushing my self harder and harder with no signs of problems, I realized that this was something I was going to do for the rest of my life.

I decided to go in for an echocardiogram with my cardiologist to make sure that everything was looking good, even though I was feeling great. The results of the tests showed that the leakage of blood coming back into the heart actually decreased. I think that was the point where I realized how important exercise is for the human body but also how important it is to take your physical health into your own hands.

Many people facing similar health battles struggle with motivation and finding a starting point. What was your personal turning point, and what inner strength did you tap into to begin and sustain your fitness routine during such a daunting time?

For me personally I think it was a build up of being told that I can't for my whole life that led me to want to try so badly. After the first month of so of lifting weights and feeling great, I started to see some progress and physical changes and that just turned into my main motivator. I finally saw the potential that I could be a person I never thought I could when I was younger.

Your brand, "JonnyMoves," encapsulates a philosophy of continuous movement. How has your personal experience shaped this philosophy, and what message do you hope to convey to others through your approach to fitness?

I have come to the realization that movement is medicine and that blood flow is healing. For any human in any situation, movement is essential for health. I hope that my platform can inspire others to be more active and to take their health into their own hands.

Beyond the physical, how did engaging in fitness impact your mental and emotional well-being while dealing with critical health conditions? Was it a form of therapy for you?



I think exercise is great for mental health. That is the biggest reason I love going to the gym, because I know I'm going to feel better when I'm done.

For my situation in particular, however, it did give me some anxiety in the beginning because I was told that it was dangerous for me, my whole childhood. But after seeing the real results of my echocardiogram, knowing my heart is perfectly healthy and the leakage has decreased, The anxiety began to fade.

Overall for most people exercise is great for mental and emotional well-being.

Fitness as a Tool for Critical Illness

For individuals currently dealing with critical illnesses, what fundamental principles should they consider when looking to incorporate fitness into their lives? What's the very first step they can safely take?

The best advice I can give is start slow. Even walking is a great place to start and has amazing benefits. The first and easiest step is always to add movement, then you can slowly add resistance to exercises once you feel comfortable.

6. Adapting routines is crucial when facing health limitations. What practical advice can you offer on modifying exercises,

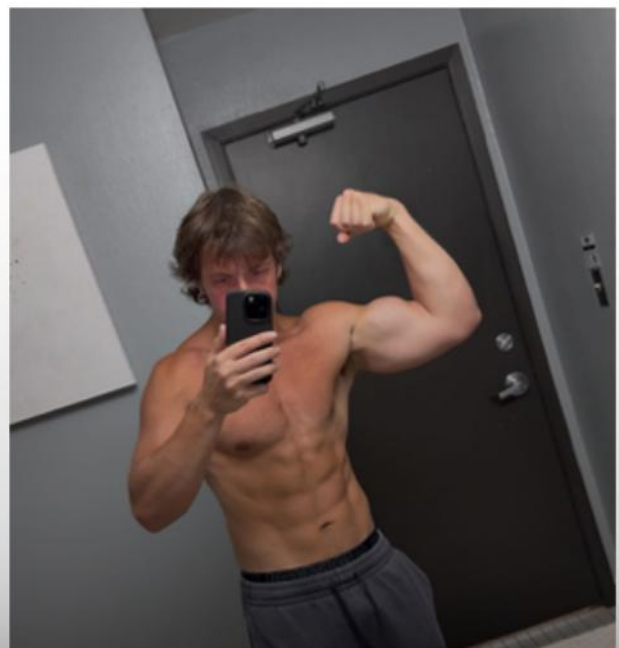
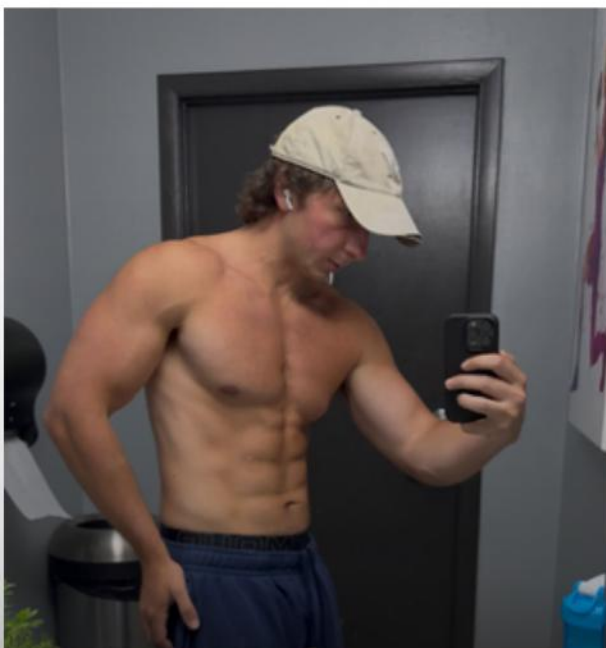
managing energy levels, and listening to one's body when living with a critical illness?

