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m&M

MODEL & MODE



MODEL RATES

How much should you charge?

THINK FLARES AREN'T FOR YOU?
THINK AGAIN

Models on Fire

FIND OUT MORE ABOUT HAYLEY CHANDLER, BRITTNEE SHEATH, CYNTHIA VASQUEZ, KATHERINE SOAMES, HANNA MARIE, AND LILLEE FRANCES

MASTER THE CATWALK

HOW TO BECOME A RUNWAY SUPER SLAYER

THE LAZY GIRL'S GUIDE TO LOOKING PUT TOGETHER

3 GROOMING POINTERS

TO HELP KEEP YOU LOOKING PICTURE PERFECT



Fashion | Weddings | Portraits

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OPENING REMARKS

We're excited to bring you the first ever issue of Model & Mode magazine. This magazine is an extension of StarCentral magazine - it's a collaboration with the Aussie Elite modelling network and it's purely focused on the modelling industry. We have always strived to serve our community by offering ways of promoting up and coming artists and models so it was with great thought and sincere passion that we developed a magazine that is solely dedicated to the modelling industry. Model & Mode magazine is set to shake up the Australian and International modelling scene, providing a publication purely focused on the modelling industry while at the same time assisting aspiring and emerging models. We hope that you enjoy our first ever issue and the many more in years to come.

Mike Ilagan
Managing Editor

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E D I T O R S
N O T E S



We are so pleased and excited to bring you our very first edition of *Model & Mode Magazine*. We are all about promoting promising new talent. In the broader picture, *Model & Mode* is for anyone who is passionate about the modelling and entertainment industry and would like to keep informed about those issues that are most pertinent to continued success.

Here at *Model & Mode* we like to have fun for sure. But, there's a consciousness and an ethical slant that drives the stories we wish to present. In this edition you will find a splash of fashion and lifestyle editorial amongst our profile pieces. There are also some great advice pages and career tips. It's a must-read for any aspiring model, actor or entertainer.

So, if you like your style with substance you will love *Model & Mode Magazine*.

Patricia Higgins
editor-in-chief

Hayley HUGHES

Hayley is an actress and model who hails from Sydney, Australia. She's been performing from a very young age, finding her love for drama when she took part in the triple threat classes at the kick performance group, Marion street theatre. Her first foray into modelling was taking part in a summer course mentored by icon June Dally Watkins.

After school she went on to study a Bachelor of Arts majoring in Screen and Stage acting at Charles Sturt University and has also studied various courses at NIDA, the actors college of theatre and television and Screenwise, where she worked with renowned Australian actor John Jarrat.

She has since built up an impressive cv modelling for known Australian brands and also acting in various commercials, film, theatre, campaign and music video roles. She states "modelling helps with building confidence behind the camera, it can take you out of your comfort zone becoming more comfortable in your skin. I've also discovered that I learn new and different things on every shoot."



So, you knew that the Hadid sisters (Gigi Hadid, and Bella Hadid to be precise) are the "it girls" of the moment and super hot property in general... But, did you know that they were both paid \$19K per minute (yes that's no typo) to walk to catwalk during this year's Mercedes Fashion Week. That's some eye-wateringly fast cash – all just for treading the boards in some killer frocks – they were paid 400K in total plus expenses for one show!

Catwalk modelling may seem like the easiest way to earn a pretty penny. However, becoming a runway super slayer is no mean feat. Here we let you know what it takes to master the ultimate catwalk technique:

How to master the catwalk like a Supermodel

1. Posture

Refined posture and poise are the cornerstones of professional runway modelling. The best way to achieve this is to literally "think tall." You can do this by imagining that there might be an invisible string that suspends from your head upwards – lifting you and giving you perfect posture. Keep your shoulders back.

While walking stand up straight whilst leaning slightly backwards so that your legs go first, keep your toes pointed forwards and then extend one foot in front of the other. It's almost like you are walking a tightrope.



