



STYLING

2022

is all about low key cool

FASHION & STYLE

glamour on the go!

4 ELEMENTS FOR A GLAMOUR (ON THE GO) LIFESTYLE

beauty & makeup

ROSE QUARTZ OR JADE FACE ROLLER - WHICH IS BETTER?

inspiration & wellness

HONEY, THE NATURAL MIRACLE PRODUCT

STEP INTO STYLE



inside this

ISSUE

glamour on the go!



FASHION & STYLE

Summer holiday is normally the time I take to recharge, refocus and re-energise my style, body and mind for the last quarter of the year, so that I can step into the remainder of the year in style! I apply 4 main aspects to help me reach my goals and to support me in looking and feeling my absolute best. I firmly believe we can only give the best of ourselves if we look after ourselves and in this section of the Magazine this month I share the 4 elements I am practicing myself this summer holiday to come back fabulous...

BEAUTY & MAKEUP

With so many facial tools available on the market at the moment, it can be very overwhelming when having to choose, however I always prefer to go with a natural option as I feel my skin benefits so much better from it. I want to know what the differences are between jade and rose quartz face rollers, as they are both natural stones rich in minerals but which one is best for my skin type and facial needs. Find out in this article what I discovered...

INSPIRATION & WELLNESS

Honey - also known as liquid gold and the only food group that never expires! With so many options and flavours to choose from based on the flowers used during polination, the varieties are endless. Find out in this section why honey is a natural miracle product and the benefits of adding it to our daily diet plus it can also be used on our skin...



- Style Conversations magazine is my passion project, it is authentically me - just me, no one else behind the scenes - so what you see, is what you get - everything I write about or recommend is what I use on myself, wear myself or advice I follow myself
- I do not like reading long articles with thousands of words and no pictures - so all the articles in the Magazine are short and to the point, filled with valuable information that look beautiful too. Aesthetics are what captures my attention and creatively I love designing the layout of each page
- I love sharing my knowledge and expertise in fashion and style, yet I am no expert in beauty and makeup - here I just share the products I use and love everyday, that work for me
- I am in my mid forties and plus size yet firmly believe we should wear what we love, what we feel comfortable in and what suits our lifestyles - so you won't find me recommending what suits a particular body shape or your colours
- I have a minimalistic approach to fashion with a classic and simple style and do believe less is more...

glamifesto!

- My mantra is feel good, look good - it starts with small changes that lead to big results...
- I love supporting women owned independent brands and will always recommend my favourites - women I have created a relationship with and consider friends of the Magazine
- I am relatable and have no airs and graces - I am just a regular woman who shares what helps me live my glamour on the go lifestyle
- If any of this resonates with you, I invite you to join our stylish inner circle and step into style with me every month...



FASHION & STYLE
BEAUTY & MAKEUP
INSPIRATION & WELLNESS
LIFESTYLE

1. Fashion & Style - when it comes to fashion, I tend to only pick a few seasonal trends to add to my basic capsule wardrobe. In terms of my style - I have developed and perfected my style identity and ascetic over the last 5 years, resulting in me having a signature style uniform that is unique to me, yet identifiable to others
2. Beauty & Makeup - my skincare routine focuses on products that give me a healthy glow and a clear complexion. I only use the minimum amount of products suited to my skin's needs. As for makeup - less is more in my opinion - I have 5 basic products I use every day, whether I go to the supermarket or on a night out - eyebrow gel, mascara, concealer, bronzer and blusher. My lipstick is always a neutral shade
3. Inspiration & Wellness - I tend to find inspiration in reading - I prefer non-fiction and biographies of inspirational women, and love nothing more than settling down with the latest fashion magazine catching up on all the trends and runways, which then inspires me creatively. For me, wellness means so many things - getting enough sleep is an absolute priority, taking my daily vitamins, practising self care and looking after my wellbeing, eating good food and spending time doing what makes me happy
4. Lifestyle - it is so important that my living space, my home and everything I surround myself with is an extension of my style and reflects the lifestyle my family and I lead. My home is my sanctuary and I love spending time there, so naturally everything I bring into my home - decor, food, flowers and even fragrance is a perfect reflection of our family life

glamour on the go

THE 4 ELEMENTS FOR A GLAMOUR (ON THE GO) LIFESTYLE

(Basic steps I focus on to help me look and feel my absolute best)

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The biggest trend in the cosmetic industry is actually one of the oldest. The use of jade is steeped in Chinese history, playing a role in ancient remedies. It symbolises longevity and grace. Rose quartz, heralded as the stone of love and healing (and believed to have an effect on wrinkles), dating back to Roman and Egyptian times. Both facial rollers use naturally cool stones that, when used properly (rolling outward, not inward) help to improve and encourage microcirculation and the flow of fresh oxygen to the skin. Pores instantly appear smaller and skin looks tighter. Facial rollers ignite the skin's detoxification process through improved lymphatic drainage function, as the rollers flush out congestion and swelling. Overall, skin can instantly appear smoother, more contoured and dewy especially when used in conjunction with skincare. The list of instant and long-term results are,

- Tightening and toning the facial muscles
- Improving product absorption (from your topical skincare regimen)
- Promoting lymphatic drainage
- Addressing puffiness and wrinkles
- Increasing circulation through stimulation of skin
- Contouring the facial structure
- Tightening pores via the naturally cold stones

Rose quartz rollers have a few additional benefits than jade, with a slightly higher price point, with inherent minerals - silicium, magnesium, iron, sodium and oxygen - that skin can topically borrow and benefit from when rolling. It stays cool whereas jade is adaptive in nature and tends to warm with skin contact. Rose quartz is better known for its wrinkle-reducing benefits, and because jade is a soft stone, can encounter wear and tear with repeated use, a rose quartz roller may last you longer.



Often referred to as liquid gold, several studies have demonstrated that honey possesses major health benefits. Since honey is all natural, the smell, colour and taste of honey vary based on the type of flowers it is made from, so there are countless varieties available. Honey contains a variety of nutrients rich in antioxidants, and is better for our blood sugar levels than natural sugars and may improve our overall heart health. It promotes burn and wound healing and is classed a superfood, a natural antibiotic and great for your skin...

a natural miracle