Whenever you are unsure what your body can handle, always start with a low weight you know you can handle with ease and work your way up from there. No matter who you are, progressing takes time, so if something feels off in a particular workout, it is okay to stop just to be precautionous. I would just say give your self time to get comfortable with what you are doing before you start to really push yourself.

The idea of "pushing through" can be risky with certain conditions. How do you advise finding the right balance between challenging oneself and ensuring safety and sustainable progress?

Consistency is the most important factor for making progress. Especially when you are starting, giving 70% every single day, will get you a long way. Regardless of who you are giving 100% every single day just isn't realistic. For my situation specifically, spiking my blood pressure quickly was the issue. So, I decided to use high rep ranges, just to be safe. That way my blood pressure would rise at a slower level and just made me feel at ease, mentally.

What role do you believe mindset and mental resilience play in successfully integrating fitness into a recovery or management plan for critical health conditions?



I think believing you can overcome something is the biggest step towards actually overcoming that thing. But staying consistent in the little things, like even going for a walk every single day, can do a lot for your health.

Could you share any specific types of movement or exercises that you found particularly beneficial or gentle during challenging phases of your health journey?

Whenever I was doubtful of myself or my physical health, I always would lower the weight and lift in a higher rep range just to be safe. I wouldn't say there is a particular movement I found beneficial, it was more so learning how to manage the intensity of a specific movement.

Summer Fitness & Wellness

With summer on the horizon, people often seek to optimise their fitness routines. What are your top suggestions for ideal fitness routines and practices that are both effective and enjoyable during the warmer months?

Get outside and move. Whether its going on a run or a walk, playing sports with some friends or anything where you are moving your body. Getting sunlight, fresh air and blood flow will put you in a better mood. Take advantage of the nice weather.

Hydration and heat management are key in summer. What specific advice do you have regarding nutrition and hydration strategies for those maintaining an active lifestyle in warmer weather?

If you are someone who sweats a lot or is in a really warm climate, electrolytes are great for hydration. Sodium, Potassium and Magnesium are all great for your body to retaining water, keeping you hydrated while also promoting muscle and nerve function.

Are there any particular outdoor activities or types of movement that you feel are uniquely beneficial or particularly suited for the summer season?

For me personally walking is the best because its warm from sunrise to sunset and you can get it in whenever it fits your schedule. Summer is also a great time for outdoor sports like pickle ball, tennis and basketball. All movement is good movement.

For someone looking to start a new fitness habit this summer, perhaps inspired by your story, what single piece of advice would you give them to ensure they stay consistent and see results?



The best workout plan is the one that you can stick to. Try different types of training to find out what you enjoy. The key to building a new habit is making that habit as enticing to complete as physically possible. If you hate the workouts you are doing everyday you are very likely to burn out at some point.