4. Arms

Keep your arms relaxed and let them sway naturally. What you do with your hands will depend on the clothing that you are wearing. If you have pockets you will probably make use of these.

5. Keeping it all together

The most important piece of advice that one might possibly impart concerning runway modelling is to always keep your sense of fun and composure. Don't let anything keep you down and let your sparkle shine through.

God forbid, if you are to trip or fall (or lose a shoe) remember that it does happen to the best of them. Dust yourself off and continue with grace, dignity and a sunny attitude. Better yet, turn a disaster into a theatrical triumph and it will be like nothing even went wrong in the first place!

2. The Eyes

Never look consistently down at your audience. Keep your gaze forward – this creates a more confident look. Also, sustain a gaze that allows you to look over any glaring lights and flashes for your ease and comfort. Look at the cameras as required.

3. Posing

The standard catwalk route involves posing at the end of the runway for a few seconds to show off your attire and to stand still for the cameras. Fashion modelling generally calls for a commanding presence. However, keep in mind that there will be variations of style required in terms of posing and attitude depending on the context of the particular fashion show.

Exude confidence and play up the role that the brand you are representing requires. Match the rhythm of the music you are walking to – it might be a bit bouncier or it may be a bit sexy, a bit edgy or possibly even sombre or sedate.



Grooming Pointers

To help keep you looking
picture perfect

By: Patricia Higgins

Being a model is, undeniably, about presenting the best version of yourself in order to shine the most brilliant light onto the designer, brand or commercial enterprise that you are representing. Modelling agencies are very particular about aesthetics and usually will want to hear about any variations in your vital statistics so that there are no discrepancies and the particular needs of their client are always met.

Therefore, keeping yourself looking good and maintaining health and fitness are always going to be on your mind. So, you can understand why being a model is often very stressful! Keeping well groomed goes a long way in achieving excellent personal presentation. Here are some handy pointers to help keep you looking picture perfect and shoot ready at all times:



Skin

1.

Taking care of your skin is of utmost importance to ensure your face provides the optimal canvas for a make up artist. Always ensure that you remove all traces of cosmetics every night before you go to sleep (no matter how tired you may be from a day of shooting).

Sleeping in makeup clogs pores and you need to leave your skin fresh and clean while it restores itself during the night. Follow a daily and nightly routine of cleansing, toning and moisturising. Protect your skin during the day with an SPF to reduce sun damage and associated ageing. A weekly scrub will help to remove dead skin cells and a good quality night cream (and consuming enough water) will help to keep your visage looking as plump and smooth as possible.



Hair

2.

Making sure that you get regular trims and treatments is important when you are a model. Hair can be put through the ringer via the work related styling that it has to endure. All that heat damage and potential colouring (if you are a hair model you will relate to this) can have your hair looking more like straw than silky strands. Taking time out to treat your hair can be invaluable in order to restore its quality and shine.

You may opt for an in-salon treatment (the accompanying head massages are the best) or there are some simple at-home ways to give your hair a little pamper sesh. A simple mix of avocado, egg white and coconut oil contains enough natural emollients to provide a nourishing masque. Simply pop on while you relax in the bath or perhaps while you are undertaking other beauty routines simultaneously. A savvy model always knows how to multitask!



Nails

3.

It really is quite necessary to keep you nails looking perfect if you are a model. Portraits involving hands require nails that are uniform and aesthetically pleasing. No one wants to see some ugly claws next to a beautiful face in a photograph. Acrylic nails may be the easiest way to achieve this, however, they can result in unhealthy natural nails. Shellac on natural nails can be a slightly less damaging alternative. If you are going to go natural then regular manicures are a must. Invest in a nourishing treatment for nails and perhaps a strengthener to keep them going day in and day out without chips and breakages.

HOW MUCH SHOULD YOU

CHARGE AS A MODEL?