If you are just starting in the gym, I would make your staple, walking on the treadmill so you have a foundation. Then pick 2-3 exercises you want to try that day (or plan it out while you are on the treadmill so you can visually map it out) and do 2-3 sets each to get a feel for them. You don't need to be super strict on yourself when you start out. Just find a way to enjoy the gym, you will learn and work out the details on the way.

Brief Bio:

I was born with a heart defect and needed a coarctation repair (heart surgery) when I was born. I was also diagnosed with brain cancer at 2 years old. My whole life I was limited in what I could do, especially with my heart issues. I was told by doctors I could not lift weights as it was too hard on my heart.

I went to school for marketing at University of Wisconsin-Whitewater, where I decided to try lifting weights and eventually got obsessed with it. I realized then that my body was capable of much more than I originally thought. After graduating, I became a personal trainer because of my passion for health and fitness. Now I am transitioned online focused on spreading my story and building my brand hoping to inspire others on their health and fitness journey.



Cool Confidence

Summer Fashion That Works for You

Summertime is here, the season for holidays, cookouts, and warmer temperatures. It's also the perfect time to refresh your wardrobe, but you don't have to spend a fortune to do it.

With longer days, warmer temperatures, and more time spent outdoors, it's the ideal time to transition your style to lighter, breezier pieces.

Did you know that wearing lighter clothing can provide wellness benefits?

Here are a few:

- *Fabrics such as cotton and linen allow air to flow, helping your body stay cool.*
- *Breezier pieces can help prevent chafing and irritation, making them ideal for active days.*
- *They can also reduce the risk of heat rashes and other skin issues.*
- *Some fabrics provide moisture-wicking properties, aiding with evaporation and cooling.*

If you're like me, you want clothes that are both stylish and affordable. The great news? You don't need to chase every trend or empty your wallet to look and feel amazing. Whether you're dressing for a casual day out, dinner with friends, or a weekend getaway, these tips will help you look polished without overspending.



Build a Strong Foundation

The foundation of a good summer wardrobe lies in your fabric choices. Some materials trap heat and sweat, making you uncomfortable—even in cute clothes. Instead, opt for breathable, heat-friendly fabrics that allow your skin to breathe.

- **Go for Quality Basics:** Cotton is a classic, but don't overlook linen blends and rayon. These options feel soft against the skin and are widely available at budget-friendly retailers like TK Maxx, New Look, and Primark. Focus on basics like t-shirts, tanks, and lightweight pants that serve multiple purposes.

- **Thrift It:** You'd be amazed by the treasures you can discover at a thrift store. From breezy sundresses to loose-fit shirts, you can often find gently used items for a fraction of the price. Look for natural fabrics by checking labels before making a purchase, and don't be afraid to get creative with alterations.

- **Shop Off-Season or Clearance:** One of the best money-saving tricks is to find off-season deals or browse clearance racks for bargains. These are great opportunities to grab high-quality items at slashed prices.

Mix, Match, and Make It You

The key to great summer style is choosing the right pieces. Being able to mix and match adds variety to your wardrobe without requiring dozens of new items. Start with neutral tones like white, tan, navy, and olive. Then, throw in one or two statement pieces or bold colors that reflect your personality. These items offer movement, air circulation, and style all in one. This strategy enables you to create multiple outfits from fewer pieces—and add your own personal flair!

Some of my favorite summer staples include:

- **Flowy Dresses & Jumpsuits:** *These are the ultimate effortless summer pieces. H&M offers affordable, trendy options—often with inclusive sizing and fun patterns. Look for adjustable straps, elastic waists, and breathable materials for maximum comfort.*

- **Shorts & Capris:** *Perfect for staying cool while still looking put together. High-waisted styles provide both comfort and a flattering fit.*

- **Lightweight Tops:** *Tanks, cami tops, cropped blouses, and lightweight button-downs can easily transition from day to night. Pick fabrics that don't wrinkle easily and that pair well with multiple bottoms*

Accessorize for Impact

Accessories don't just add flair—they're functional must-haves in the summer heat. Lightweight and colorful jewelry can make even the simplest outfit pop. Etsy is full of handmade budget-friendly pieces that stand out, while local boutiques often carry trendy sets for less than department store prices. Layered necklaces, shell earrings, and beaded bracelets are perfect seasonal touches.