Career Tips

As a model working and attempting to remain competitive in an industry that is inundated by hopefuls (and by those who are even willing to work for free) you may find yourself facing an increasingly difficult situation regarding how much you can get paid. There seems to be no end to the current situation where models willingly out their hands up for work that is unpaid in return for mere "exposure".

However, if you are an experienced model you should never sell yourself short, always keeping in mind that you are performing a valuable service and end product for a commercial enterprise. If you are a model working for a business making a profit you are legally entitled to a minimum rate of pay. Otherwise, the commercial enterprise that has employed your service may be in breach of legislation and liable to prosecution.

Fair Work Legislation governs the minimum casual rates for models. Modelling for still photography, TV or movie appearances attracts a full day pay rate of \$450.18 and for up to an hour attracts a rate of \$92.76. Modelling work at trade shows or parades attracts a full day pay rate of \$204.69 and a single evening show

(1hr) attracts \$77.18. Casual models are also entitled to double pay on public holidays.

If you do not have an ABN these pay rates apply as you are effectively working as a casual model. This means that if you are paid a rate that isn't in accordance with the minimum rate that you can complain and that employers are liable to legislation.

If you are working under an ABN you need to keep in mind that you are operating as an Independent Contractor. You need to set yourself pay rates that are fair (it would be wise to follow the minimum rates outlined on the Fair Work website, plus you need to factor in an extra percentage for GST and taxes). Also, so that you are covered for and injuries resulting from your job you will need to ensure that you take out your own Public Liability Insurance.

Valuing your work as a model is incredibly important. This is not only because you might actually be able to pay your bills if you stand firm on your worth but also so that the industry can continue to exist. Free work/work for "exposure" erodes creative professions, undervaluing the work of talented models (and also entertainers and artists) by not allowing them to thrive, or even in most cases, to merely survive.

INFO

For more information and all details regarding minimum rates always refer to the Australian Government's Fair Work website: <http://www.fairwork.gov.au/pay/minimum-wages/pay-guides#st-hash.6MrrCr1t.dpuf>

Further advice, support and relevant information: <http://www.aussieelite.com/news/model-payment-rates>

Lillee FRANCES /

Lillee Frances Howe started her career on her own by making the connections with people who are in the industry. True, the world of modeling can be quite competitive, but this ambitious diva pushes the boundaries.

The twenty-year-old model grew up in Jervis bay. She is fond of going to the beach and gym, which her stunning physique can be attributed to. She also ensures that she spends time with her friends and family, who had been very supportive of her.

What she likes most about modelling is the opportunity to travel to different places and meet a lot of talented and beautiful people. "There is always something interesting to do, or a new venue or location to explore," she gushed.

She also shared with us that her most memorable experience of her life as a model is how she has made great friendships with people she has met through modelling.

"One downside to being a model is finding the right category that suits you and your look. However, I have learned that there is a spot for all different types of people and styles," she shared. The gorgeous model also advised that you should love who you are, and not compare yourself with others.

Just recently Lillee received her Cert 4 in fitness to become a personal trainer and eventually get into the fitness industry. "I have always had a passion for health and fitness which can also go hand in hand with modelling," she revealed.

"I have learned that there is a spot for all different types of people and styles"



Katherine SOAMES /

Katherine Soames signed with an agency when she was only 18 years old becoming immersed in the modeling industry. She said being tall and slim from a young age helped her fit the mold more easily. She has always loved traveling, which also made traveling from one shoot to another quite enjoyable for Katherine.

When Katherine isn't preoccupied with modeling, she spends time with family and friends. She also makes it to a point to allocate some quality time with her friends and family.

What she likes most about being in the fabulous world of modelling is the opportunity to get to know a lot of interesting people. She shares that she gets to work with amazingly talented people along the way like professional photographers and makeup artists. She also finds it fascinating when her look is transformed with makeup and clothing.

When asked about her most memorable experience of her life as a model so far, she chose being flown to Sri Lanka for the Colombo Swim Fashion Week last year.