Straw totes, canvas slings, or mini backpacks make for the perfect summer bag.

They're lightweight, stylish, and practical. You can often find them at thrift stores, budget retailers, or online clearance sections for under \$30.

Footwear That Works

To complete the perfect summer outfit, don't overlook footwear. The right shoes can make or break your summer look—and your comfort. Invest in styles that are neutral, comfy, and supportive, so they work with multiple outfits and occasions.

- **Sandals & Slides:** Slides and minimalist sandals are trendy and functional. Look for cushioned soles and breathable straps.

- **Espadrilles & Slip-Ons:** These are stylish alternatives for those who prefer a closed-toe option. They pair well with dresses and pants. Thrift stores often carry high-quality brands at affordable prices.

Protect and Personalize

Protecting your face from the sun is non-negotiable. Chic, oversized sun hats or sporty baseball caps are easy to find at local markets and discount stores. Sunglasses under \$15 are everywhere—just make sure they have UV protection. Look for labels that say "100% UV protection" or "Blocks 99–100% of UVA and UVB rays."

Want to personalize your wardrobe even more? DIY it! Got old jeans? Turn them into shorts. Faded tees? Try tie-dye or fabric paint. A no-sew crop top is just a pair of scissors away. TikTok and YouTube are full of tutorials to help you revive older clothes.

Layer Without Spending

Men's button-down shirts, sheer scarves, or thrifted kimonos make perfect summer layers. Toss them over tanks or dresses for extra flair and sun protection—without sweating through thick fabrics.

And let's not forget your most important accessory: confidence. You can wear the trendiest outfit in the world, but nothing radiates like self-assurance. Wear what you love, not just what's trending. When you wear pieces that you truly enjoy, you exude authenticity—and that's always in style.

The most beautiful thing you can wear is confidence. Style isn't about size or shape—it's about self-expression. Embrace your body exactly as it is. Every roll, curve, and line is worthy of celebration.

And don't forget the MVP of summer fashion: sunscreen! Skin cancer doesn't discriminate. Dermatologists recommend using a sunscreen with an SPF of 30 or higher. You don't need a big budget to make a bold statement—just the right pieces and the confidence to wear them.

By Beverly Johnson

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Managing Allergies in the Heat

Embracing Summer A Journey Through Seasonal Allergies

With the arrival of warmer weather, the world outside transforms into a vibrant panorama of life, energy, and play. There's an unspoken thrill you can sense in the air when temperatures begin to rise and daylight stretches luxuriously into the evening. The long, wintry months spent indoors, striving to stay warm and cozy, give way to scenes of open windows, fresh breezes, and the laughter of children enjoying the outdoors. For many, summer is a season to yearn for, brimming with the promise of outdoor adventures, sun-soaked days, and balmy nights. However, my own relationship with summer has taken a more complicated turn over the years.

As I transitioned into adulthood, my excitement for the summer months began to morph into a source of concern. Each year, without fail, spring's warm embrace was quickly engulfed by a series of physical symptoms that indicated the onset of my seasonal allergies. The indicators began innocently enough: a few sneezes, a hint of congestion, and perhaps a minor bout of wheezing.

Yet, as spring faded into summer, these symptoms evolved into a debilitating affliction. Instead of the invigorating energy typically associated with summer, I found myself grappling with a relentless fatigue that weighed heavily on my shoulders. My eyes grew weary, and every day seemed to stretch on interminably, punctuated only by the hope of finding solace in sleep.

The annual cycle of symptoms intensified year after year. My reliance on allergy medications became commonplace, and while I appreciated the temporary relief these drugs provided, I couldn't help but feel frustrated that they did nothing to address the underlying issues nor offered lasting solutions.