Unfortunately there can be a downside to being a model, which can sometimes pull a person down when he or she does not have the right attitude towards the job. She recalled that there were times when she was filled with self-doubt because of all the negative criticism from others. However, when you truly want to do something, you will have to conquer all that, and just to continue to look at the brighter side of things.

Furthermore, she advised that as a model, one should always be confident in who you are and not to worry much about what other people say. Katherine's family had been the rock in her ability to maintain a positive perspective on her line of work. "They are the best".

Katherine plans to continue the path she's on now, and learn a thing or two along the way. She also sees herself starting a new business in the future, which she still finds both exciting and scary at the same time.

"when you truly want to do something, you will have to conquer all that, and just to continue to look at the brighter side of things."



Cynthia Vasquez is a French model, who is now currently travelling through Australia. She came in September for one of her projects, and hopes to continue what she is doing for one more year.

This gorgeous model enjoys discovering new things, meeting people and seeing the attractions of Australia. Aside from being an adventurer, she also just likes sitting in a park and watching people go by sometimes.

Cynthia found her passion as a model when she worked in a studio of a professional photographer in France. Her boss must have seen her potential, and asked her to fill in for an absent client. It was her first knock in modelling, which also became her first step towards her passion.

She enjoys being in the business because it allows her to meet a lot of interesting people. Also, she finds it fascinating how photographers are able to channel an idea into their photographs and produce the most beautiful photos.

According to the French model, though modelling can have a number of downsides, right now, she feels that it doesn't matter. She enjoys what she is doing, especially since she has a very supportive boyfriend by her side.

She recalls that the most memorable experience she has ever had in her career so far was the shoot for Original & Mineral Products. "The whole team was wonderful. We get to sport different styles and the hairdresser was fabulous. It was also then that I discovered that I fancy the Brigitte Bardot Style," she gushed.

Moreover, she tells us that being in the industry taught her to fight. She learned that things will not always come easy with the field she chose but she just needs to continuously motivate herself. "Never give up," she quoted.

She attributes her strength to all the people who has supported her through thick and thin. Her family has been very supportive of her, even though they are miles away. Her mother has been a great supporter of her, who even asked her whole village to vote for her. "It is thanks to them that I could be on the cover of Model & Mode Magazine," she said.

As for her future plans, she chooses to continue on her path, and just enjoy what she is doing.

Cynthia VASQUEZ



"It is thanks to them that I could be on the cover of Model & Mode Magazine"

R Brittnee SHEATH

Brittnee Sheath has always had a passion for modelling, and generally, just being a part of the fashion industry. She began her path towards stardom through the website StarNow.com. She has set up a profile on the page and found an opening for a Best N Less television advertisement. Luckily, she got the part and the rest you can say is history.

She resides in a village in Hawkesbury River where she enjoys water skiing, wake surfing and driving her ski boat. She has a knack for adventure, which built her confidence to try new and challenging tasks.

Aside from being on the water, she also makes sure she spends a lot of time with her friends and family who have been her number one supporters throughout her modelling and pageant career. She feels very grateful for their continuous support and guidance, which has been instrumental to her many industry accomplishments.

What she likes most about being a model is that she gets acquainted with all sorts of people from all around the world. Meeting all those people has allowed her to work on her self-esteem, and to push herself past her comfort zone.

Like all jobs, working as a model also has its downside. Ms. Sheath considers the stereotyping and misconceptions of the people outside the industry towards models as a challenge because it puts them in a box, and can prevent someone from growing as an individual.

However, she believes that as long as you know who you truly are then you won't really care what people think or say about you. She further advised that you have to always remind yourself that you are capable of achieving anything you set your mind to.

Being a model was and is only one of her goals. Brittnee aims to achieve her degree in teaching in the near future. She plans on earning a degree in Education at a University in the near future.

"as long as you know who you truly are then you won't really care what people think or say about you"



H ayley CHANDLER



Hayley Chandler did not really plan on becoming a model, but when the opportunity opened up for her, she just grabbed it. She studied to become a nurse but fate had a different plan for her.

Hayley is a casual swimming instructor which helps her maintain her beautiful physique. And in her free time, she enjoys driving to the beach, and walking the coastal and national park tracks.

Her journey as a model started when she was contacted through social media for a photo shoot. The shoot was a success, and she later gained many connections in the industry as a result. She was then invited to do more shoots, which then helped her set a bigger and more comprehensive portfolio.

Like most models, being able to meet new and amazing individuals is one of the things that Hayley enjoys. Also, she likes that the work is always dynamic and exciting. Her favourite part of it all are the runway shows because the atmosphere is absolutely incredible.

One downside she could think of being a model is that people sometimes make assumptions about your personality and capabilities outside of modelling. She has learned that one must always stay true to oneself. "I would never change who I am or what I am like for somebody else. I am me for a reason and I wouldn't change that for anything," she explained.

Other than that, her work has been quite fulfilling. Her most memorable experience of her life as a model so far was modelling for an international Vietnamese designer. "It was such an amazing and incredible experience to stand on a stage with people of such high charisma and talent," she muses.

Her family has been extremely supportive of her career choices, and they are always excited for what is coming up next for her.

Hayley wants to continue building her connections and networking with amazing people. She believes in a dedicated work ethic, work hard at what you love and the right people will notice and appreciate your efforts.

H anna MARIE /

Hanna Marie is an International Australian model, who is based on the East Coast. She has been in the fashion industry for about 3 to 4 years. Her journey as a model has led her to travel overseas and be published in about 50+ magazines, including Vogue Australia.

Her career began when she was in her final year of primary school. She was scouted by a small boutique agency online. When asked about what she liked about her chosen field, she told us that her favourite is definitely the travelling. "Over the past twelve months, I have been incredibly lucky to work with overseas clients in New York, Paris and Los Angeles for things like the 'Paris Fashion Week' and the 'Couture Fashion Week,'" she said.

Yes, there are downsides to being a model, but to Hanna Marie, the biggest downside would be the distorted stigma attached to it. "When people who aren't in the fashion industry hear about someone taking modelling as a career option, some immediately assumes that she must be narcissistic and simple-minded. I am really disappointed when I hear prejudices like that. Over the years that I have been part of the industry, majority of the people I've interacted with were driven, intellectually-stimulating and self-aware," she defended.

Amidst all the challenges, being in the industry can also be exciting. According to the dedicated model, her most memorable experience would have to be traveling to New York for the Couture Fashion Week. Furthermore, she advised that in the industry no one is going to give out jobs all the time, so you need to keep moving forward. "If you get rejected for one job, then try for another! Miranda Kerr had to start somewhere too, and there's no reason her success can't happen to you. You have to go out and work for it, and by doing that you will get the first-hand experience of the industry; something that money can't buy," she imparted.

She's also fortunate to be blessed with a supportive family. "I will forever be grateful for that. Every time I have a job in Sydney, my amazing mom will drive me the entire way to make sure it's a safe environment when I'm working with new clients. My parents also schedule small family holidays for when I'm working internationally so they can support me further. For every runway I've ever participated in, I've had someone in the audience watching me- and to have that kind of support means the world to me," the young yet wise model revealed.

Certainly, Hanna Marie has a bright future ahead of her, but right now, she wants to pursue the career she loves. "Since I was only just picked up by Debut Management, right now we are working on developing a more refined portfolio to present to agency-level clients. Once that is finalized, I would really want to spend a term modelling in either Japan or China because it would be such a different environment. I'm incredibly happy with where I stand now, however, and cannot wait to take on whatever new adventures and challenges I'm faced with in the future."

"Over the years that I have been part of the industry, majority of the people I've interacted with were driven, intellectually-stimulating and self-aware"



USING AMINO ACID SUPPLEMENTS TO LOSE WEIGHT

If you're looking to lose weight but want to be fit and toned at the same time then you may be taking supplements or have at least thought about them. There seems to be so many products on the market that make promises to boost your workout and help you gain energy and shred fat faster. But, amidst all the marketing noise what really is the smart way to supplement?