By 2018, my allergies had reached a peak that alarmed both me and my healthcare providers. During that fateful transition from spring to summer, my once manageable symptoms exacerbated to a level of constriction that I couldn't overcome on my own.

One morning, the very air I tried to inhale felt hostile as I struggled to breathe through both my nose and chest. Panic soon set in as the inflammation made every breathe a battle. With no choice left, I made my way to the Emergency Room. At the hospital, I received immediate care, benefiting from a substantial dose of allergy

medication that stabilized my condition. While I left with a profound sense of gratitude for the medical attention I received, a cloud of unease enveloped me. I was baffled by the severity of my allergies and anxious about what future seasons had in store for me.

It's essential to share that during this tumultuous time, I was also wrestling with an autoimmune disease and had a history of inflammatory diagnoses spanning many years. The litany of health challenges stemming from my childhood seemed to intersect with my allergy struggles in ways that felt confusing. However, I began to discern a link between my autoimmune issues and the severity of my seasonal allergies, a connection that many overlook and one that I believe is critical to understanding my full health picture. Gaining insight into what is happening within our bodies during allergic reactions is paramount.

Awareness is key to understanding our individual health narratives, empowering us to make informed decisions that align with our well-being.

Understanding Allergic Reactions

Our immune system plays a pivotal role in determining whether something poses a threat to our bodies. When our immune system perceives pollen or certain foods as invaders, it responds by producing antibodies known as Immunoglobulin E (IgE). These antibodies travel to specific cells that release chemicals, such as histamines, leading to the manifestation of an allergic reaction and its accompanying symptoms.

Given this process, antihistamines emerge as a logical solution, effectively counteracting the histamines released by our bodies during allergic reactions. They are invaluable for immediate relief, especially in acute situations. However, as with many synthetic solutions, they come with potential side effects and do not address the root causes of allergies.

It's crucial that I clarify: I'm not advocating for anyone to discard their antihistamines, especially during severe reactions. Instead, I want to emphasize that there are many natural methods we can employ to help mitigate allergies and prevent severe allergic responses from becoming overwhelming.

Having an effective strategy to ward off and minimize the effects of seasonal allergies is particularly important during the pungent warmth of summer. When the air turns hot and humid, normal breathing can already feel laborious; when coupled with allergies, even mild reactions can transform into daunting experiences.

Proactive Measures Against Allergies

It took me years to finally understand that we are not helpless in our own health journeys and do not need to sit idly waiting for allergy season to hit us. Ensuring we maintain our regular visits with our doctors and or allergists is important. Our doctors can monitor our symptoms and provide specific protocols tailored to our needs. But it's also important that we play an active and primary role in our well-being by learning more about our own body's needs and taking steps to support those needs.

There are several proactive steps you can take to minimize your exposure to allergens and alleviate your symptoms. Here are some practical tips that may help you navigate allergy season and lessen your symptoms:

1. Limit Open Windows: Keeping windows open for prolonged periods can allow pollen and other allergens to infiltrate your home. Consider using air conditioning to maintain a cool indoor environment and keep allergens at bay.

2. Nasal Irrigation: Utilize saline nasal sprays or a neti pot to rinse out nasal passages and clear away pollen and other irritants.

3. Invest in HEPA Filters: Using HEPA filters in your home and vehicle can effectively capture allergens. Ensure to regularly replace these filters to maintain their efficacy.

4. Support Your Gut Health and Immune System: With 70-80% of our immune cells located in our gut, giving it the attention and nourishment it needs can have many benefits. You can begin by taking sporebiotics and eating gut-friendly foods to support gut health and function.

5. Wholesome Nutrition and Anti inflammatory Lifestyle:

- Focus on eating more nutrient dense foods.
- Avoid processed and inflammatory foods whenever possible.
- Focus on maintaining balanced blood sugar throughout the day by ensuring you are eating a low-glycemic meal within one hour upon waking and eating low-glycemic snacks/meals every 2 hours. (This is a fantastic way to help reduce inflammation and support your body's overall health and immune response.)
- Learn more about anti-inflammatory diets and the various options you can include in your lifestyle.