“Scientific studies have proven a correlation between amino acids and weight loss”

When thinking about sustaining your body you need to think about its building blocks and that means we are talking about amino acids - the core of all cells in the human body. Scientific studies have proven a correlation between amino acids and weight loss. The biggest and most important function that amino acids have is the maintenance of muscle mass while losing weight.

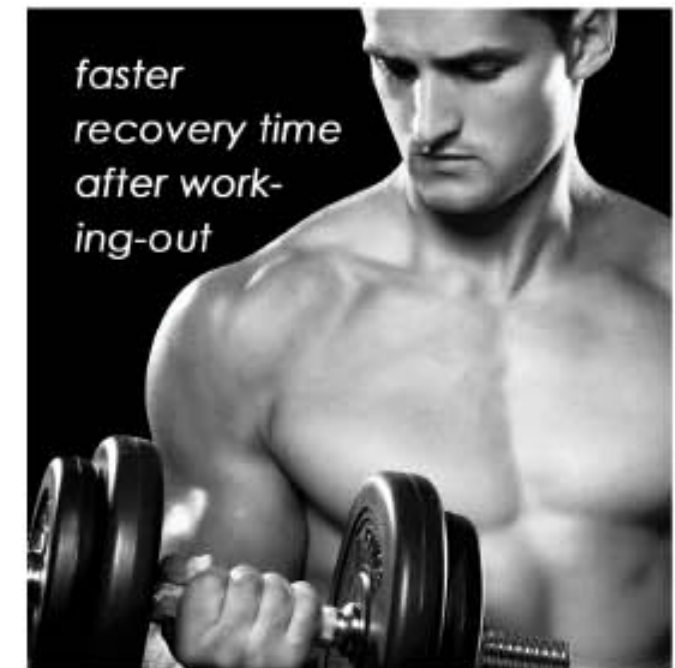
This means not only faster recovery time after working-out but also a more sustainable (and therefore more reliable) weight loss result in the long run. The body in adequate quantities does not produce amino acids automatically so they must be derived from dietary sources. They perform two very essential functions - the synthesis of proteins and numerous biomolecules or oxidization to urea and carbon dioxide as an energy source.

There are eight essential amino acids that perform this process and assist with weight loss in specific ways. L-Tyrosine and L-Phenylalanine work in combination to create active amines such as dopamine, epinephrine and norepinephrine. These active amines cause reactions within the brain that encourage weight loss. As a flow on effect, the increased production of epinephrine reduces the desire to eat.

L-Phenylalanine regulates the brain's ability to identify fullness and allows the body to remain at an idea weight once it has been reached. L-Carnitine naturally suppresses weight by transferring fat to be metabolised rather than storing it.

L-Tryptophan is a precursor to serotonin (that also alerts the body to a sense of fullness which means that it acts to halt overeating).

The cumulative effect of adequate levels of all eight essential amino acids in the body is to regulate hunger, increase metabolism and suppress weight gain naturally. Through a diet that allows for a balanced and ample intake of amino acids an individual may suppress over-eating and thereby lose weight and sustain a healthy and ideal number on the scales.



There are amino acid supplements available on the market but always consult a physician to check if your diet is deficient. The best way to achieve an adequate level of amino acids is always via the maintenance of a proper diet and nutrition. Consider your protein intake in your diet - if you can obtain at least 30 percent of daily calories in a protein rich form then you are more likely to absorb the right amount of amino acids to provide appetite suppression and thereby achieve increased weight loss.

Eating a balanced, protein rich diet (that takes care of your intake of amino acids) is a sensible and sustainable way to achieve weight loss. Not only will you feel fuller for longer but you will also maintain muscle mass and reduce your recovery time when working-out. It really seems simple, but sometimes getting back to basics really is the most efficient way to achieve a dietary or weight-loss related goal.