A realistic way to create a lifestyle rich in nutrition is by not trying to restrict your food choices but replacing them. Take your favorite foods and recipes and simply replace ingredients with healthier choices.

For example, replace vegetable oil with olive oil, or instead of having a side of

bread with your breakfast, replace it with a cup of blueberries. This method makes eating healthier feel natural, where it becomes something you want to do instead of something you need to do.

6. Consider Alternative Treatments: There are natural remedies such as local honey, stinging nettles and quercetin that many individuals find helpful in alleviating allergies. Quercetin is known for its antihistamine support, and it's something I personally benefit from year-round.

Contact a Functional Doctor for guidance with any of these alternative methods. Ensure you are communicating with all of your doctors prior to starting any type of new treatment.

7. Mindfulness and Stress Management: Engage in mindfulness practices, yoga, or breathing exercises to help manage stress, which can exacerbate allergy symptoms and affect your overall health.

Conclusion: A Season of Awareness and Action

Living with seasonal allergies can undoubtedly be a challenge, but when we adopt a proactive approach and understand what is happening within our bodies, we can navigate this sphere of discomfort with greater ease.

The connection between allergies and autoimmune conditions is complex, and understanding this intersection has been a vital part of my personal journey. By addressing inflammation, my lifestyle, nutrition, gut health and complex trauma, I was addressing many of the burdens that overwhelmed my immune system while simultaneously shifting and improving the way my immune system responded to seasonal changes. Through increased awareness, tailored prevention strategies, and a commitment to holistic care, I have managed to reclaim the joy in the seasons that once provoked dread.

As summer rolls in, remember that while allergies may be a part of the experience, they do not have to overshadow the beauty of the long, sunny days ahead. Embrace the opportunities for enjoyment, and equip yourself with the tools and knowledge to flourish even amidst the allergy trials.

Wishing you a wonderful season of sunshine, healing and peace.

By Jacqueline Goncalves Inspired Healing LLC

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PAINLESS UNIVERSAL 5K HEALTH WALK WALK WITH PURPOSE!

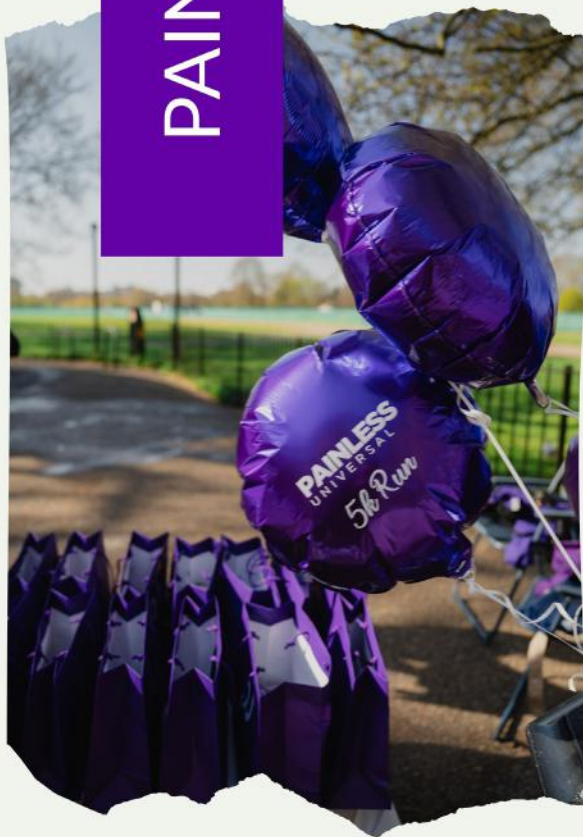
Dear Painless Community

At Painless Universal, we believe in the power of community and conscious movement to foster holistic well-being. That spirit was vibrantly alive at the recent Painless Universal 5k Health Walk: Walk with Purpose!