Think
Flares
are not
for you?
think
again...

FASHION SHOULD BE FUN, NOT A BURDEN

If you were born without the luxury of having spidery long legs to get you to places faster and feel like you are missing out on a lot of trends; well think again. Well only half think on that, we are only here to help with the trend part; not the getting to places faster. Sorry in advance. Anyways, one of the biggest trends at the moment is denim. Everyone is wearing denim shirts, skirts, dresses, rompers, jumpsuits, shoes, and every other clothing item you can think of. It's everywhere, it's kind of like an invasion of denim. Regardless, one of the best looks came back in style and we couldn't be happier. Now that flares are acceptable without looking like you just stepped out of a 70's catalog, there is a problem with this look. People under 5'5 are not wearing the trend because they feel that they are too short and will drown in the jeans. Well, that's true but, if it's worn right anyone can wear it.

So how does one wear flares correctly if they are not very tall? Easily! Let's break it down, starting from the top. Being under 5'5, a person doesn't have a lot of torso to work with, so if you have this problem, we suggest wearing fitted tops or crop tops. Nothing baggy or loose that will give off a frumpy impression. We want to look lean. Skipping the jeans, and going straight to the feet; it is important to add a bit of height to yourself. You can wear, wedges, booties, or even heels. All options will look great with the jeans regardless. It is just important to add some height to give off the illusion of a longer leg. Flares are very long even if they are tailored; if flats are worn the jeans will appear bigger. And that is what we don't want.

Over here at StarCentral we urge you to try flares today, give it a shot. Take our tips and tricks and see if it works for you. If it doesn't at least you know and you won't have to give any more of the tall people wearing flares dirty looks. Fashion is all about trial and error, some trends work for us and some don't. And that's okay, but it is always fun to try. Remember fashion should be fun, not a burden.

The Lazy Girl Guide

To Looking Put Together

“Keeping the makeup settle with a statement color on the lips bring a lot of attention and drama to your look”

Ever wonder how some women always look so put together from head to toe? Maybe it is because they woke up like that or maybe they know the lazy girl guide to dressing up five minutes before heading out the door. It is no exact science, we promise. It's all about the accessories! And no, this doesn't mean every time you go out you have to wear a huge statement necklace to look somewhat presentable; sometimes it's the small things. Believe it or not, but even details can make a difference in an outfit. Just with a simple change in a plain shirt to one with lace can make all the difference in one's look.

Now back to the accessories part, there is a whole range of accessories to choose from. You don't always have to go the jewelry route. Sometimes adding a fedora can really make it look like you are trying. And the best part is, we're totally not. One our favorite trick is with our feet. And we don't mean a magic trick with your feet, we mean to let the shoes do the walking.

Buying booties or even flats with a different texture, design, or even look bring a whole new dimension. Shoes have always been known to spice up any outfit, it is no different when it comes to you day to day routine.

Lastly, there is one more trick to looking put together. Before we tell you, bare with us; we don't know how it works, we just know it works. Sometimes you can completely forget all about the accessories and just leave it to your face. While it is always great to embrace your natural beauty; wearing a bold lip from time to time does not hurt. Keeping the makeup settle with a statement color on the lips bring a lot of attention and drama to your look. How great is that? That's guaranteed to save you tons of time in the morning leaving you to apply two coats of your favorite lipstick before you head out the door. Yep, life just got a whole lot easier.

Looking good shouldn't mean having to set your alarm at four in the morning. Just like in life, it's the small things that matter. Besides it's best to add a few details here and there then go all out as if you were attending the Oscars. I think we can all include that less is more and it doesn't take much effort to look good.



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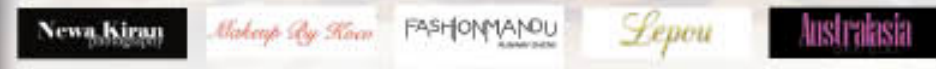
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