It was truly invigorating to see so many of you join us, stepping out to embrace movement, connection, and a shared commitment to health. The energy was infectious as participants walked together, embodying the collective spirit of wellness that is at the very heart of Painless Universal.

This event was more than just a walk; it was a celebration of vitality and a reminder that every step we take towards well-being, individually and together, makes a profound difference.

We're thrilled to share highlights and inspiring moments from this unforgettable event. Dive into the pictures and relive the spirit of purpose, connection, and joy!





How to Help Children Break Free from Social Media Addiction

By Dominika Staniewicz
The Brain Coach



In today's digital age, children are exposed to screens at an increasingly young age. While technology can offer educational benefits, it's essential to address the potential for social media addiction among kids and its negative impact on their development. It's crucial for parents and guardians to understand how screen time can affect children and what steps can be taken to promote healthier habits.

The Alarming Reality of Early Screen Exposure

A staggering 31% of U.S. parents admit to allowing their children to use screens before the age of two. This early exposure can shape behaviors that may persist into later childhood and adolescence. Many children are spending significant amounts of time on social media, which can lead to emotional and cognitive issues. In a study presented to parents, it was revealed that excessive screen time could interfere with children's communication skills, shorten attention spans, and negatively influence emotional regulation.

Instead of engaging in traditional activities like reading, playing outdoors, or interacting face-to-face, children may find themselves scrolling through social media instead.

The Neuroscience of Social Media Use in Children

Understanding the effects of social media on the developing brain is vital:

- 1. Prefrontal Cortex Development.** This area of the brain is critical for decision-making and impulse control. Excessive social media use can hinder its development, making it challenging for children to manage their emotions and choices.
- 2. Amygdala Overactivation.** Continuous exposure to distressing or negative content online can lead to heightened anxiety and fear responses, as the amygdala processes these emotions. This can contribute to a cycle of negative feelings and dependence on social media.
- 3. Formation of Habits.** The developing brain is incredibly adaptable. Engaging with social media repeatedly strengthens pathways that favor instant gratification over meaningful rewards, reinforcing habits that may hinder future personal development.



4. Dopamine Release. Social media platforms stimulate the brain's reward system, leading to a dopamine release that can create addictive behaviors. Children may find themselves constantly seeking the next notification or like, rather than engaging in more fulfilling activities.

Practical Strategies for Parents

Here are practical ways parents can help children regain control over their social media usage:

1. Set Screen Time Limits. Implement daily limits for social media use—there are many apps and built-in phone features to help manage this. Aim for reasonable amounts like 30 to 60 minutes per day.

2. Encourage Alternative Activities. Promote activities that don't involve screens, such as sports, arts and crafts, or family game nights. This can promote creativity and face-to-face interactions.

3. Create Phone-Free Zones. Establish areas in the house, like the dining room or bedrooms, where devices are not allowed. This encourages more personal interactions among family members.

4. Educate About Digital Well-being. Have conversations with children about the importance of balancing online and offline time. Discuss the realities behind social media and the importance of genuine connections.

5. Be a Role Model. Children often mimic their parents' behaviors. By demonstrating healthy screen habits yourself, you set a good example for your children to follow.

6. Monitor Content. Keep an eye on the types of content your children are consuming. Encourage them to engage with educational or positive content while limiting exposure to harmful or distressing material.

Science-Backed Evidence

A study from the Journal of Behavioral Addictions (2019) highlights that excessive social media use in children parallels substance addiction, which can lead to withdrawal symptoms and impaired impulse control. - Research from Harvard University (2021) shows that social media platforms exploit the brain's dopamine system, promoting compulsive behavior similar to gambling. -

A Stanford University (2020) study found that reducing social media use among children improved their focus, mood, and real-life social interactions. Breaking free from social media addiction is a challenge for children, but it is possible with the right support and strategies. By understanding the effects of social media on their developing brains and implementing healthy habits, parents can help their children cultivate happiness, mental clarity, and a love for the real world around them.





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